



TRYING ALL THE TREATMENTS ON OFFER AT SPA AYURDA

THE EFFECTS OF STRESS ON THE BODY ARE INSIDIOUS, WE USUALLY DON'T realise there's something wrong with us until it's too late. We're good at brushing it aside, trying not to take notice, making it seem less than it is, faking that everything is okay. It's amazing how easy it is to just carry on regardless, but then one day – BAM your body says no more and down the slippery slope you go, nothing to hold on to, just the realisation that if you had taken a little more notice of the signals or given them the respect they deserved you wouldn't be sliding around in all that mud. Bummer, it's a long hard climb out of the hole and messy too.

Regardless of how hard you make yourself work, how little time you think you don't have or how much you think it may cost, the personal cost to your mind and body is too great to avoid taking care of yourself and as there is only one chance at life, living it well is easier and less costly than living it ill.

There are some lovely things we can do for ourselves to relieve and diminish the effects of tension and stress and help maintain the balance required to live a happy, healthy life. We all require different things at different times in our lives to help maintain our own personal balance, whether it's yoga, running, reading, walking, fishing, surfing, swimming, pumping iron, reflexology, acupuncture or whatever, anything that gives you peace and balance and keeps stress at bay is good for you. I've had hundreds of massages, spa treatments and therapies over the years to help me relax and de-stress, but what I've experienced in my two sessions at Spa Ayurda are simply the best massage treatments I have ever had and perfect for where I am in my life right now, helping me get back into alignment and balance.

Ayurveda is an ancient system of healing known for its holistic approach to total wellness and supporting the principle that our outer beauty is a reflection of our inner beauty. My knowledge of Ayurveda was limited to its Indian origin so I started with an introductory Shudhi or Tri-dosha massage, a beautifully nourishing and rejuvenating experience using warm herbal oils, I was in heaven. Two weeks later, I had an Abhyanga, a similar style to the Shudhi but also massaging the energy points to release stagnated energy, I felt like I was floating, it was pure bliss to feel so relaxed. I've booked in for a Moksha for next time which includes herbal steam to open the energy channels. There are many other body treatments for me to look forward to including the Shirodhara where warm oil is poured onto the forehead promoting deep relaxation and there are facial, foot and hand treatments too.

I have found a sensational way to rejuvenate and replenish my depleted energy and help bring me back into alignment and balance. It's a lovely caring environment with soft music, lighting and colours; it's also modern, professional and pristine clean. I love how warm and safe I feel and it is relatively inexpensive too.

They are very generous with their time, I've noticed each session has been longer than advertised and with their attractive loyalty program, monthly promotions and 10% off when you rebook your next appointment, they have certainly made it easier to spend the time and money on myself. My recommendation is to choose an appointment time that allows you to relax afterwards, wear old clothes you don't mind getting oily and give yourself up to the wonderful power of your own inner beauty, because you're totally worth it. Don't delay, do it now. (REBECCA JONES) PN

Spa Ayurda is located at 213 Ponsonby Road opposite Rocket Kitchen. T: 09 360 0007 www.spaayurda.co.nz and there is ample parking in the back.