

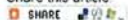
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Celebrity Spa Treatments

2 weeks ago 14th Jan 11 09

Flush any winter colds away by trying out the latest spa sensation enjoyed by celebrities Gwyneth Paltrow and Demi Moore

Embrace the exotic. Indian culture and relaxation at Ayush - the UK's first Ayurvedic Destination Spa. Ayurveda follows the belief that to achieve true health we must be in physical, emotional and spiritual balance

With celebrity followers such as Jennifer Aniston, Cindy Crawford, Oprah Winfrey and Bollywood star Shilpa Shetty Ayurveda could be the latest celebrity craze

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Old as time itself, the ancient Indian principles of Ayurveda meet 21st century sophistication and ancient Sanskrit philosophies dating back some 6,000 years. This new spa to practice Ayurveda is located near the breathtaking shores of Jersey

From the beginning of your holiday, every element of your stay is designed to effect and sustain balance. This is achieved through the use of oils, soothing lights and the Ayurvedic menu that works to nourish and heal the body. The spa is reminiscent of an Indian palatial building with its artful blend of red and ochre fabrics, making it a complete relaxing atmosphere

Popular Ayurvedic treatments include the signature Shirodhara sedation therapy. This includes a two-therapist massage to restore energy and vitality in those weighed down by life's daily stresses

The Ayush Wellness Spa has a team of Ayurvedic experts from both India and the West, making the stay a refreshing fusion of cultural harmony with mind and body.

Experiences at the spa can be arranged on a half, full day or overnight stay to thoroughly enjoy Ayurvedic treatments and therapies

The treatment provides people with the tools needed to promote self-healing and an enriched state of being. With a growing celebrity following it can't be bad!

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