



8TH HOUSE ELAN

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Conflict creates mental and emotional stress that manifests as physical symptoms in the body.

Ayurvedic body work relieves your physical pain and releases embedded emotions to bring you calmness of body and clarity of mind.

AYURVEDA TREATMENTS

Context. Ayurveda is an ancient Indian form of medicine that focuses on the interrelatedness of mind, body, and spirit. Ayurveda believes that all activity in the universe and in humans can be classified in three basic functions – creation, organization, and destruction. Those three principles are represented by the deities Brahma, Vishnu, and Shiva. The 8th House is the house of death, rebirth, and transformation. In times of stress and conflict, we most certainly are in one of these stages.

Services. The correlations between emotionality and cognitive functioning are overwhelming. Conflict creates stress of anxiety, negativity, and fear. These emotions (emotions are energy) get blocked in the body and manifest as physical symptoms such as neck stiffness, headaches, or migraines.

Why does this matter? When flooded with emotions, our cognitive function suffers. To function at your best, your body needs care and attention to release tension and get you thinking clearly. Having calmness of mind, clarity in thought, and peace in your soul help us navigate challenges with vigor and creativity.

FULL BODY TREATMENTS

Our full body treatments address the physical and emotional symptoms brought on by stress and conflict. Embedded elements and toxins are released, and the body's strength, tolerance and longevity are enhanced.

ABHYANGA

120 / 150 minutes

Abhyanga is revitalizing and detoxifying full body massage. The treatment begins with a clarifying Nasya that opens you to the experience by clearing your nasal and mental passages. Ayurvedic organic oils infused with herbs are then applied in large quantities to nourish the skin and penetrate at the cellular level. Circulation of the arterial and lymphatic

systems are stimulated. Abhyanga simultaneously nurses and nurtures the body, while increasing its vitality. The mind and body are lulled into a deep state of relaxation, as toxins loosen from deep tissue and mobilize for elimination. Following the oil massage, you relax as Swedana (steam) further expels the toxins from your body while simultaneously promoting full absorption of the oil nutrients into your skin. Abhyanga relieves fatigue and promotes sound sleep. Your nervous system will be profoundly calmed and rejuvenated.

ABHYANGA BLISS

150 minutes

Our Signature Abhyanga begins with a clarifying Nasya that opens you to the experience of healing by clearing your nasal and mental passages. A course brush is used for Garshana (dry massage) to remove dead cells and active your lymphatic system. Following that you receive oil massage. Ayurvedic organic oils infused with herbs are then applied and massaged in large quantities to nourish the skin and penetrate at the cellular level. Abhyanga simultaneously nurses and nurtures the body, while increasing its vitality. The mind and body are lulled into a deep state of relaxation, as toxins loosen from deep tissue and mobilize for elimination. Circulation of the arterial and lymphatic systems are stimulated. Your nervous system is profoundly calmed and rejuvenated. Next you relax as Swedana (steam) promotes full absorption of the oils into your skin while expelling toxins. Abhyanga relieves fatigue and promotes sound sleep. The treatment is completed with Shirodhara, warm oil pouring slowly onto your 3rd Eye, leaving you in a deeply nourished trance state of peace and renewal. The treatment is completed with Shirodhara, warm oil pouring slowly onto your 3rd Eye, leaving you in a deeply nourished trance state of peace and renewal.

GARSHANA

60 minutes

Garshana, Ayurveda dry massage, is done a natural bristle body brush. Dry massage is recommended for people who have signs of fatigue, sluggishness, or are feeling physical or mental dullness. Additionally, it exfoliates and brightens skin. Garshana supports the removal of cellular waste products from the body by stimulating lymphatic circulation. Each treatment begins with Nasya, an herbal blend dropped and massaged into the nostrils to open your mental and spiritual passages for renewal. Next is the dry massage. Following that, Ayurveda oils are gently applied to your skin for

absorption. Finally, you take Swedana (steam) to eject toxins while the nourishing oil penetrates your skin. Garshana reduces the effects of stress on the body. This treatment improves skin texture and luminosity, increases muscle tone, and supports natural detoxification. In addition to lubricating the skin, warm oil after dry massage helps to calm mental anxiety.

