



Wellness Experiences

Maiaveda is a wellness sanctuary.

At the heart of Maiaveda are the profound treatment programs that help restore balance and reawaken the body's natural healing mechanisms. The treatments are one part of a comprehensive approach to creating good health. Guests at Maiaveda also gain an understanding of how all the various aspects of their lives are interrelated and contribute either positively or negatively to overall well being.

Guests learn to understand how individual factors in their make-up affect physical tendencies, moods, cravings, motivation, and behaviour. Our guests also learn how simple shifts in diet, exercise, and daily and seasonal routines can enhance their progress toward increased strength, stability and vitality.

Our guests go home feeling renewed in body and spirit, with the benefits from their visit growing and lasting, long after they have returned home.

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Welcome to Maiaveda

Looking forward to welcoming you to our wellness sanctuary.

Our spa is located in an historical mill on Piper St in Kyneton, Victoria. The space provides guests with a unique and intimate experience, in a warm and welcoming environment.

To make a booking visit [our website](#). If you would like a more personalised treatment package, please contact our Guest Services on 0420 580 886.

We recommend booking at least 4 weeks in advance.

We occasionally have last minute cancellations or booking changes, so follow us on [Facebook](#) or [Instagram](#) for these opportunities.

HEALTH CONSIDERATIONS

At your first appointment, you will be asked to complete a short questionnaire. Please complete honestly and notify your Therapist of any conditions you have. This information is utilised to provide the best treatment possible for you and will be kept confidential.

No treatment can be offered in the first 16 weeks of pregnancy and thereafter any treatments provided will be in consultation with your doctor.

ETIQUETTE

To ensure comfort and relaxation of all guests, we ask that you please:

- Keep your voices to a minimum
- Switch your mobile off or to silent
- Smoking is strictly prohibited

BEFORE YOUR APPOINTMENT

If you have a fever, breathing difficulties, breathlessness, cough, sore throat, fatigue or tiredness, we ask you to call 24 hours prior, our Guest Services on 0420 580 886 to reschedule your appointment.

Arrive wearing loose comfortable clothing, minimal jewellery and makeup.

Men with a facial booking, must arrive clean shaven.

UPON ARRIVAL

We ask all guests to arrive at Maiaveda on time, preferably at least five minutes before their appointment. Refer to Late Arrival for more information.

Turn mobile phones off or to silent

LATE ARRIVAL

Please advise us if you are running late.

If visiting on a weekend or public holiday, please allow additional time to find parking.

Arriving late may result in the reduction of the duration or rescheduling of your appointment.

We need to allow

RESCHEDULING YOUR APPOINTMENT

We understand that things come up in life and you may need to reschedule.

Rescheduling your appointment must be done through Guest Services, on 0420 580 886. This feature is not available on Vagaro.

For weekday appointments, please let us know, at least 24 hours in advance, and for weekend appointments, at least 48 hours in advance, if you would like to reschedule.

Those rescheduling with less than 24 hours notice, will be charged 50% of the total booked treatment price, unless the appointment time can be filled.

No shows or less than 12 hours notice, will be charged the full price of the booked treatment.

For Retreat Packages, if rescheduling 10 days prior to your arrival date, no fee will be charged. If rescheduling, less than 10 days before arrival, any fees incurred by Maiaveda will be charged.



CANCELLING YOUR APPOINTMENT

We understand that things come up in life and you may need to cancel.

Cancelling your appointment must be done through Guest Services, on 0420 580 886. This feature is not available on Vagaro.

For weekday appointments, please let us know, at least 24 hours in advance, and for weekend appointments, at least 48 hours in advance, if you would like to cancel.

Those cancelling with less than 24 hours notice, will be charged 50% of the total booked treatment price, unless the appointment time can be filled.

No shows or less than 12 hours notice, will be charged the full price of the booked treatment.

For Retreat Packages, if cancelling 10 days prior to your arrival date a full deposit refund will be issued. If cancelling less than 10 days prior to your arrival date, no refund will be issued.

WE RESPECT YOUR PRIVACY

All personal information shared will remain private and confidential.

LOST, STOLEN OR DAMAGED ITEMS

Maiaveda is not responsible for any lost, stolen or damaged personal property.



Body Massage Therapies

Maiaveda Signature Massage (60mins or 75mins or 90mins)

The Maiaveda Signature Massage experience is nothing short of divine, tailored specifically for the individual's holistic needs. A choreographed warm herbal oil massage that is designed to bring sustenance to the tissues, deep relaxation to the muscles and calmness to the mind. Our unique rhythmic full-body massage incorporates Marma Point therapy which is similar to Trigger Point or Acupressure to stimulate flow; your experience also includes Reiki, reflexology, chakra balancing, detoxification techniques, and a relieving scalp and facial massage working with key meridians and energy centres to soothe your senses. We select Ayurvedic oil combinations blended with specific herbs and essential oils for each season and to support any imbalances guided by Ayurvedic principles. After your treatment, we allow time for you to ground and contemplate in your bliss, slowly sipping our warming hand-crafted chai.

Leave us feeling honoured and deeply rejuvenated.

Indian Head Massage (Shiroabhyanga)(45 mins)

The head, neck and shoulders are all energy centres where tension is most likely to accumulate. These areas are gently, firmly and rhythmically massaged whilst lying down not seated, until the pressure begins to fade using aromatic oils tailored to your needs. A blissful experience which helps alleviate headaches, stress, anxiety and depressive conditions.

Abhyanga (Detoxing) Massage (60mins or 90mins)

Luxurious and sublime, Maiaveda's Abhyanga is a rejuvenating, full body massage that uses customised, warm herbalised oils.

Maiaveda's signature offering nourishes your body, opens your energy channels, and restores a lasting, youthful glow to your skin. This unique massage is the heart and soul of Ayurvedic classic bodywork, and the perfect introduction to Maiaveda's magical touch.

Promotes lymphatic drainage.

Four Handed Rejuvenation Massage (Chathushkara Abhyanga) (60mins)

It is a synchronized warm oil detoxing massage with steam therapy.

This is a profound anti stress massage technique performed by two therapists, creating massage choreography with four hands.

Receive double rejuvenation, double physical and mental relaxation, this simultaneously balancing massage has a restorative and calming effect on the entire nervous system, revives the body and mind, releases stress, removes fatigue, supports lymphatic drainage, improves sleep, increases joint mobility and restores the self regulation mechanism of body and mind.

The aim of four hand massage is to achieve harmony in the distribution of energy flow throughout the body. This is an unsurpassed experience towards a deeper state of consciousness and healing.

Includes 15min Steam Tent Therapy.

Only available Tuesday, Friday and Saturday, with Marye and Chantelle.

Relaxation Aroma Massage (light to medium pressure)(60mins or 75mins or 90mins)

Stimulate your senses to boost your body and motivate the mind. Using essential oils from plants, flowers, seeds and leaves, aromatherapy massage benefits from two absorption points – the skin and the nose. As your massage begins, the oils start to work immediately. They quickly penetrate the skin and become absorbed into the bloodstream, loosening muscles and helping to release any suppressed tension you have. As the essences evaporate, you'll also begin to inhale them subconsciously, sending messages to your brain encouraging your mind to work together with your body, and sending you into a complete harmonious balance both emotionally and physically.

Includes aromatherapy foot bath and herbal grounding handmade chai.

Therapeutic Massage (medium to firm pressure)(30mins or 60mins or 75mins or 90mins)

Slow strokes and deep pressure work on tight areas to release specific muscle tension and restore flexibility. A therapeutic massage using techniques that work deeper into the muscle and connective tissue to release chronic tension which might have developed from injury or overuse.

