



The perfect remedy

REALLY ESCAPE FROM LIFE AT THE UK'S ONLY AYURVEDIC SPA IN JERSEY. JOANNA KNIGHT PAYS AYUSH WELLNESS SPA A VISIT

★ A treatment at Ayush (the Sanskrit word for long, healthy life) begins with a consultation so your treatment can be customised to your 'type'.

Ayurvedic healing treatments are over 5,000 years old and have influenced many other medicines, including Chinese, Tibetan and Japanese. It is a healing healthcare system based on the principle of 'oneness' with the universe and nature, and teaches that when this balance is right, life is easier. The idea that I have a 'type' and that I can balance myself really appealed, as my life balance is distorted at the best of times!

The doshas

There are three 'doshas' in the Ayurvedic system: Vata, Pitta and Kapha. Your own dosha is diagnosed by a number of factors, including your pulse points, observations and questions relating to your likes and dislikes. You need to strike a balance between all three doshas but you will have one main dosha, and according to Doctor Prasanna Kerur at Ayush, I am Pitta, which is fire and water. This basically translates to someone who is dynamic, charismatic, passionate and an extrovert – I admit, this could well be me!

Pittas have strong appetites, lots of body heat, a moderate body frame, steady weight and good muscle tone, again, all attributes that I have. Having a type not only affects your body

but also the types of food that are suited to you. Doctor Prasanna suggests I eat lots of fresh fruit, yogurt and green leafy vegetables to balance the fire aspect of my type and that I avoid spicy foods. To kick-start your new approach to food, an Ayurvedic lunch, tailored to your personal type, is prescribed while you're there, as well as menu suggestions for you to take home.

Doctor Prasanna also gave me some lifestyle tips. According to him, as an active person I can often find myself doing too much (which is true), so I need to step back where I can and ground

recommended Shirodhara (pronounced 'shear-o-dara'), a soothing scalp massage with herbal-infused oil, which is said to help quieten the mind. As the thin, warm trickle of oil ran along my forehead and through my hair, I felt extremely relaxed. The constant sensation of oil soothing my scalp was amazing. To accompany my Shirodhara I also had an Ayush massage with oils specifically designed for Pittas.

The whole Ayurvedic system is really interesting and my visit to Ayush has certainly made me want to learn more about the ancient

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myself. He emphasised the importance of getting rid of toxins, either via exercise or treatments. He also suggested meditation, which I really liked the sound of; I just haven't found the time as yet!

He also said that Pittas should massage their feet and head to help calm their internal system, recommending that I use the ball of my hand to massage my ankles for ten minutes every day.

Treatments

After I explained that I was often quite stressed out and couldn't always switch off, I was

practice. With an array of Ayurvedic treatments, it really is the perfect place to calm the mind, treat the body and balance you from the inside out. ■

[More info]

The Indian Summer Package at Ayush Wellness Spa at the Hotel de France in Jersey starts from £335 per person and includes two nights' B&B accommodation, a consultation, Ayush massage, Ayurvedic Shirodhara and Ayurvedic lunch. For more information visit www.ayushspa.com or call 01534 614 172



Ayurvedic tips

- ★ Aim for a 70% to 30% ratio of uncooked to cooked foods in your diet.
- ★ Drink plenty of fluids.
- ★ Eat lots of fruit, including melons, grapes, fresh figs, bananas and prunes.
- ★ If you get sunburnt, apply a natural mask made of crushed cucumber, rose water and sandalwood powder.
- ★ Cut back on hot and spicy food and stimulants like caffeine and alcohol.