



A sacred place
where you leave
feeling honoured
and completely
rejuvenated.

CONTACT US

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INSTANT GIFT CARDS can be
purchased online. Valid for 3 years.

Mind, Body & Energy Healing

reflexology with foot soak 75 mins \$120

Reiki & intuitive healing 60 mins \$85

ear candling (with lymphatic drainage neck
and face massage) 45 mins \$70

shirodhara is a gentle, yet profoundly
effective treatment that works specifically on
balancing and stabilising the activity of the
mind. Warm, dosha-specific herbal infused
medicinal oils are beautifully streamed over
the third eye (forehead), taking the
participant on a journey deep meditative
inside. Helps bring balance to the mind and
the emotions, balancing the nervous
system, creating feelings of deep relaxation
and delight. **60 mins \$130**

Integrative Healing Session with

Marye O'Brien, intuitive healer/our founder

**Includes Reiki, chakra balancing &
sound healing** - promotes the free flow of
energy throughout the body by removing
blockages enabling the mind, body & spirit
to function optimally. **Allow 75 mins \$135**

OPEN 7 DAYS

maiaveda

ayurveda | wellness | spa

by appointment only

ONLINE BOOKINGS now
available

www.maiaveda.com.au





Body Massage Therapies

signature massage 75/90 mins \$140/165

relaxation aroma gentle massage

30/45/60 mins \$65/85/105

pregnancy massage includes foot soak & scrub 75 mins \$120 (from 2nd trimester)

hot stone (shila) massage 90 mins \$180

remedial / deep tissue massage 30/60

\$70/110 (*health rebate available*)

pinda swedana - hot herbal compress massage (for arthritic, joint & muscle ache) 75 mins \$150 (using medicated herbal oils)

Indian head massage 50 min \$95

lomi lomi hawaiian massage 60 mins \$120
children's **gentle** massage (\$ based on age)

thai yoga massage 60 mins \$105

hand & feet massage ritual 45 min \$85

Ayurvedic Therapies

abhyanga detoxing massage 75 mins \$135

shirodhara (calms mind, supports sleep & nervous system) 60 mins \$130 (3rd eye flow)

swedana (steam tent therapy) 30 min \$55

kati basti (for lower back pain) includes steam detox / tent therapy 90 mins \$150

Indian head massage 50 mins \$95

foot rejuvenation ritual 45 mins \$85

herbal powder massage (for weight loss) includes steam detox therapy 90 mins \$160

garshan dry body brushing 30 mins \$65 with herbal powder massage & steam 2 hrs \$210

nasya (sinus congestion) 45 mins \$85

- with **ear candling** 75 mins \$135

- with **Indian head massage** 90 mins \$160

Facial Renewal Rituals

Omveda Cucumber Delight Facial
- **refreshing**, 60 mins \$120

Omveda Skin Rejuvenator Facial
- **revitalising**, 60 mins \$120

Omveda Royal Pearl Facial
- **rejuvenating**, 75 mins \$145

Calming OmVeda Classique Facial
- **restorative**, 75 mins \$145

Retreat Journeys

your personal wellness journey a retreat could be just a few hours or many days.

Let Maiaveda be your **wellness concierge**, customising spa days and tailored retreat experiences to suit your individual needs.

- personal detox & rejuvenation programs
- my time, one to one retreats
- panchakarma (Ayurvedic detoxification)
- lifestyle retreat (stress management)
- couples retreat
- recovery / convalescence retreats
- the sacred mother (pre and post natal)
- the bridal radiance
- Ayurvedic Wellness retreats in India

explore our website to see our **FULL RANGE** of spa ritual packages, services, workshops & retreats

www.maiaveda.com.au