



AYURVEDA CONSULTATIONS

Ayurveda is a holistic practice of natural healing that focuses on adjusting imbalances in diet, exercise and sleep in order to minimize stress and achieve optimal health.

Known as the “Knowledge of Life,” Ayurveda is an individualized system of healing that uses five-sense therapy as a means to treat disease.

Ayurveda’s goal is to support individuals as they evolve on their spiritual journey.



Candy Koslen earned a certificate as a practitioner of Ayurveda from the California College of Ayurveda. She is also a licensed massage therapist, Reflexologist, Registered Yoga Teacher and Reiki Master.

CONSULTATION

Initial visit \$100/hour and a half

Follow up visits \$75/hour

The initial consultation will determine your dominant dosha or constitution, your tendencies or imbalances, and begin a lifestyle plan to bring you more into balance with your dosha. Follow up appointments include: daily routines and practices, guidelines to healthy eating, meditation, yoga, five sense therapies, etc. It is recommended that a patient come once a week for 4-6 weeks, then biweekly, then seasonally, or as needed.

ABHYANGA

\$100/hour

The purpose of Ayurvedic oil massage as part of the daily routine is to assist in the prevention and accumulation of physiological imbalances, and to lubricate and promote flexibility of the muscles, tissues, and joints. The classical texts of Ayurveda also indicate that daily massage promotes softness and luster of the skin as well as youthfulness. This one hour treatment includes dry brushing and the application of sesame oil over the entire body while listening to Sanskrit mantras nourishing the physical, mental, emotional and spiritual bodies.

SHIRODARA

\$100/hour

Experience the most divine ancient therapy of Shirodara. Take your meditation deeper as a steady flow of warm oil gently flows onto your forehead. This therapy stimulates the third eye and crown chakras, awakens intuition and inner wisdom, and improves mental focus and concentration. It is excellent for relieving stress, anxiety, depression, insomnia, and migraines. Shirodara also releases negative emotions and thought patterns. Includes neck and shoulder massage.

For more information or to schedule an appointment:

www.candacekoslen.com | 216.456.1705