SWEDANA

30 / 45 / 60 Minutes

Swedana is a steam bath that detoxifies the skin through sweat. Swedana hydrates and restores moisture to the skin and is a great way to warm the muscles and relax the body. Clients have the option to include Garshana (dry massage) and oil application included in the treatment.

PINDA SWEDANA

30 / 60 Minutes

Pinda Swedana is a traditional Ayurvedic therapy with profound healing and renewal potential. Warm cloth boluses, prepared with herbs, milk, and rice, are patted into the entire body. The warmth of the boluses opens your channels allowing the herbalized milk to penetrate deeply into underlying tissues. Pinda Swedana enhances circulation, improves muscle tone, strengthens the nervous system, and restores vitality to the entire body. Pinda Swedana is specifically beneficial in degenerative conditions like arthritis, muscle weakness and fatigue, and can assist the body rebuild muscular tissue.

PANCHAKARMA

150 minutes per treatment / 5-30 day duration

Panchakarma is a series of body work prescribed by an Ayurvedic medical doctor or a certified Ayurvedic practitioner that lasts anywhere from 5 – 30 days. Panchakarma treatments are the five-fold Ayurveda cleansing therapies which get to the root cause of the problem and eliminate the deep seated toxic metabolites (Ama) from the body thereby restoring equilibrium of the doshas and promoting healthy tissues. Just like a tree has to be destroyed completely by uprooting it, diseases have to be cured completely by cleansing toxins from the body by Ayurveda Panchakarma treatments, otherwise there will be recurrence of the disease again and again.

HEAD TREATMENTS

Conflict stored in the head expresses itself as symptoms such as brain fog, migraine headaches, jaw pain, TMJ, sore eyes, hoarseness of voice, dry nasal passages, chronic allergies, and mental fatigue. 8th House Elan offers treatments designed especially for symptoms related to the head. Among many other benefits, each of our head treatments aid with sound sleep.

SHIRODHARA

60 minutes / 90 minutes

Experience the sensation of “bliss therapy” as your thoughts melt away and you fall into complete relaxation. All you feel is peace. Shirodhara calms the mind and rejuvenates the body, balancing the pineal and pituitary glands, toning the lungs, heart, colon, brain, and stomach. This treatment nourishes your hair and scalp, prevents graying and hair loss, and replenishes luster to your hair and skin. Shirodhara rejuvenates your senses of sight, sound, and smell, allowing you to perceive and experience life in a new way each time you leave. In ancient Sanskrit, ‘Shiro’ means head, and ‘dhara’ means flow. Shirodhara cleanses and resets your mind (thoughts), body (actions), and spirit (intentions). This relaxing and gentle flow of herbal oil on the 3rd Eye will enhance your concentration, clarity, and intuition.

NASYA

30 minutes / 60 minutes

Nasya is medicated oil administered into the nostrils. Nasya treatment begins with the client lying down. Warm drops of Nasya are administered into each nostril and the outside nasal cavity is massaged to enhance absorption. Clients enjoy the relaxation of a face, head, ear, and neck massage to enhance absorption. Nasya clears your nasal passages, and opens your intuitive, mental, and energetic passages as well. Wherever the day takes you next, you walk with renewed clarity.

SHIRO ABHYANGA

60 minutes / 90 minutes

Shiro Abhyanga is a Sanskrit term comprised of two words: Shiro (head) and Abhyanga (massage). This treatment begins with Nasya to clear your mental and energetic passageways. Next experience our Shiro Abhyanga, a gentle massage on the forehead, head, neck, and shoulders so the oil formulation on these parts of the body takes effect. The session is completed as you enjoy Shirodhara, the sensation of warm oil gently flowing upon your 3rd Eye. Among its many benefits, Shiro Abhyanga increases blood and oxygen circulation in the brain. Anti-aging benefits include relaxing facial and eye muscles, stimulating hair growth, preventing premature graying, and hair loss. Shiro Abhyanga also stimulates the lymphatic drainage system, relieves pain, headaches, migraines, stress, jaw aches, and insomnia.

