



SPA AYURDA - YOU START ON THE PATHWAY TO WELLNESS

If you're a frequent visitor to health and beauty spas around the globe, you will know very well that not all are created equal. Some are awash with the sound of whale music and patchouli scented candles, whilst others are akin to a doctor's surgery, with a focus on getting you in the treatment room with minimal fuss, and getting the job done.

The soon to be opened Spa Ayurda on Ponsonby Road (based in a large, airy villa opposite Rocket Kitchen) is quite a different beast indeed, seeking to "redefine the concept of spa for those of us who just see them as a place for getting pampered with relaxing facials and other beauty treatments".

In the words of its director Rippan Sandhu, Spa Ayurda is based on "5000 year old traditions of wellness and the principle that what we see happening on the outside - as in our skin and body - is a direct reflection of our inner self". This basic principle is based on the ancient Indian science known as Ayurvedic medicine, which is known for its holistic approach to wellness and the simple desire to correct the cause of an illness or imbalance, rather than merely masking symptoms.

The spa director is proud to say that Spa Ayurda is the first spa in New Zealand to be based around the true traditions of Ayurveda, under the guidance of Australasia's most experienced Ayurvedic doctor, Dr. Ajit. He has been running a very successful Ayurvedic wellness centre in the Central Auckland suburb of Mt Eden for over seven years, and has seen the medical aspects of Ayurvedic medicine help thousands of New Zealanders who have been battling various physical, mental and emotional problems.

Planet Ayurveda has become a popular destination for those who have exhausted many other avenues in the path to complete wellness, and for those seeking to try something different from traditional Western medicine. Also Dr. Ajit's wife, the lovely Rippan Sandhu is the driving force behind Spa Ayurda and is passionate about the differences an Ayurvedic approach can make to your skin. She and her husband developed their (now well known and very popular) Ayurda skin care range over seven years ago, and then went on to create accompanying signature spa treatments based on Ayurvedic principles and using products from their own range. These will all be offered at Ponsonby's Spa Ayurda by a team of well trained Ayurvedic beauty therapists who will be carrying out their roles under the rigorous eyes of Dr Ajit.

The spacious, relaxing spa will offer unique, customised Ayurvedic facials, body rituals, highly effective body wraps and hand and feet rituals, as well as a plethora of other treatments which will leave its clients not just feeling pampered, but also relaxed and rejuvenated. Spa Ayurda will also offer wellness packages especially tailored to each client's needs, in the true nurturing spirit of Ayurveda.

Rippan adds that "you are also most welcome to bring your children to Spa Ayurda for treatments and wellness packages, thus giving them the feel of natural well being from very early in their lives. Our aim is to provide the foundation of a better future for your whole family - and for you." (HELENE RAVLICH) [PN]

SPAAYURDA, 213 Ponsonby Road www.ayurda.co.nz (Opening soon!)

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