

### **1. Indian Head massage - 75 minutes practice - \$135 + GST**

The Indian Head Massage (IHM) or shirobhyanga, is a healing modality that has its roots in the science of Ayurveda using warm oils to activate the marma points of the shoulders, neck, scalp and face. This treatment works on an energetic, emotional and physical level bringing balance and rejuvenation to both body and mind.

I offer this service with my healing hands and the power of reiki to work with both a firm and gentle rhythm, a massage of the upper back, neck, shoulders, scalp and face follows. A variety of Ayurvedic oils will be used during your treatment.

### **2. Nutrition and Wellness Coaching - 4 weeks - \$320 + GST**

As a Naturopath and Nutritionist (MSc) from India, I bring with me a blend of the ancient science of Ayurveda and a Modern approach to Nutrition. From weight loss, to hormonal balance to gut issues, diet plays a very important role in physical as well as mental health. The Gut Mind connection shows a correlation between what you eat and how you feel. The 30 day wellness plan gives the support from 5 pillars of lifestyle viz, food, sleep, movement, stress management and positive attitude.

What it includes:

- A full dietary and lifestyle assessment
- Personalised meal plan with recipes
- 6 Private, 30 minute coaching sessions on zoom (1 each week)
- Pantry, fridge and grocery list
- Weekly accountability and goal setting

### **3. Brain Working Recursive Therapy (BWRT) - 75 minutes - \$150 + GST**

Having conquered some dark phases of my life by seeking help, BWRT has helped me overcome anxiety and panic attacks which have never come again ever since. It has made some deep and permanent changes in me.

BWRT stands for BrainWorking Recursive Therapy. It is a fast and effective therapy for anxieties, fears, phobias, panic attacks as well as many other areas for example negative habits like smoking and nail biting. Unlike hypnosis, BWRT does not involve being in a relaxed trance state, listening to hypnotherapeutic stories and suggestions. As a level 1 practitioner, I will calmly guide you through a very innovative process wherein you will begin to respond differently to events and emotions which previously were difficult for you. The purpose of BWRT is to give people the life they deserve, and that's what it does.