Healthcare Rebate available when booking with Joanne.

Hot Stone Grounding (Shila) Massage (90mins)

Hot smooth volcanic stones are placed on pressure points while the body is massaged with warm herbalised Ayurvedic oil. A highly relaxing, stress-reducing massage where the use of stones allows the therapist to address problem areas with deeper pressure.

This rejuvenating treatment addresses the many levels of healing necessary to restore balance in the body, mind and soul. It combines the long rhythmic strokes of Hawaiian style massage with the gliding of hot stones along the body. Supports lymphatic drainage and detoxification.

Mother to Be - Pregnancy Massage (60mins)

Second and Third Trimester Only.

A deeply calming experience to nurture and honor the mother to be. Relaxes tense muscles, improves circulation and mobility, bringing a sense of peace and well-being to mother and baby. As an expecting mother advances in her pregnancy, hormones loosen ligaments, strain nerves, and cause muscle pain. Whether you are just beginning in your maternal journey or nearing the end of your pregnancy, our specially trained massage therapists will address your changing body's needs.

Luscious Ayurvedic herbal infused organic oil is applied to promote elasticity and hydration, and for comfort, a specifically designed pregnancy massage support pillow is used to accommodate any stage of pregnancy.

Our therapists have advanced training in Pregnancy Massage, with years of experience. You will be in safe, nurturing hands.

Begins with a soothing foot soak & revitalising foot scrub. Belly Pillow available for a safe and comfortable massage experience throughout the pregnancy.

Lomi Lomi | Kahuna Massage (Women only)(90mins)

Inspired by the ancient Hawaiian “dance of massage”, energy flow is combined with fluid, sensitive, slow rhythmic motion to achieve a deep sense of balance and harmony. Lomi Lomi is a holistic healing tradition beyond simply massage. Lomi Lomi is a restorative Hawaiian full body massage that works gently yet deeply into the muscles with continuous, flowing, nurturing strokes, helping to open a space for clients to relieve physical pain, trauma and emotional distress.

Our therapists hold you in a safe and sacred container, with presence and connection, synchronising breath and heartbeat. A sublime experience, prepare to be transcended.

Reflexology (60mins)

Reflexology is an energy-based form of massage. A system of massage that balances the inner organs of the body and activates the healing powers of the body by stimulating specific points on the feet. It is suitable for all age groups, and it brings relief from a wide range of acute and chronic conditions by promoting self-healing. Many people find it beneficial to continue with regular sessions in order to maintain health and well-being. With ever-increasing levels of stress in our life, Reflexology helps us to cope with physical, mental and emotional stresses thereby encouraging us to heal from health conditions. Benefits of unblocking energy channels is a great purification, rejuvenating and revitalising therapy to promote improved health and vitality. Includes hot towels. Client remains full clothed during their session.

Reflexology provides a very effective therapy for identifying areas of the body that are being affected by emotions. This process often results in a form of emotional release. Emotional release without a conscious connection to the emotion will only result in short-term relief. Permanent healing requires the emotion to be brought to the forefront so it may be processed appropriately.

Only available with Marye, Joanne and Ulrike.

Manual Lymph Drainage (MLD)(60mins)

Manual lymphatic drainage (MLD) is a gentle skin-stretching technique working on the body's lymphatic system using specialised strokes that relax the nervous system and aid the body's lymphatic circulation boosting the body's immune system. The lymphatic system plays a central role in our immunity because it is responsible for removing toxins and breaking down metabolic waste through lymph vessels and nodes.

Only available with Joanne. Health Rebate available.

Craniosacral Therapy (60mins or 90mins)

Boost your health, immunity and wellbeing with Craniosacral Therapy (CST) by gently relieving stress, soft tissue restrictions, and soothing pain.

Craniosacral therapy (CST) is a gentle hands-on non-invasive technique that uses a light touch to examine membranes and movement of the fluids in and around the central nervous system – the processing centre of the body – made up of the brain and spinal cord. By relieving tension in the central nervous system, CST corrects and harmonises the craniosacral system, eliminating pain, and boosting health and immunity.

By using a soft touch, specialised craniosacral therapists are able to release restrictions in the soft tissues that surround the central nervous system which have great influence over the body's ability to function optimally.

Only available with Joanne.

Children's Gentle & Nurturing massage (20-30mins)

Massage therapy can act as a stress buster for children, even when they have passed the stage of infancy. Children have their own exposure to stress, which can come from school, dealing with grief, puberty, family circumstances, or even playtime with their peers. This stress can cause imbalance in the immune system and hormonal imbalances as well. Massage practised regularly can help a child reduce stress, which can in turn may help the child to sleep better. The reduction in stress of children boosts the immune system and its ability to resist diseases.

Can be performed fully clothed, each experience will be holistically tailored for each unique child and their individual needs.

Myofascial Cupping (60mins or 90mins)

Improve circulation and reduce pain with Myofascial Cupping, based on the ancient principle of cups and vacuum, to improve nutrient supply to muscles and soft tissue.

Myofascial cupping differs from traditional Chinese medicine cupping by specifically targeting the musculoskeletal system for myofascial release rather than the meridian systems used by traditional Chinese practitioners. Another difference to the ancient practice is that to create suction, myofascial cupping uses plastic cups and vacuum suction rather than glass cups and a naked flame. Myofascial cupping uses a hand-operated vacuum pump to induce a vacuum inside a small cylinder, sealed with oil or cream to the skin. The vacuum 'draws' the soft tissue perpendicular to the skin, providing a tensile force, which can be left in one site for a prolonged period or moved along the soft tissue.

Myofascial cupping is used for general pain relief and to improve circulation. It breaks down scar tissue from old injuries, reduces localised inflammation, reduces muscle tension, and increases joint range of motion.

Only available with Joanne.



Facials

What is an OmVeda Ayurvedic Facial?

Balance your natural beauty from the outside in with a transformative OmVeda Ayurvedic Facial.

Ayurveda is the ancient knowledge of health, born in India. It literally means the 'science of life'. OmVeda products are made to traditional Ayurvedic formulations that have been used for over 5000 years. The exquisite OmVeda range is 100% Australian owned and 100% natural, renowned for its pure, bio-dynamic and organic ingredients, combining indigenous tradition with ancient wisdoms. All OmVeda ingredients are hand-picked, wild harvested, wild crafted, microbead free, and have the same potency as internal natural herbal medicine that have the ability to transport nutrients into the deeper layers of the skin for maximum results.

The OmVeda range is not tested on animals, free of chemicals and preservatives and uses only organically grown herbs and natural products rich in naturally occurring minerals and vitamins.

OmVeda Cucumber Delight (60mins)

Dedicated to the more sensitive and overheated complexions to promote skin health and suppleness.

A truly therapeutic facial to clarify, nourish and heal congested skin and acne conditions.

After cleansing and toning, the cooling Cucumber Mask is lavishly applied, added Bael Fruit evens tone and Zinc heals. Skin is then treated to the appropriate moisturiser for dewiness and softness customised for your skin.

Your experience is deeply calming, refreshing, re-energising and rejuvenates the skin and brings deeper balance to the whole body.

Your session begins with a consultation whilst enjoying a warm aromatic foot soak, combining product advice and skin analysis, cleanse, exfoliation, face mask and massage, toning, moisturising and leaving time for relaxation, sipping a herbal healing tea.

Includes a soothing head, neck, shoulder, hand and foot massage.

