

# ayurveda

with geeta vara



As the sister science of yoga, Ayurveda dates back over 5000 years and is a complete way of life, designed to treat the individual holistically, considering all the contributing factors to our health and wellbeing, be it physical, environmental, emotional or mental. So whether you are looking for advice on eating right for your body type, a treatment to bring back balance or need help with a health concern, there is an Ayurvedic approach for everyone.

Geeta helps clients with various conditions such as digestive disorders, IBS, migraines, stress, hayfever, sinusitis, weight management, insomnia, depression, compromised immune system, skin conditions and more.

Using natural interventions from nutrition and lifestyle guidance, herbs, detoxification, therapeutic treatments, pranayama breathing, meditations and yoga, each session is tailored to empower you on your journey of well being. Ayurvedic treatments always use tailored luxurious hot oils, connecting and bringing balance to every part of your being.



*'I suffered recurring intestinal complaints, which conventional medicine failed to improve, after a very interesting consultation and massage treatments I have made a huge improvement. Geeta's expert knowledge, advice and very helpful one to one sessions have helped me immensely.'* ~ Loraine Ryan

With a background in holistic massage and nutritional therapy (ITEC) since 1998 and inspired by her Indian roots, **Geeta** has been practicing Ayurveda for the last 4 years after training at Middlesex University and in India for her BSc and PG Diploma in Ayurvedic Medicine. Geeta is a member of the Ayurvedic Practitioners Association, keen to bring a truly holistic approach to healthcare.

## prices:

Ayurvedic Consultation 75 min | £75

Ayurvedic Marma Massage 90 min | £90

Ayurvedic Abhyanga or Holistic Massage 60 min | £65

treatments<sup>®</sup>

evolve wellness centre

10 kendrick mews london SW7 3HG

tel. 020 7581 4090

[www.evolvewellnesscentre.com](http://www.evolvewellnesscentre.com)