NETRA (EYE) BASTI

60 minutes / 90 minutes

Netra Basti is a restorative and preventative Ayurvedic treatment for the eyes, used to reduce eye strain and stress. The treatment begins with a Nasya to clear the nasal passages and open you to healing, followed by gentle massage to relieve tension in your face, head, and neck. A dough dam is built up around the eye and warm medicated ghee is slowly poured into the dam, bringing peace and nourishment to the eyes. The ghee is held in a pool on the eyes for 15-20 minutes. The lipid structure in ghee is similar to the body’s natural lubrication, making it especially nourishing for optic nerve tissues. During the treatment, some people experience mild stinging and therapeutic tearing, which is normal when the body is cleansing and repairing. Post-nasal mucus releases, clearing congestion and relieving pressure around the sinuses. While the ghee is absorbing, you will be receiving energy healing to promote enhanced relaxation and emotional clearing. The session concludes with a full Shiro Abhyanga. This is the time to relax with your eyes closed to receive full benefits of the ghee. Netra Basti improves vision and eye refraction errors. It provides relief from allergies, soothing dry, itchy, eyes. In addition to the physical benefits, you will feel calmness and clarity, walking back into your life feeling physically better, with renewed vision and intention.

KARNA PURNA

30 minutes

Karna Purna, a treatment for the ears, calms the entire central nervous system and promotes bone alignment in the head, like crania-sacral therapy. Your treatment begins with a clarifying Nasya and gentle massage on your face, head, and neck, massaging away tension and preparing your body for healing. Next, warm oil is poured into the ear canal, where it stays for a 10 - 15 minutes on each side. Karna Purna liquefies ear wax and lubricated the ear canal, easing most ear pain. Ayurveda explains that the ear is a sacred place of subconscious memories, much like being in the womb, where you feel safe and loved. The warm oil gives you the feeling of peace, tranquility and stillness, which is when the highest healing takes place. When both sides are finished, you take rest while receiving energy healing and allowing your body to absorb the oil, the stillness, and the full benefits of tranquility.

UPPER BODY TREATMENTS

Consider where you are feeling discomfort and correlate the emotional symptoms: The heart is the center of the body, and around it flows the subtle essence of life. Shoulders carry our burdens and responsibilities. Spine represents the support you feel (or don't feel) you have in life. Mid-back represents guilt and being stuck in the past. The abdomen houses your liver (anger and base emotions) and spleen (worry and overthinking). Finally, the low back represents support (or lack thereof) from finances, family, and other sources. Symptoms in your upper body can tell quite a story. Our treatments help alleviate the physical symptoms and dislodge embedded emotions.

GRIVA (NECK) BASTI

60 minutes

Your treatment begins with Nasya, clarifying your nasal passages and opening your mental channels to receive healing. Next is a massage of the face, scalp, jaw, and neck to loosen tension and bring you into a state of

relaxation. Turning over on the table, a dough basti is placed in a ring on the back of your neck. Warm oil and the decoction of herbs is slowly poured into it, saturating the vertebrae of your neck and 2-3 vertebrae of your thoracic region. The oil absorbs for 20-30 minutes, during which time you also are receiving energy healing. When the basti is removed, the oil is massaged into neck, shoulders, and upper back. Your session completes with a Shirodhara, to nourish, cleanse, and reset your perspective by pouring a stream of warm oil onto your 3rd Eye. This is followed by rest, so your body can absorb the full benefits of the treatment.

