

Western Modalities

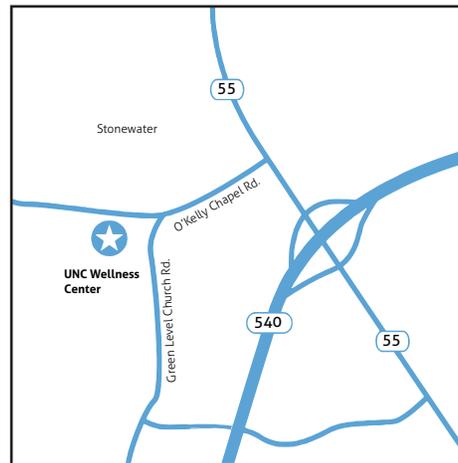
- Lymphatic Massage
- Swedish Massage
- Prenatal Massage
- Reflexology
- Medical Massages
- Hot Stone
- Reiki



Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedule working for all of our clients, we need at least 24 hours notice for all cancellations. No-shows and cancellations with less than 24 hours notice will be charged the full fee.

We do not file insurance claims, but we are glad to provide you with a receipt of our services. Our professional staff of therapists is committed to providing quality treatments in a peaceful and relaxing environment.



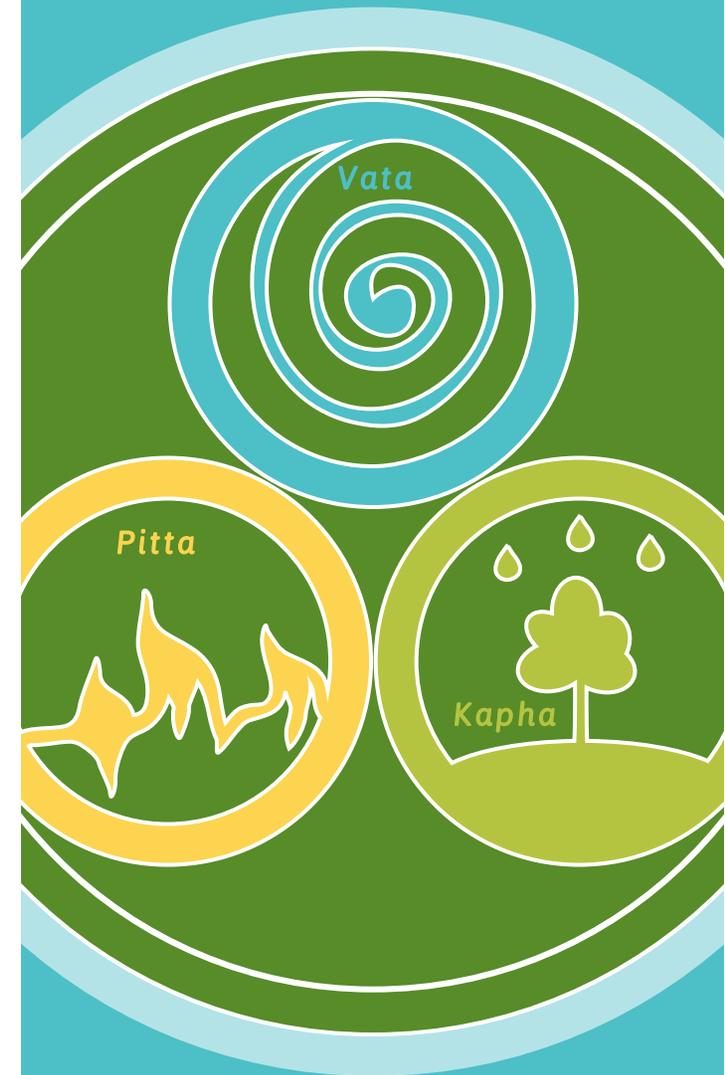
 **UNC**
HEALTH CARE

**WELLNESS CENTERS
NORTHWEST CARY**

350 Stonecroft Lane • Cary, NC 27519
(919)957-5900 • www.uncwellness.com

AYURVEDA

"Knowledge of Life"



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AYURVEDA

services and rates

Ayurveda is a support system for specific health issues and offers many cleansing and rejuvenation therapies for overall health and longevity. Ayurveda treatments are designed to return the body constitution to a harmonious balance. These traditional herbal therapies can be done individually or in combination to promote relaxation and health, and to prevent future imbalances. Experience the deepest relaxation state with any of these holistic, herbal Ayurvedic therapies.

Eastern Modalities

Abhyanga: Full body massage using herbalized oils according to the body type. This treatment helps in balancing the doshas of the body, improving blood circulation and skin texture. Abhyanga stimulates the lymphatic system, slows aging, dissolves fatigue and stress, and treats neurological disorders. **75 minutes: Members \$90/non-members \$100**

Shirodhara: A continuous stream of herbalized oil is set to flow on the forehead, following a facial and head massage addressing Marma points (Vital Energy Points). This treatment is very beneficial for stress relief, insomnia, high blood pressure, concentration issues, TMJD and scalp disorders such as hair loss, graying of hair and dandruff. **60 minutes: Members \$90/non-members \$100**

Choornasweda: Full body oil massage using a bundle packed with herbal Choornas (powders) according to the body type and necessity. This procedure is used to treat joint aches, neurological issues and to strengthen the joints of the body. **60 minutes: Members \$100/non-members \$110**

Mukhalepa: Deep cleansing Ayurvedic facial with natural herbs and spices, leaving the skin looking more hydrated, refreshed, glowing and radiant. Focusing on marma points, this treatment is great for sinus relief, stress and TMJD. **60 minutes: Members \$80/non-members \$90**

Indian Marma Head Massage: Head and face massage concentrating on the Marma points of this region. This treatment is beneficial for stress related conditions such as headaches and insomnia, TMJD, health of scalp and beauty of the hair. It helps in stimulating and balancing the energy points. **45 minutes: Members \$70/non-members \$80**

Marma Padabhyanga: Foot soles are massaged with special herbal oils by stimulating Marma points, exfoliation with Ayurvedic powders and ending with hot towel compression. Benefits include prevention and cure of dryness, numbness, roughness, fatigue and cracking of heels. **45 minutes: Members \$80/non-members \$90**

Book your appointment today at 919-957-5900.



Guidelines for Ayurvedic Treatments

1. Avoid solid food for at least 3 hours prior to treatments.
2. Please abstain from coffee and tea for one hour prior to treatments.
3. Women should avoid receiving Abhyanga, Shirodhara, and Choornasweda during menstruation.
4. Ayurvedic treatments are not suitable for pregnant women.
5. Please reschedule if you have a fever or illness.

Schedule an Appointment

For appointments call UNC Wellness Centers at Northwest Cary at 919-957-5900 or contact Holistic Massage and Body Work Therapist, **Madhuri Challagolla**, at Madhuri.Challagolla@unchealth.unc.edu.