OmVeda Skin Rejuvenator (60mins)

This customised treatment is beneficial to support cellular repair and bring vitality and radiance to your skin. The application of specially selected Ayurvedic herbs to suit your needs, made into a fresh mask gently repairs damaged skin, and gives elasticity to the skin. Massage of hands and feet focusing on vital energy points called Marma helps to release stress. Your skin will emerge feeling very soft, smooth and nourished.

Recommended once a month, or as needed.

Your session begins with a consultation whilst enjoying a warm aromatic foot soak, combining product advice and skin analysis, cleanse, exfoliation, face mask and massage, toning, moisturising and leaving time for relaxation, sipping a herbal healing tea.

Includes a soothing head, neck, shoulder, hand and foot massage.

OmVeda Classique Facial (75mins)

A truly blissful experience. Dedicated to peace of mind, this calming and renewing facial designed to re-sculpt your appearance and achieve a youthful luminescence. Gentle cleansing, nourishing masks and a full face, neck, arm and shoulder marma massage makes this an excellent choice for dry, mature or dull skin.

This transformative facial tones, polishes and rejuvenates. Also ideal prior to special occasions.

OmVeda Royal Pearl Facial (75mins)

The OmVeda Royal Pearl Facial is a double mask facial that also combines a skin rejuvenating massage using herbs and rare Pearl Ash and a final surrender to tranquillity with a soul soothing hand and foot massage.

Creating absolute luminosity, with an immediate effect in just one treatment, this royal treatment cools and calms, acts on capillaries, revives tired, dull and dry skin, greatly increases radiance, lightening hyper-pigmented areas, refines skin texture and restores an even tone.

Pearl Ash is rich in calcium, valuable minerals and amino acids, to aid in strengthening the skin's cell structure, speed up the skin's metabolism, reducing redness, minimising pores and also helps to heal blemishes.

Express Stress Facial - Enhancement (Add on only)(30mins)

Enhance any massage or treatment with this revitalising experience.

Bring your skin back into a state of pure balance. Dry, oily, aging, uneven, sensitive and acneic skin conditions can all be addressed with a customised Ayurvedic facial treatment that will reveal your skin's natural beauty. De-compress while your face gets a healthy glow.



Energy and Holistic Healing

Sound Healing (60mins)

Homeostasis for the Mind, Body and Spirit.

A Sound Bath is a symphony of sounds, a deeply-immersive meditative experience where the participant is bathed in sound frequency waves.

These waves are created by various overtone-emitting instruments, including crystal singing bowls, chimes, gongs, and more.

As these sounds assist a downshift of the nervous system, going from sympathetic (fight or flight) into parasympathetic (rest and relaxation), they can also slow the heart and respiratory rate, creating therapeutic and restorative conditions for the mind and body. The sounds stimulate the alpha and theta waves of the brain, which encourages deep, meditative and peaceful states that are highly conducive to healing.

This experience invites the participant to deepen their state of consciousness, unplug from external distractions for self-discovery, deep rest, inner peace and reset.

Minimum 2 people.

Available Mon - Wed, Sunday mornings - use our contact page to request a personal session with our Founder, Marye O'Brien (Sound Healer).

Intuitive Energy Clearing Session (75mins)

Let go of what no longer serves you. Whether it be guilt, emotional tension, grief, grudges, or old beliefs, your practitioner invites you into a new space by asking what you long for in your life. Through conversation, ritual, clearing of your auric field and energy clearing bodywork, your therapist helps you release the old and invite the new. This is one of the highest levels of intuitive healing and can only be performed by a Reiki Master. This service requires you to be fully clothed.

Through a decade of commitment to Ayurveda and Yoga our founder, Marye O'Brien cultivated a deep intuitive ability. Marye will guide you to clear energetic obstacles so that you can walk your path with ease.

Reiki Healing (60mins)

Be empowered with Reiki healing. Reiki is a gentle hands-on healing technique that promotes a deep level of relaxation and healing on a physical, mental emotional and spiritual level. Reiki uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself. It reduces stress and anxiety and brings the body, mind, emotions and spirit into balance. For many, Reiki opens the door to positive change and can offer support for many types of illnesses.

Wear loose comfortable clothing.

Ear Candling (45mins)

A gentle but effective therapy originating from ancient times. Ear Candling is an ideal way to help relieve conditions such as headaches, migraines, ear aches, tinnitus, compacted ear wax, glue ear, sinus problems, stress & many more.

Treatment requires a pair of specialised hollow candles that have a relaxing aroma of honey, sage, St John's Wort & chamomile. They have been lovingly crafted by hand from cotton & beeswax in line with the tradition. This treatment is inclusive of both a Marma Point Therapy head massage and lymphatic drainage massage of the decollete, face, ears, neck & scalp to enhance the effects of the candling.

Includes a lymphatic drainage face massage.

Private Ayurvedic Yoga Therapy Session (90mins)

Meditation is the only royal road to the attainment of freedom. It is a mysterious ladder which reaches from earth to heaven, from illusion to truth, from darkness to light, from pain to bliss, from restlessness to abiding peace, from ignorance to knowledge.

Your private session will involve yogic breathing techniques called Pranayama which is generally defined as breath control through breathing exercises. On a physical level these breathing techniques keep the lungs at maximum expansion and therefore achieve optimum ventilation. On the subtle energy level, Pranayama works on opening the nadis (the human body has over 72,000 energy channels) increasing the energy flow and therefore contributing to optimum health, longevity and mental capacities. Ultimately control of the Prana leads to control of the mind going beyond one's normal boundaries or limitations and attain a higher state of vibratory energy. Next you will be gently introduced to a number of Hatha Yoga and meditation techniques to support you to develop a daily practice at home.

Includes Ayurvedic nutritional and lifestyle guidance unique to your Dosha (mind/body type).

Learn to Cultivate A Meditation Practice (45 mins per session)

If you would like to learn how to meditate, we recommend beginning with the basics. Breath, awareness, and relaxation are taught through guided imagery and breathing techniques. Even for experienced meditators, coming back to the basics can also be a good practice. The mind, like your body, needs care, and meditation is a way to fulfill that need. It is a practice that can bring inner peace, clarity and renewed conversation within oneself.

Held over 4 sessions.

Yoni (Vaginal) Herbal Steam (60mins)

Soothe and revitalize your reproductive system with the ancient practice of yoni steaming.

Yoni Steaming, also known as vaginal steaming, is a practice in which a woman allows the warmth of herbal steam to permeate the exterior of her vagina. Women around the globe are rediscovering the ancient art of Yoni Steaming as a sacred ritual and healing practice. This herbal tradition has been passed on from woman to woman for hundreds of years, and practised in many cultures around the world.

Yoni Steaming is intended to support, nurture and heal the divine feminine, physically, emotionally and spiritually.

Respected by healers around the globe, Yoni Steaming is an opportunity to reconnect with your body and utilise the wisdom of plant medicine to heal your cycle.

Yoni steams have been found by women throughout history to:

- Significantly reduce pain, bloating and exhaustion associated with menstruation
- Decrease menstrual flow as well as reduce dark purple or brown blood at the onset or end of menses
- Regulate irregular or absent menstrual cycles.
- Increase fertility
- Speed healing and tone the reproductive system after birth
- Reduce uterine fibroids, ovarian cysts, uterine weakness, uterine prolapse & endometriosis
- Assist with the repair of a vaginal tear, episiotomy, or C-section scar
- Assist with the healing of haemorrhoids
- Relieve chronic vaginal/yeast infections, and works to maintain healthy odour
- Ease symptoms of menopause including dryness or pain during intercourse
- Detoxify the womb and remove toxins from the body
- Release stored or traumatic emotions. and
- Tap into the energy that is our creative potential.

Organic Certified Herbs are chosen for your specific requirements, our offerings include Mugwort, Calendula Flower, Red Rose Petals, Sage, Lavender, Raspberry Leaf, Chamomile, Tulsi, Rosemary, Wormwood, Marshmallow Leaf and Yarrow.

Only 100% organic herbs and purified water are used.

Women experience life-changing benefits as a result of yoni steaming. It's best to not do Yoni Steams when pregnant or menstruating, when using an IUD, or within ten days of giving birth.

Shirodhara (60 mins)

A gentle stream of Ayurvedic medicated oil poured slowly and gently across the forehead to access the hypothalamus, which directs the autonomic responses of the body. This massage for the brain is a profoundly relaxing and balancing treatment for the entire nervous system taking you deep into the meditative state. Helps to overcome stress and its ill effects on the nervous system. Shirodhara supports relieving insomnia, stress, tension, anxiety, anger, chronic headaches, rheumatism, hypertension, asthma, hair problems and induces mental relaxation.

What does it involve?

Shirodhara involves the precise pouring of warm, specially medicated herbal oil upon the forehead, specifically over the “brow chakra”. The treatment begins with your choice of massage which aids the body to induce an optimum relaxative state to receive Shirodhara and feel the profound benefits.

How oily will my hair be after the treatment?

Your hair will be left very oily after a treatment. We request that you bring a scarf or old beanie/hat to wear home – it is advised to not expose your head to the elements after the treatment. We encourage you to keep the medicated oil in the hair for at least two hours, this not only deeply conditions your hair but also extends the benefits of the treatment.

How will I feel afterwards?

You will feel deeply and profoundly relaxed. If you've been overdoing it lately, this treatment will definitely calm your nervous system and rejuvenate the whole body. It is highly recommended that you take time to rest afterwards and not schedule too much for the rest of the day so you can experience the full benefits of this blissful state.

When should I avoid having shirodhara?

You should avoid having a shirodhara if you are suffering from a cold, fever, diarrhoea, menstruation, or any acute illness.

This treatment is administered by a fully qualified Ayurvedic Practitioner. You are in safe hands.

Personalised Healing Journey (4 hours or 7 hours)

Receive embodied guidance from our founder, Marye O'Brien based on Vedic and lived wisdom.

Marye, our Founder will hold space for you, be a loving witness on your healing journey and be intuitively guided as how to best serve you. A transformational journey.

Create a personal healing journey to address grief, overwhelm/anxiety, relationships, feelings of isolation and disconnection, trauma - your session can include bodywork, energy and sound healing transmissions, and Ayurvedic wisdom.

Half Day - 4 hours

Full Day - 7 hours (includes lunch & an Ayurvedic consultation)

Yoga Nidra & Breathwork (Private Session)(45mins)

In this traditional and effortless yoga experience, through guided meditations, visualisation, and breath and body awareness, you will fall into a welcome state of relaxation, and an even blissful state of being.

Give yourself the rewarding gift of finding the deeper sense of connection with body and mind, a journey of discovery that gently guides you to your deepest self.

Tarot Readings (20mins or 40mins or \$90)

Be divinely guided through the tarot, whether its to gain clarity for current situations or to see what the future holds for you. In this personalised reading we will be able to go into depth and reveal the path forward and see what awaits!

Tara from Mermaid Co. is an experienced tarot reader and will be sure to give you a magical and loving experience.

Ayurvedic Therapies

Abhyanga (Detoxing) Massage (60mins or 90mins)

Abhyanga is designed to balance the mind and body, promoting physical, emotional, and mental harmony. Our skilled therapists use long, flowing strokes to stimulate the body's natural healing mechanisms and promote the release of tension and toxins. The herbal oils used in this treatment are chosen specifically for their nourishing and rejuvenating properties, helping to leave your skin feeling soft and smooth. Whether you're seeking relief from stress and tension, or simply looking to pamper yourself with a luxurious spa experience, this treatment is the perfect choice for anyone looking to enhance their overall sense of well-being. Boost lymphatic drainage and detoxification.

Shirodhara (60mins)

Shirodhara is a blissful treatment that induces a profound sense of peace and well-being, quietening the mind, revitalising the nervous system and balancing the emotions. It reduces fatigue, mental exhaustion, anxiety, mind clutter, fear and nervousness. It induces deep relaxation and increases spiritual awareness and bliss.

Continuous experience of this profound rejuvenating therapy will support recovery from addictions and sleeplessness.

It is the ultimate in relaxation and a natural anti-ageing treatment.

This ancient Ayurvedic therapy is administered by a fully qualified Ayurvedic Practitioner. You are in safe hands. We use only authentic Ayurvedic herbalised oils designed to support the central nervous and endocrine systems.

Read more about this practice on [Page 16](#).

Nourish & Restore (2 hours)

Enjoy the Abhyanga + Shirodhara in one glorious 2 hour pampering session.

See above for descriptions of these treatments.

Pinda Swedana / Hot Herbal Compress (75mins)

Therapeutic Ayurvedic herbal plants are crushed in a traditional pestle and mortar & cooked in rice & milk, then tied into a muslin cloth which forms the medium for this therapy, known in India as a bolus or compress. After warming, oil is applied to the body, the hot herbal compress uses an Ayurvedic technique called pummelling.

Not only nourishing, strengthening and rejuvenating but also a very beneficial therapy for arthritis sufferers and sports enthusiasts as it addresses stiffness and swelling in joints, inflamed and overworked muscles.

Kati Basti with Steam Therapy (75mins)

This is a very effective treatment for lower back ache, sciatica, stiffness, pelvic and other lumbar-sacral pain. A dam made of besan flour is placed on the lower back and special herbalised warm oil is gently poured into it for a prescribed duration. Includes an Abhyanga massage. The local Marma points are energized, and the warm herbal oil soothes the pain. This treatment increases the circulation in the region, and both nourishes and strengthens the muscles and nerves.

Indian Head Massage (Shiroabhyanga) (45mins)

The head, neck and shoulders contain energy centres (marma points) where tension is most likely to accumulate. These marma points are gently, firmly and rhythmically massaged whilst lying down on the massage table for your comfort, until the pressure begins to fade using aromatic oils tailored to your needs. A shorter seated version is also available.

An intensely relaxing and revitalising experience, this massage nourishes hair, improves blood circulation and lymph flow in the head region, eases chronic head and neck problems, relieves insomnia, migraine, dry scalp and itching, and stimulates the sensory organs and is blissfully soothing for the soul.

Improves and rejuvenates central nervous system health. Improves eye strain, relieves headaches, migraines, stress and insomnia. Relaxes muscles and reduces stiffness.

Ayurvedic Blissful Detox (Purva Karma) Ritual (2 hours 30mins)

An Ayurvedic Blissful Detox is a combination of an Ayurvedic Detoxing (Abhyanga) Massage, Shirodhara and Herbal Steam Therapy. These therapies take the mind, body, and spirit on an inner voyage of relaxation and mental purification. By creating profound relaxation, promoting energy flow and purifying the body/mind, this ritual encourages a deep remembering and peace that supports the healing process and connection to Spirit. Includes a full body steam from the neck down infusing dosha specific herbs and heat to detoxify and purify the body.

After the mind has been brought to a deep sense of calm, the body is balanced and nourished. The steam aids in the release of surface toxins that have been mobilised by the massage. You will be left feeling truly calm and centred.

