

Ananda Shanti Body Work Treatments

Prices and Descriptions

2016

Prices:

*Shirodhara: \$70-\$100 for full body for 1 hour, \$25 add on to any treatment

*Abhyanga:

60-minutes- \$70

75-minutes- \$85

90-minutes- \$100

*Holistic Occupational Therapy- \$65/ hour

*Home Based Holistic Occupational Therapy: \$85-100/ hour (depending on location)

Descriptions of Body Work Treatments

***Shirodhara-** Shirodhara treatment consists of warm oil gently poured on the forehead in a continuous soothing stream.

*Benefits:

- Calms the Mind
- Reduces migraine headaches
- Enhances Deep State of Relaxation
- Reduces Neurological Disorders (i.e. memory loss)
- Promotes Restful Sleep
- Hair becomes Lustrous
- Diminishes Symptoms of Meniere's Disease (i.e. ringing in ears and vertigo)
- Balances the Right and Left Hemispheres of the Brain
- Suppress Allergy Symptoms
- Aids in Controlling Skin Diseases (i.e. psoriasis)

***Precautions and Contraindications/Do's and Don'ts before treatment:**

- Do not go for the treatment on a full stomach. It is suggested that you wait for a few hours after you have eaten, before you go for the treatment.
- Carry loose fitting and easily removable clothes for additional body work that may be rendered.
- Do not go for the treatment when you have other things to do after the process. Since you will be asked to rest for a few hours after the treatment, a packed day will most likely undo all the benefits of the treatment.
- Carry a scarf that you don't mind getting soiled. You will need to tie this scarf around your head as your hair will be extremely oily after a course of *shirodhara* treatment.

Abhyanga- Abhy (rub) Anga (limbs) Abhyanga is a full body massage performed in a specialized manner using warmed “organic” herbal oil. This treatment is designed to deeply penetrate the skin to break up impurities and stimulate lymphatic and arterial circulation for overall health and well-being. May also be done synchronized. May combine abhyanga with shirodhara.

- Reduces Anxiety, Fatigue, and Stress
- Boost Immunity
- Alleviates Gastrointestinal Irregularity
- Ameliorates Migraines
- Soothes Joint Pain
- Enhances Skin Tone
- Improves Energy, Vitality, and Life Longevity
- Promotes Mental Clarity
- Build Strength

***Precautions and Contraindications:**

- During the menstrual cycle:
-A massage with deep pressure during the menstrual cycle is not advised in Ayurveda, as it can initiate a release of ama (toxins) from deep tissues at a time when the body is already a bit taxed. Some women don't like to stop abhyanga during their cycle because they have very dry skin. If you choose to do it during your cycle, it is best to apply the oil gently and for only about 5 minutes.
- During pregnancy:
-The reasoning is similar here. It is not a good idea to stimulate any sort of detox process during pregnancy. This precaution protects the growing embryo and fetus against any unnecessary exposure to ama.
- Over swollen, painful areas or masses on the body
(Or do so only with the knowledge and consent of your health-care practitioner).
- Over infected or broken skin
- When there is high ama or great physical discomfort
-A thick, white coating on the tongue often indicates high levels of ama.
- During any sort of acute illness such as fever, chills, flu, or acute indigestion
- Directly after taking emetics or purgatives
- When you have a medical condition
(Unless your health-care practitioner says it is okay to do abhyanga).

***Holistic Occupational Therapy:** Occupational therapy is a unique profession in that it uses a holistic approach to look not only at the reasons a client's participation in activities has been impacted but also at the client's roles and environment and includes wellness, prevention, and habilitation. The occupational therapy profession assists the client to regain function or adapt to changes by assessing or addressing the physical, cognitive, psychosocial, sensory, and environmental aspects of healing. Unlike other professions OT isn't always about 'fixing you' it's about helping you to live well with the skills that you've got. . Holistic occupational therapy is defined by certifications in complimentary therapies such as yoga therapy, craniosacral therapy, ayurveda, life coaching, body work, guided imagery, marma point therapy, aromatherapy, and much more for an integrative scope of practice.

Definition of Occupational Therapy Practice for the AOTA Model Practice Act:

"The practice of occupational therapy means the therapeutic use of occupations, including everyday life activities with individuals, groups, populations, or organizations to support participation, performance, and function in roles and situations in home, school, workplace, community, and other settings. Occupational therapy services are provided for habilitation, rehabilitation, and the promotion of health and wellness to those who have or are at risk for developing an illness, injury, disease, disorder, condition, impairment, disability, activity limitation, or participation restriction. Occupational therapy addresses the physical, cognitive, psychosocial, sensory-perceptual, and other aspects of performance in a variety of contexts and environments to support engagement in occupations that affect physical and mental health, well-being, and quality of life."- Adapted from AOTA

***Craniosacral Therapy:** Craniosacral Therapy is a form of bodywork that's gentle, non-invasive, and hands-on. It is designed to assess and monitor the craniosacral rhythm to encourage the body to heal itself. This system involves the assessment of the anatomy of the body vertically and horizontally, involving the bones of the skull and face, the spine, and the sacrum. It also entails the dural tube that surrounds these structures and the cerebrospinal spinal fluid that fills the dural tube. This amazing system includes the workings of a fluid exchange system between the arterial blood flow to the head and the draining of the fluid back into the venous return flow.

***Benefits:**

- Headaches (specifically migraines)
- Orthopedic Injuries
- Back and neck pain
- Trauma
- TMJ
- Chronic fatigue,
- Fibromyalgia
- Motor coordination
- Eye problems
- Autism
- Erb's Palsy
- Chronic pain syndrome
- Traumatic brain injury
- Learning disabilities
- Stress & anxiety
- Post-traumatic stress
- Scoliosis
- Tinnitus (ringing in ears)

***Precautions and Contraindications:**

Cranio sacral massage should be avoided in patients who have suffered an aneurysm, cerebral hemorrhage or severe bleeding or injury to the skull.

***Yoga Therapy:**

Therapeutic Yoga and Ayurveda are two holistic modalities that are used within a holistic occupational therapy treatment session. Yoga and Ayurveda are two sister sciences that compliment occupational therapy in order to develop life skills. Yoga addresses the mental, physical, and spiritual body aspects to assist a person to reach their life purpose or to experience that "Ah Ah moment!" Yoga has an effect on human development through the mental, emotional, physical, and creative centers of the body. Ayurveda respects the uniqueness of the individual (portrayed body constitution), considers all levels of the individual (Body, Mind, and Spirit), offers natural ways of treating diseases and promoting health, and emphasizes prevention. Ayurveda offers a client simple, practical, affordable and natural ways to manage their health through stress management techniques, life style modifications, food and diet counseling, spices/over the counter herbal remedies, exercise regimes, simple detox techniques, and body work for a specific body constitution.

***Benefits:**

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury