

# From India to Canada

## Ayurveda is Revolutionizing the Spa Industry

Ayurveda is the ancient science of rejuvenation that is revolutionizing our modern spa industry. This 5000-year-old tradition, originating in India, is based on understanding body types and parallels the quest for self-realization through balancing mind and body. Therapists are becoming the new gurus of spiritual awakening bringing the 'Afghan Trail' to today's spa industry.

Andrea Olivera is an Ayurveda Spa Specialist and is one of Canada's foremost pioneers in lifestyle management therapies. She long ago traded her tweezers for mantras and has been transforming treatment rooms into Ashrams by bringing to the spa industry timeless and potent rejuvenation and detoxification techniques. Her methods employ the knowledge and wisdom of the Vedas to achieving beauty, vitality and health.

Based on the elements of air (Vata), fire (Pitta) and earth/water (Kapha), her more popular treatments include the à la Carte Ayurvedic Scalp Massage, a prolonged head and neck massage that clients just love. For instance Pitta (fire) types are known to be agitated and often frustrated; they suffer from premature graying, hair loss, and scalp blemishes such as eczema and psoriasis. The Pitta scalp treatment uses cooling herbal preparations like sandalwood and jasmine with chilled coconut paste or organic yogurt to stimulate healthy hair growth while inspiring the qualities of forgiveness and tranquility.

It is a wonderful addition to a facial, massage or before shampooing. Shirodhara is often used to relieve problem headaches.

Other popular treatments include Marma points and Gemstone therapy. Abhyanga caters to the three mental natures: Sattva (stillness), Rajas (activity), and Tamas (inertia), through active, passive and persuasive massage. This luxurious experience is for those looking to release stagnate energy and emotional blocks. The Rajasic Kinetic touch sequence, for example, stimulates motivation while nourishing the skin, eliminating toxins by releasing muscular and chronic pain.

The philosophy of Ayurveda offers specific seasonal treatments and employs herbs, oils, diet, yoga, meditation, music therapy and even Moon cycles.

Turn your spa packages into holistic health therapies through Andrea's expertise in this most ancient of sciences. Ayurveda: the Mother of Healing. For further details, please view her website at [www.AyurvedicTouch.com](http://www.AyurvedicTouch.com)



**Andrea Olivera** is committed to health and wellness and is possibly Canada's foremost Ayurveda Spa Specialist. She has helped revolutionize the spa industry by integrating ancient healing techniques with modern spa technologies. A well-known consultant and trainer, she uses Shankara and Kama products exclusively and offers Estheticians and Body Therapists the organic solutions and full lifestyle products they need.