Ideal for rejuvenation, moving any stagnation or heaviness of mind and body.

Padabhyanga (Foot Rejuvenation Ritual)(45mins)

This is Ayurvedic Foot Reflexology at its finest. This Foot Rejuvenation Ritual includes a soothing aromatic foot soak, exfoliation, and massage on both the feet and lower legs. Slowly and methodically, the toes, feet, ankles and calves are massaged with the small Kansa Vatki copper bowl. This is followed by a sequence of Marma (acupressure) massage, which helps to detoxify and rebalance the body's energies.

Padabhyanga massage includes hand techniques such as friction, knuckling and effleurage on the feet and the legs to stimulate blood and lymphatic flow. These techniques also assist in the vital flow of prana giving vital energy to the body and mind. Prana naturally flows, via major nadis (thousands of micro energy channels), down through the limbs towards the fingers and toes. If the flow of prana is sluggish or blocked, the inevitable outcome will be an absence of health (dis-ease) within the organism.

Helps calm the mind, promotes quality sleep, promotes circulation in the feet and legs, nourishes the skin on the feet, aids foot health (alleviates pain, improves muscle tone and strength), helps maintain eyesight and hearing, helps calm and maintain the vata dosha, helps prevent sciatica and most importantly it connects the body with its emotions bringing it closer to the spiritual level.

According to Ayurveda healthy feet are one of the keys to overall wellbeing.

Udvartana (Herbal Powder Exfoliation Massage)(90 mins)

Udvartana softens the skin leaving it with a lustrous glow. This treatment helps to reduce excess weight and water retention by invigorating a sluggish lymphatic system. It helps to eliminate lymphatic toxins out of the body, improve sluggish circulation and digestion. It increases the metabolic rate, balances kapha dosha, helps dissolve fat and exfoliates the skin. Starting with a Garshan (body brushing) followed by dry herbal powders used for a body powder exfoliation, then a Triphala oil massage finishing with a steam tent detox to further stimulate sweating and cleansing.

Invigorates the body & rejuvenates the skin. This body treatment awakens the cells, removes impurities, improves circulation and skin texture and feels energised and regenerated.

Swedana / Herbal Steam Therapy (Add on only)

This full body steam therapy from the neck down infuses dosha specific herbs and heat to encourage the release of toxins through the skin by inducing perspiration, helping purify and cleanse the body. Deeply restorative, leave feeling lighter.

Enhances the effect of any massage.

Garshan / Dry Body Brushing (Add on only)

Garshan is a traditional Ayurvedic dry massage with a special silk glove that can be done as an alternative to an oil massage. It is especially recommended for those trying to lose weight and those with Kapha predominance. By stimulating the connective tissues, metabolism and blood circulation are improved and impurities are removed more quickly and easily. It also helps in the prevention and reduction of cellulite and helps to illuminate the skin.

Great for weight loss, cellulite and Kapha imbalances especially when a series of therapies are taken over 3-7 days.

Nasya (45mins)

Nasya is an effective Ayurvedic remedy for clearing the nasal passages and supporting healthy sinuses. This treatment begins with a facial steam and is followed by a face and neck massage. Then, herbal oils are administered into the nose to help heal the sinuses. Smoke from heated herbs is then inhaled to prevent excess oil accumulation in the nasal passages.

Nasya is classically used for allergies, snoring, sinusitis, sleep apnea and headaches. It is praised in yoga for its profound effects on increasing mental focus and meditation. This therapy also is known to have profound effects on our emotions, desires and memories, leaving guests in a heightened state of clarity and vitality.

Improves breathing, sleep, clarity, reduces headaches and balances hormones.

Ayurvedic Awakening Ritual (4 hours)

The ultimate half day experience of tranquillity and peace of mind. Our exotic spa ritual journey begins with the bathing of your feet in a warm rose petalled aromatic footbath, next a full body Abhyanga massage using warm Ayurvedic herbal oils, followed by a nurturing Indian Head Massage and Padabhyanga Foot Reflexology simultaneously ensue to harmonise opposing energies and realign the body's natural accordance. Finally a blissful Ayurvedic Shirodhara treatment, to heal and calm the nervous system and instil a deep state of peace and relaxation. This treatment is based on a cornerstone Ayurvedic protocol for treating any illness in the body, and is quite often prescribed as a preparation for the more intensive therapies that come with Panchakarma (Ayurvedic detox and regeneration treatment system).

Includes a Wellness Consultation & Maiaveda Spa Gift Pack.

Panchakarma

Panchakarma is Ayurveda's purification and rejuvenation method and therapeutic means of eliminating impurities from the body and mind. It is designed to remove deep rooted stress and impurities while balancing the doshas – those energies or forces that govern all biological functions.

To begin your detox you will make an appointment with our Ayurvedic Physician, Dr Gurnam Saini, to discuss your health concerns and to create a detox plan to address your unique needs and goals.

We offer a 12 day home based detox program with supervision by Dr Saini.

Contact us for more information.



Spa Package Rituals

Lakshmi Bliss (2 hours)

Be in heaven for just a little while. The perfect afternoon bliss to let the worries of the day drift away. Your ritual begins with a warm aromatic soothing hot stone footbath, followed by our balancing full body Maiaveda Signature massage, with hot towels where we integrate our luscious organic, Ayurvedic OmVeda Skin Rejuvenator herbal facial, and finally time to relax, to slowly sip a cup of Ayurvedic organic herbal healing tea.

Mokosh Radiance Ritual (2 hours)

Maiaveda proudly introduces Mokosh a new Ayurvedic inspired organic eco friendly skincare in this special treat.

This celebratory ritual begins with an aromatherapy foot soak and scrub, then we take you on an inner journey to bliss starting with a soothing stress relieving full body massage with a nourishing oil infused with Frankincense, your back is then gently exfoliated using a blend of 10 powerful herbal extract powders that promote skin refinement and renewal. We then take you deeper, to a state of pure relaxation with Mokosh's pure botanicals to cleanse, nourish and revitalise your face with products so pure your skin will feel amazing. Experience a complete sensory experience as Mother Nature embraces you, leave us feeling honoured and completely rejuvenated.

My Birthday Ritual (2 hours)

Your sacred day is a celebration of life so rebirth with the magic of you. Awaken the Earth's energy within, as you dip your feet into a warm aromatherapy hot stone footbath and revive with 30 minutes of gentle exfoliation and massage using the healing properties of Himalayan pink salt combined with the pure essential oils. Re-balance with a 60 minute Signature Massage, and renew the skin you're in with a 30 minute organic, hydrating facial.

No rush to be anywhere we encourage you to take your time to relax and nourish your body with a herbal healing organic tea.

Vitality & Glow Renewal (2 hours 30mins)

Your personalised luminescent journey begins with a soothing aromatherapy hot stone foot bath. Flow into your 75 minute Maiaveda Signature massage after a detoxifying dry body brush/exfoliation. Travel stress free into a customised Mango Deluxe OmVeda Re-hydrating Facial. Lastly ease into our Herbal Steam Tent to experience a classic Ayurvedic detox treatment (Swedana) where Ayurvedic medicinal herbs are used to help clear the channels, relax the muscles and nurture the senses. Leaving time to sit and sip healing tea in silence before reentering the world outside our little sanctuary.

Serenity Ritual (2hours and 45mins)

You have arrived. So close your eyes and settle in, making Maiaveda a way of life.

After a foot soak and scrub in restorative bath salts and carefully chosen essential oils to uplift your mood, restore and renew the body with our Signature massage and Indian Head Massage. Revitalise the face with our refreshing hydrating Omveda Ayurvedic facial. Finally awaken the expansive awareness of the mind and body with a Reiki healing session.

