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Dance event recorded...

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Ancient Therapy For January

From Ally Pyle 0 days 0 hours 5 minutes ago

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January is all about wellness, detoxing and generally watching your health. With Indian Independence Day around the corner (January 26) the Ayush Spa in Jersey may be just what the doctor ordered.

Using the ancient Indian principle of Ayurveda, the wellness spa on the island is the first of its kind in the UK. On the shores of St. Helier, the spa resides on the rooftop of the Hotel de France with spectacular views.



Ayush, meaning 'healthy life' in Sanskrit, is the first destination spa of its kind dedicated to restoring optimum health and healing. And, while Ayurveda is the oldest healing process, it withholds the idea that to achieve true health we must be in physical, emotional and spiritual balance. That means a totally personal experience to find out what you need to create a balance.

Each treatment is bespoke to the person, with a doctor designing your stay to create equilibrium. Among the treatments is 'third eye' sedation therapy as well as an energising Abhyanga two-therapist massage.



Individual experiences at Ayush Wellness Spa can be arranged for half, full day, overnight or lengthier programmes to enjoy Ayurvedic disciplines and therapies without disruption.

For enquiries or to make a reservation contact Ayush Wellness Spa, Hotel de France, St Saviour's Road, St Helier, Jersey, Channel Islands JE1 7XP on 01534 614172 or visit www.defrance.co.uk

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Kenco - now ethically sourced*

Kenco now uses beans from Rainforest Alliance Certified™ farms, while workers and their families are guaranteed access to schools. Physical facilities decent housing and running water. The Rainforest Alliance are helping to transform the way coffee is grown and ensure a sustainable future for coffee farmers in coffee-growing countries such as Brazil, Colombia and Costa Rica.

For more information on the range come from Rainforest Alliance Certified™ farms

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