



Lotus AyurVeda Spa

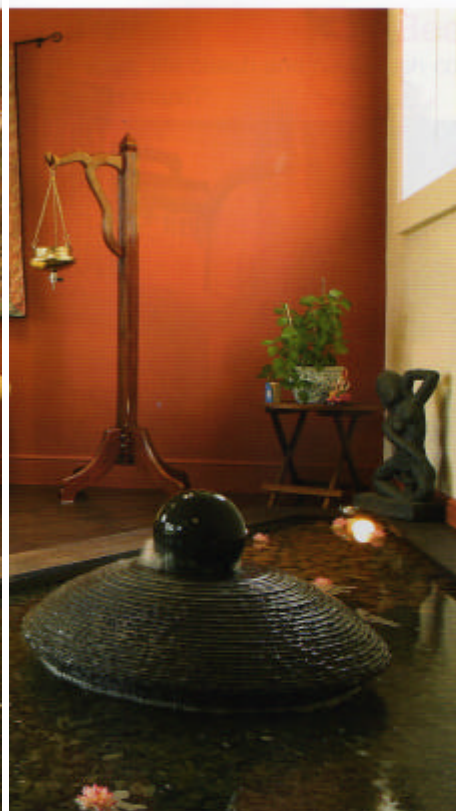
Amy Belchetz tries out the ancient eastern 'science of life' system that balances mind, body and soul



Stepping into Lotus AyurVeda Spa is like entering a soothing oasis. Greeted by the sounds of gently running water and warm smiles from the owner, Millie Mylvaganam, and Dr Jolly, the AyurVedic Consultant, you feel a million miles away from the outside world. There is no other spa like it, because it is the first AyurVedic spa in the North and Millie has striven to keep the spa as authentic as any you might visit

in the East. Dr Jolly and his massage therapists are from Kerala in India, having spent years training and practicing in the ancient art of AyurVeda.

Translated from Sanskrit, AyurVeda means the 'Science of Life' and is an ancient Indian holistic system that is over 5,000 years old. During my consultation Dr Jolly asks many questions about my diet, sleeping patterns, personal characteristics, my lucky number



and checks my palms. Through this information and his medical check-ups, Dr Jolly determines my 'Dosha'. He explains that there are three types of 'Dosha', which are made from the five great elements: space, air, fire, water and earth. My predominant Dosha is 'Pitta' as I have many 'fire' characteristics — his conclusion about my health, wellbeing and personal characteristics are uncanny. Based on this diagnosis, Dr Jolly then selects specially blended oils, made from Indian ingredients, for my Abhyangam Therapy, which is a Rejuvenation Therapy.

The massage therapy then takes place in a room furnished with an Indian treatment table and herbal steam box, made from

herbal woods. Dr Jolly instructs his assistants, two female massage therapists (although there are also two male massage therapists on site for male clients) who then massage you simultaneously using the prescribed oils.

The treatment begins with an invigorating and tension-releasing head and scalp massage using a milk and sandalwood massage oil. Then the face is massaged with nourishing massage oil. The therapists work in harmony as they begin with the feet, using sweeping massage strokes up the legs and working in sections to cover the whole body. The strokes feel firm, powerful and invigorating, which surprised me as the therapists have a calm and gentle manner.



The treatment is concluded with a fragrant herbal steam to release toxins and to help the body absorb the medicinal oils.

As a massage therapist myself, I am aware of the deep effects of massage, but I have to say that this was a truly balancing experience which significantly relaxed me for days, forcing me to re-think my hectic schedule and bring in time for rest and rejuvenation.

The Rejuvenation Therapy costs £60 for up to 90 minutes, but leave an extra 30 minutes for the initial consultation. Other therapies start at £30. For more information, visit www.lotus-ayurveda.co.uk or call 01937 541177 or email info@lotus-ayurveda.co.uk

Lotus AyurVeda Spa, Unit 452, Thorp Arch Estate, Wetherby, 01937 580 657