Take time to ground yourself back to Earth with a delicious organic herbal healing tea before you need to face the outside world again.

Ideal during season changes, times of high stress and prior to important events.

Ananda Indulgence Ritual (3 hours)

Take a voyage and renew your entire self with our half-day indulgence that combines our most celebrated services. This therapeutic ritual consists of an individually tailored Ayurvedic Classique Facial, an Abhyanga detoxifying full body massage, an Intuitive Energy Healing, completing your sublime experience with a calming Shirodhara to melt away tension and provide an ultimate sense of bliss and tranquillity.

Submerge the mind body into a profound sense of bliss.

Royal Rejuvenation (3 hours 15 mins)

Transport your mind, body and soul to a euphoric state of total rejuvenation. You will experience a warm, aromatic foot soak and exfoliation, next rebalance with our Ayurvedic Foot Reflexology Ritual, then bliss out during our herbal OmVeda Skin Renewal Organic Facial together with our divinely inspired Signature Massage integrating Marma Point Therapy (acupressure) and our Indian Head Massage. Your regal ceremony is then completed with an Chakra Balance and Sound Healing and blissful Shirodhara third-eye treatment to soothe your mind to a deeply peaceful meditative state. Relax before returning home with an Ayurvedic herbal tea.

Exclusively offered by our founder, Marye O'Brien.

Ayurvedic Blissful Detox (Purva Karma) Ritual (2 hours and 30mins)

An Ayurvedic Blissful Detox is a combination of a 75 min Abhyanga Massage, Shirodhara and Herbal Steam Therapy. These therapies take the mind, body, and spirit on an inner voyage of relaxation and mental purification. By creating profound relaxation, promoting energy flow and purifying the body/mind, this ritual encourages a deep remembering and peace that supports the healing process and connection to Spirit. Includes a full body steam from the neck down infusing dosha specific herbs and heat to detoxify and purify the body.

Mammaji (Pre or Post Natal) Ritual (1hour 30mins)

The ultimate experience for pre or post natal pampering. Especially designed for new mums or mums-to-be, the Mammaji package begins with an Ayurvedic Foot Rejuvenation Ritual followed by either our nurturing Pregnancy (pre) or balancing Signature Massage (post) leaving time to relax with a cup or Ayurvedic herbal healing tea.

Herbal Body Balance (90mins)

This indulgence is an eclectic mix of modern day knowledge and ancient wisdom. It begins with an aromatherapy foot bath, then a full body dry brushing using raw silk Garshan gloves followed by Udvartana, a Triphala powder body massage - this helps dissolve excess fat and offers exfoliation to the skin. Next you relax and soothe your mind and nervous system with a herbal infused oil massage which includes a foot and lower leg rejuvenation massage. Then to induce sweating / detoxification (Swedana) you sit in our steam therapy tent, with your head exposed, for an intense detox experience from the neck down.

Rest for as long as your need with a cup of herbal Ayurvedic tea before returning to reality.

Ayurvedic Awakening (4 hours)

The ultimate half day experience of tranquillity and peace of mind. Our exotic spa ritual journey begins with the bathing of your feet in a warm rose petalled aromatic footbath, next a full body Abhyanga massage using warm Ayurvedic herbal oils, followed by a nurturing Scalp Massage Treatment and Padabhyanga Foot Reflexology simultaneously ensue to harmonise opposing energies and realign the body's natural accordance. Finally a blissful Ayurvedic Shirodhara treatment, to heal and calm the nervous system and instil a deep state of peace and relaxation. This treatment is based on a cornerstone Ayurvedic protocol for treating any illness in the body, and is quite often prescribed as a preparation for the more intensive therapies that come with Panchakarma (Ayurvedic detox and regeneration treatment system).

Your ultimate mind/body transformational journey. Includes an Ayurvedic Wellness Consultation with our Founder, Marye O'Brien and Maiaveda Self-Care Gift Pac

Moontime Maiden Ritual (1 hour 30 mins)

Womanhood is beautiful, powerful and worth celebrating. We gather to witness, celebrate, uplift and orient girls (from 11 to 16 years) on the threshold of their womanhood through a 90min Rites of Passage Ritual.

The Moon Maidens are held in the safe and loving container at Maiaveda. We believe rites of passage is essential for healthy culture and an empowered blossoming into womanhood. Our ceremonial spa package includes a foot soak and scrub, a gentle aromatherapy relaxation massage and a herbal refreshing facial. Honouring our young woman from head to toe. We gift each maiden with a beaded crystal bracelet as memento to remember their experience.

We believe you do not have to come of age in isolation, unaware and in trauma, rather we rise connected, in tune and resilient.

Post-Partum Home Visit for new mothers (3 hours)

Hire a Post Partum Doula for the day to support a new mother in her home. The visit will focus on bringing your mind and body into a state of balance. You will be able to share any thoughts or feelings you are having in a safe and supportive environment.

Support can be tailored to the needs on that particular day, options can include:

- Ayurvedic Rejuvenation Massage, tailored to support recovery, relieve back, shoulder or neck pain
- Emotional support: meditation/breathwork/holistic counselling to help with postnatal depletion/relationships
- Reiki/Energy healing
- Reflexology, can do whilst nursing/holding baby
- Baby support allowing you precious time to shower or bathe
- Aromatherapy/Bach flowers remedies
- Vaginal Herbal Steam

Would make a wonderful Baby shower gift or for a new Mother.

Available weekdays only, during daylight hours, within Macedon Ranges area.

Ayurvedic Consultation and Healing Journeys

Ayurvedic & Wellness Consultation (75-90mins initial)(45-60mins follow up)

The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (Vata, Pitta and Kapha) that determines your body type and your current imbalances. Marye then prepares a sequence of experiences and a programme of diet and self-care practices according to your mind/body type that will help bring more balance, energy and peace to your entire being.

Ayurveda promotes a lifestyle that is in harmony with Mother Nature. In this and if needed, follow up consultations, the benefits of learning to live consciously, understanding food as medicine, daily routines, movement and meditation practices aligned with your unique constitution is evaluated. Marye will give you resources based on Ayurvedic guiding principles that will bring balance into your daily life so that your continuing commitment to your wellbeing can bring you back to a state of vibrant health and radiance.

Available via Zoom or in person.

Stress Management (4 hours or 6 hours)

Stress Management program helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind.

This program is a customised holistic approach of Ayurveda, Yoga, meditation and emotional healing to tackle the stress naturally. The whole experience is designed to provide tranquility to the stressed body and mind, and to bring back the natural rhythm of the psychosomatic system.

Holistic healing treatments intensify the experience of deep relaxation by removing tensions from physical, mental and emotional levels.

Who is this program for?

Those looking for psychological wellbeing, a mental detox and emotional balance. Can also support those experiencing anxiety, depression, stress, grief and PTSD.

Rejuvenation & Recovery (4 hours or 6 hours)

Ayurvedic Rejuvenation and Recovery Program is designed to improve body vitality through intensive Ayurvedic treatments, nutritional advice, immunity boosting rasayanas and yoga practices.

These therapeutic and cleansing therapies are known for their immuno-enhancing, neuro-nutrient, healthy ageing and anti-cellular stress effects. The program focuses on balancing nutrition, creating a richer ojas system, boosting agni and enhancing microcirculation to strengthen immunity. This results in improved immunity and energy, better metabolism and healthy, glowing, refreshed skin.

Who is this program for?