HRID (HEART) BASTI

60 minutes

Hrid basti begins with Nasya to open your energetic passages. Next, a warm oil bath is poured into a dough basti on the heart region. It absorbs for 30 or more minutes. During this time, you rest and receive energy healing. This is followed by a chest, neck, and shoulder massage. The warmth and comfort of a Shirodhara completes your experience, cleansing and resetting your perspective. If you have been experiencing difficulties with someone you care for deeply, this treatment will help to calm your heart and mind, helping you to see the way forward.

KUNDALINI (VITAL ENERGY) BASTI

60 minutes

The session begins with a refreshing Nasya to open your mental and energetic passages. Warm herbal oil is poured over the length of your spine. While the oil absorbs while you receive energy healing. The basti is removed and the oil is massaged into your spine, back, neck, shoulders, and head. A face and scalp massage are next, followed by a Shirodhara. This treatment is perfect when you need reinvigorated with some extra strength and mental clarity to face the challenges ahead.

LOW BODY TREATMENTS

The lower body holds onto emotional issues as well. The low back is said to hold emotions related to lack of support, financial concerns, and insecurities about the future. In many indigenous health systems, feet are vitally important to the body's overall health. Our lower body treatments restore strength and vitality to your body, while bringing calmness to mind and spirit.

KATI (LOW BACK) BASTI

60 minutes

Kati Basti treatment is used to rejuvenate and retain the strength of the lower back, which takes the weight of the entire body. The session begins with a Shiro Abhyanga to calm your mind and emotions. Then turning over, warm oil is poured onto your lower back where it penetrates for 30 minutes, absorbing into the Ashti Dhatu (bone and tissues) of the sacrum region, sacroiliac joint, lumbar spine, and marma points. You receive energy healing to release emotional and energetic tension as the warm oil softens, repairs, and nourishes your aching muscles. Like other basti treatments, this lumbar sacral therapy saturates the area with oil. This addition of fat makes the tissues supple and also promotes the secretion of excessive salt from the body. Next the basti dam is removed, and oil is massaged into the low back, upper back, and shoulders which deepens the effect of the treatment. Finish with a warm towel and rest. You will walk out feeling more centered, calm, and secure.

NABHI (DIGESTION) CHAKRA BASTI

60 minutes

The session begins with Shiro Abhyanga, a massage of the head, face, and neck. Next the Nabhi Chakra Basti is placed on the lower abdomen and filled with warm oil. While it permeates into your body, you receive calming and restorative energy healing. The basti is removed, and the oil is gently massaged into your abdomen. Warming Shirodhara completes the experience of release, cleansing your 3rd Eye and resetting your emotional intentions as you step back into the world.

Nabhi Chakra Basti facilitates the release of deeply seated emotions, strengthens digestion and absorption, and relieves painful digestion symptoms.

JANU (KNEE) BASTI

60 minutes

Janu Basti treatment begins with a calming Shiro Abhyanga, a massage of the head, face, and neck. Next warm oil is massaged onto your feet, ankles, and calves to bring you to complete relaxation. A dough basti is placed around each knee and warm the herbal oil is poured over the joint to absorb, soothing away pain and stiffness. Energy healing is conducted as the oil penetrates the knees and softens the tension. When the basti is removed, the oil is gently massaged into the knee joint for full absorption. A warm towel is placed over you and you take rest while the benefits of the treatment continue. Walk back into your life with renewed calmness and strength.

PADO ABHYANGA

60 minutes

Pado Abhyanga begins with Nasya to clear your mind and open you for relaxation and healing. Nasya is followed by a gentle massage of the face, jaw, head, and neck. Next, each leg receives oil massage of the calf, ankle, and foot. This strengthens and lubricates the muscles, joints, and ligaments which support your entire body. Foot health is said to be indicative of one's ability to receive pleasure and experience joy, and feet considered the place our body connects to the soul (sole). Pado Abhyanga fortifies foot health, using the six Ayurveda strokes to renew and strengthen the feet which support you, and revitalize the soles which guide you.

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