



Inner Works Wellness Center *Ayurveda Clinic*

Consultation and Treatments

We are blessed to have two physicians that are authentic Ayurveda Indian healers, Dr's Anu and Jaygopal. They have been classically trained in India: they have established clinics in India, New York, Thailand, Germany, and now California.

Ayurveda is complementary to Allopathic medicine (traditional) and does not replace medical diagnosis or medical treatments. Ask for our senior and student discount ~ 20 % off of all individual sessions.

Ayurveda Consultations



Initial Pulse Reading and Consultation ~ by Dr's Anu and Jay ~ \$100

Reading the pulse is an ancient Ayurvedic assessment tool. This technique identifies your state of health and the balance of your constitution (doshas). This is a truly holistic approach that is known to assist in identifying imbalances and promoting restoration, addressing all aspects of ones being. This process is approximately one hour of gathering information to create a holistic program, individualized to your constitution (doshas). The focus of this session will include identifying your current imbalances and suggestions for healing practices. This could consist of (but is not limited to) lifestyle recommendations, a nutritional plan, breathing techniques, massage, and natural herbs. This is your time to ask questions and partner with your Ayurveda Doctor to ensure an outcome of restoration and dis-ease prevention.

- **Follow-up Consultation Sessions ~ \$65**

Generally lasting one half hour. The focus is on your progress, reviewing any symptoms and addressing any concerns. This is the time for evaluation and connection to ensure you are supported during your wellness journey. Adjustments and changes will be discussed and healing practices recommended as needed.



Ayurvedic Treatments

Herbal Oils ~ They are commonly used in Ayurveda Treatments, as they are very nourishing and calming to the nervous system. These herbal oils help to balance and restore the body as the healing qualities are absorbed into the skin. These herbal oils are customized to you and are selected in consideration to your particular needs and doshas.

- **Full Body Hot Herbal Oil Treatment ~ Abhyanga** ~ \$100 per treatment

This is deeply relaxing, rhythmic manipulation of the muscles that utilizes very warm oil and herbs appropriate for your body's doshas (constitution). Hot towels are used to enhance the healing aspect of this treatment. This treatment concentrates on energy centers, called marma points. This type of therapeutic practice is used in all Ayurvedic rejuvenation therapies for muscle relaxation, decreasing symptoms of stress, hydration of dry skin, decreasing anxiety, fatigue, pain, and many other conditions. This treatment is used for detoxification of the body and energizing the spirit.



- **Hot Oil Forehead Treatment (third eye) ~ Shirodhara ~ \$100 for one treatment or \$370 for 5 sessions**

Lay back as a stream of warm herbalized oil streams luxuriously onto your forehead and marma points. As this treatments progresses you will become incredibly relaxed as your nervous system is balanced and your mind calms. This is especially restoring if you are fatigued, anxious or have insomnia. This profound experience usually provides nourishment for all aspects of the body.

- **Lower Back Treatment ~ Katti Basti ~ \$80 for one treatment or \$350 for 5 sessions.**

Experience muscle tension relief in your lower back. With this treatment, very warm herbalized oil is retained over the lumbrosacral area. This is a nourishing way to treat tissues and muscles of the lower back, reducing pain and constriction. Excellent treatment for preventative and restoration purposes acute and chronic back pain

- **Knee Treatment ~ Janu Basti ~ \$80 for one treatment or \$350 for 5 sessions.**

Very warm herbalized oil is retained over the patella (knee cap) area. This is a nourishing way to treat tissues and muscles in the knee. This treatment is for preventive care, acute, and chronic knee pain from osteoarthritis, sprains, spots injuries, age related degenerative disease, and ligament tear.

- **Neck Treatment ~ Greeva Basti ~ \$80 for one treatment or \$350 for 5 sessions.**

Very warm herbalized oil is retained over your neck area. As it releases muscle tension and constriction it is very relaxing and rejuvenating. This therapeutic treatment is for preventive care, acute or chronic pain caused by stress, cervical spondylosis, degenerative disorders, and post surgical recovery.



InnerWorks Wellness Center

1306 Monte Vista #8 Upland, Ca. 91786 (border of Upland and Claremont) for more information please call or go to our website @ 909 985-3389,
www.innerworkswellness.com.

Stay tuned for future classes offered on body treatments, and health and dis-ease. Take these classes for personal health enhancement or professional growth.