For those wanting healthy ageing and improving immunity, to support recovery from big life transitions, like retirement or overwhelm/burnout. Can also support those experiencing post-surgical care, post cancer care, gynecological issues.

Glowingly Renewed (4 hours or 6 hours)

Both age and health are reflected in skin, bones and joints. As the body's largest organ skin is the first layer of defence from external factors, but often due to several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and stress - our skin's ability to work as an effective barrier is impaired.

The Renew program using Ayurvedic therapies and rituals, works on building skin health and unlocks youthful essence through skin cleansing and skin nourishment.

This program also improves musculo-skeletal health and provides relief from muscle stiffness, rheumatism and arthritis.

Who is this program for?

People seeking vitality of skin and hair, and joint care.

Your Personal Wellness Guide

Marye O'Brien is an Ayurvedic practitioner, an intuitive energy and sound healer. Her work is motivated by her deep desire for a world where all beings feel safe, loved and nourished. Although Marye spent many years in the corporate world, she feels that the road to nourishment is not these external avenues but rather an inward one, a journey to the soul. Her son's stillbirth and subsequent health crisis launched her onto a healing path that has given her insight and wisdom that she shares with a healing kindness. Her gentle but warrior spirit is bringing forth the message that we are divine energy beings with the ability to create and transform our reality.

Send an online enquiry to discuss your needs further.



Price List

Please note: Treatments with Marye O'Brien include a 15% surcharge

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Body Massage Therapies | | | |
| Maiaveda Signature Massage | 60 | Mon-Fri | \$135 |
| Maiaveda Signature Massage | 60 | Sat/Sun | \$150 |
| Maiaveda Signature Massage | 75 | Mon-Fri | \$150 |
| Maiaveda Signature Massage | 75 | Sat/Sun | \$165 |
| Maiaveda Signature Massage | 90 | Mon-Fri | \$175 |
| Maiaveda Signature Massage | 90 | Sat/Sun | \$190 |
| Indian Head Massage (Shiroabhyanga) | 45 | Mon-Fri | \$120 |
| Indian Head Massage (Shiroabhyanga) | 45 | Sat/Sun | \$130 |
| Abhyanga (Detoxing) Massage | 60 | Mon-Fri | \$150 |
| Abhyanga (Detoxing) Massage | 60 | Sat/Sun | \$165 |
| Abhyanga (Detoxing) Massage | 90 | Mon-Fri | \$195 |
| Abhyanga (Detoxing) Massage | 90 | Sat/Sun | \$210 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|------------------|-------|
| Four Handed Rejuvenation Massage (Chathushkara Abhyanga) | 60 | Tues, Fri or Sat | \$220 |
| Relaxation Aroma Massage (light to medium pressure) | 60 | Mon-Fri | \$135 |
| Relaxation Aroma Massage (light to medium pressure) | 60 | Sat/Sun | \$150 |
| Relaxation Aroma Massage (light to medium pressure) | 75 | Mon-Fri | \$150 |
| Relaxation Aroma Massage (light to medium pressure) | 75 | Sat/Sun | \$165 |
| Relaxation Aroma Massage (light to medium pressure) | 90 | Mon-Fri | \$175 |
| Relaxation Aroma Massage (light to medium pressure) | 90 | Sat/Sun | \$190 |
| Therapeutic Massage (medium to firm pressure) | 30 | Mon-Fri | \$75 |
| Therapeutic Massage (medium to firm pressure) | 60 | Mon-Fri | \$150 |
| Therapeutic Massage (medium to firm pressure) | 60 | Sat/Sun | \$165 |
| Therapeutic Massage (medium to firm pressure) with Hot Stone Grounding Massage | 90 | Mon-Fri | \$210 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Therapeutic Massage (medium to firm pressure) with Hot Stone Grounding Massage | 90 | Sat/Sun | \$230 |
| Hot Stone Grounding (Shila) Massage | 90 | Mon-Fri | \$210 |
| Hot Stone Grounding (Shila) Massage | 90 | Sat/Sun | \$225 |
| Mother to Be - Pregnancy Massage | 60 | Mon-Fri | \$135 |
| Mother to Be - Pregnancy Massage | 60 | Sat/Sun | \$150 |
| Lomi Lomi Kahuna Massage (Women only) | 90 | Mon-Fri | \$210 |
| Lomi Lomi Kahuna Massage (Women only) | 90 | Sat/Sun | \$225 |
| Reflexology | 60 | Mon-Fri | \$150 |
| Reflexology | 60 | Sat/Sun | \$165 |
| Manual Lymph Drainage (MLD) | 60 | Any day | \$135 |
| Manual Lymph Drainage (MLD) - 4 weekly sessions (TOTAL) | 240 | Any day | \$360 |
| Craniosacral Therapy | 60 | Any day | \$140 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|---|---------|---------|-----------|
| Craniosacral Therapy | 90 | Any day | \$180 |
| Myofascial Cupping | 60 | Any day | \$140 |
| Myofascial Cupping | 90 | Any day | \$180 |
| Children's Gentle & Nurturing massage (4 to 17 year olds) | 20-30 | Any day | \$40-\$60 |
| Facials | | | |
| OmVeda Cucumber Delight | 60 | Mon-Fri | \$165 |
| OmVeda Cucumber Delight | 60 | Sat/Sun | \$175 |
| OmVeda Skin Rejuvenator | 60 | Mon-Fri | \$165 |
| OmVeda Skin Rejuvenator | 60 | Sat/Sun | \$175 |
| OmVeda Classique Facial | 75 | Mon-Fri | \$175 |
| OmVeda Classique Facial | 75 | Sat/Sun | \$185 |
| OmVeda Royal Pearl Facial | 75 | Mon-Fri | \$175 |
| OmVeda Royal Pearl Facial | 75 | Sat/Sun | \$185 |
| Express Stress Facial - Enhancement (ADD ON ONLY) | 30 | Any day | \$30 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|----------------|---------|------------------|
| Energy and Holistic Healing | | | |
| Sound Healing (2 people) | 60 | Any day | \$75 each |
| Sound Healing (6 people) | 60 | Any day | \$45 each |
| Intuitive Energy Clearing Session | 75 | Mon-Fri | \$150 |
| Intuitive Energy Clearing Session | 75 | Sat/Sun | \$175 |
| Reiki Healing | 60 | Mon-Fri | \$110 |
| Reiki Healing | 60 | Sat/Sun | \$120 |
| Ear Candling | 45 | Mon-Fri | \$70 |
| Ear Candling | 45 | Sat/Sun | \$95 |
| Ear Candling (children) | 45 | Any day | \$50 |
| Private Ayurvedic Yoga Therapy Session | 90 | Any day | \$150 |
| Yoni (Vaginal) Herbal Steam | 60 | Mon-Fri | \$130 |
| Yoni (Vaginal) Herbal Steam | 60 | Sat/Sun | \$150 |
| Learn to Cultivate A Meditation Practice | 45 per session | Any day | \$85 per session |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---|---------|-------|
| Shirodhara | 60 | Mon-Fri | \$175 |
| Shirodhara | 60 | Sat/Sun | \$195 |
| Personalised Healing Journey | Please contact Guest Services on 0420 580 886 to discuss. | | |
| Yoga Nidra & Breathwork (Private Session) | 45 | Any day | \$90 |
| Tarot Readings | 20 | Any day | \$35 |
| Tarot Readings | 40 | Any day | \$60 |
| Tarot Readings | 60 | Any day | \$90 |
| Ayurvedic Therapies | | | |
| Abhyanga (Detoxing) Massage | 60 | Mon-Fri | \$150 |
| Abhyanga (Detoxing) Massage | 60 | Sat/Sun | \$165 |
| Abhyanga (Detoxing) Massage | 90 | Mon-Fri | \$195 |
| Abhyanga (Detoxing) Massage | 90 | Sat/Sun | \$210 |
| Shirodhara | 60 | Mon-Fri | \$175 |
| Shirodhara | 60 | Sat/Sun | \$195 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Nourish & Restore (Abhyanga + Shirodhara) | 120 | Mon-Fri | \$320 |
| Nourish & Restore (Abhyanga + Shirodhara) | 120 | Sat/Sun | \$340 |
| Pinda Swedana / Hot Herbal Compress | 75 | Mon-Fri | \$190 |
| Pinda Swedana / Hot Herbal Compress | 75 | Sat/Sun | \$210 |
| Kati Basti with Steam Therapy | 75 | Mon-Fri | \$175 |
| Kati Basti with Steam Therapy | 75 | Sat/Sun | \$190 |
| Indian Head Massage (Shiroabhyanga) | 45 | Mon-Fri | \$120 |
| Indian Head Massage (Shiroabhyanga) | 45 | Sat/Sun | \$130 |
| Ayurvedic Blissful Detox (Purva Karma) Ritual includes Ayurvedic Detoxing (Abhyanga) Massage, Shirodhara and Herbal Steam Therapy. | 150 | Mon-Fri | \$350 |
| Ayurvedic Blissful Detox (Purva Karma) Ritual includes Ayurvedic Detoxing (Abhyanga) Massage, Shirodhara and Herbal Steam Therapy. | 150 | Sat/Sun | \$375 |
| Padabhyanga (Foot Rejuvenation Ritual) | 45 | Mon-Fri | \$95 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|---|---|---------|-------|
| Padabhyanga (Foot Rejuvenation Ritual) | 45 | Sat/Sun | \$110 |
| Udvaartana (Herbal Powder Exfoliation Massage) | 90 | Mon-Fri | \$240 |
| Udvaartana (Herbal Powder Exfoliation Massage) | 90 | Sat/Sun | \$260 |
| Swedana / Herbal Steam Therapy (ADD ON ONLY) | | Any day | \$65 |
| Garshan / Dry Body Brushing (ADD ON ONLY) | | Any day | \$45 |
| Nasya | 45 | Mon-Fri | \$95 |
| Nasya | 45 | Sat/Sun | \$110 |
| Ayurvedic Awakening Ritual includes Abhyanga massage, Indian Head Massage, Padabhyanga Foot Reflexology, wellness consultation and Maiaveda Spa Gift Pack | 240 | Any day | \$555 |
| Panchakarma | Please contact Guest Services on 0420 580 886 to discuss. | | |

Spa Package Rituals

| | | | |
|---|-----|---------|-------|
| Lakshmi Bliss includes Maiaveda Signature massage and Ayurvedic OmVeda Skin Rejuvenator herbal facial | 120 | Mon-Fri | \$280 |
|---|-----|---------|-------|

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Lakshmi Bliss includes Maiaveda Signature massage and Ayurvedic OmVeda Skin Rejuvenator herbal facial | 120 | Sat/Sun | \$295 |
| Mokosh Radiance Ritual | 120 | Mon-Fri | \$240 |
| Mokosh Radiance Ritual | 120 | Sat/Sun | \$295 |
| My Birthday Ritual includes 30 minutes of gentle exfoliation and massage, 60 minute Signature Massage, and 30 minute organic, hydrating facial. | 120 | Mon-Fri | \$280 |
| My Birthday Ritual includes 30 minutes of gentle exfoliation and massage, 60 minute Signature Massage, and 30 minute organic, hydrating facial. | 120 | Sat/Sun | \$295 |
| Vitality & Glow Renewal includes 75 Maiaveda Signature massage, Mango Deluxe OmVeda Re-hydrating Facial and Swedana | 150 | Mon-Fri | \$340 |
| Vitality & Glow Renewal includes 75 Maiaveda Signature massage, Mango Deluxe OmVeda Re-hydrating Facial and Swedana | 150 | Sat/Sun | \$365 |
| Serenity Ritual includes Signature Massage, Indian Head Massage, OmVeda Ayurvedic Facial and Reiki | 165 | Mon-Fri | \$350 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Serenity Ritual includes Signature Massage, Indian Head Massage, OmVeda Ayurvedic Facial and Reiki | 165 | Sat/Sun | \$375 |
| Ananda Indulgence Ritual includes Ayurvedic Classique Facial, an Abhyanga massage, Intuitive Energy Healing and Shirodhara | 180 | Mon-Fri | \$440 |
| Ananda Indulgence Ritual includes Ayurvedic Classique Facial, an Abhyanga massage, Intuitive Energy Healing and Shirodhara | 180 | Sat/Sun | \$460 |
| Royal Rejuvenation includes Ayurvedic Foot Reflexology Ritual, OmVeda Skin Renewal Organic Facial, Signature Massage, Indian Head Massage, Chakra Balance and Sound Healing and Shirodhara | 195 | Mon-Fri | \$475 |
| Royal Rejuvenation includes Ayurvedic Foot Reflexology Ritual, OmVeda Skin Renewal Organic Facial, Signature Massage, Indian Head Massage, Chakra Balance and Sound Healing and Shirodhara | 195 | Sat/Sun | \$495 |
| Ayurvedic Blissful Detox (Purva Karma) Ritual includes 75 min Ayurvedic Detoxing (Abhyanga) Massage, Shirodhara and Herbal Steam Therapy. | 150 | Mon-Fri | \$350 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|--|---------|---------|-------|
| Ayurvedic Blissful Detox (Purva Karma) Ritual includes 75 min Ayurvedic Detoxing (Abhyanga) Massage, Shirodhara and Herbal Steam Therapy. | 150 | Sat/Sun | \$375 |
| Mammaji (Pre or Post Natal) Ritual | 90 | Mon-Fri | \$210 |
| Mammaji (Pre or Post Natal) Ritual | 90 | Sat/Sun | \$225 |
| Herbal Body Balance | 90 | Mon-Fri | \$240 |
| Herbal Body Balance | 90 | Sat/Sun | \$260 |
| Ayurvedic Awakening includes Abhyanga massage, Scalp Massage Treatment, Padabhyanga Foot Reflexology and Ayurvedic Shirodhara | 240 | Any day | \$555 |
| Moontime Maiden Ritual | 90 | Mon-Fri | \$190 |
| Moontime Maiden Ritual | 90 | Sat/Sun | \$210 |
| Post-Partum Home Visit for new mothers | 180 | Any day | \$350 |
| Ayurvedic Consultation and Healing Journeys | | | |
| Ayurvedic & Wellness Consultation (initial) | 75-90 | Any day | \$175 |

Prices and services are subject to change without prior notice. All prices are inclusive of GST.

| TREATMENT | MINUTES | DAY | PRICE |
|---|---|---------|-------|
| Ayurvedic & Wellness Consultation (follow up) | 45-60 | Any day | \$135 |
| Stress Management | 240 | Any day | \$555 |
| Stress Management | 360 | Any day | \$850 |
| Rejuvenation & Recovery | 240 | Any day | \$555 |
| Rejuvenation & Recovery | 360 | Any day | \$850 |
| Glowingly Renewed | 240 | Any day | \$555 |
| Glowingly Renewed | 360 | Any day | \$850 |
| Personal Wellness Guide | Please contact Guest Services on 0420 580 886 to discuss. | | |