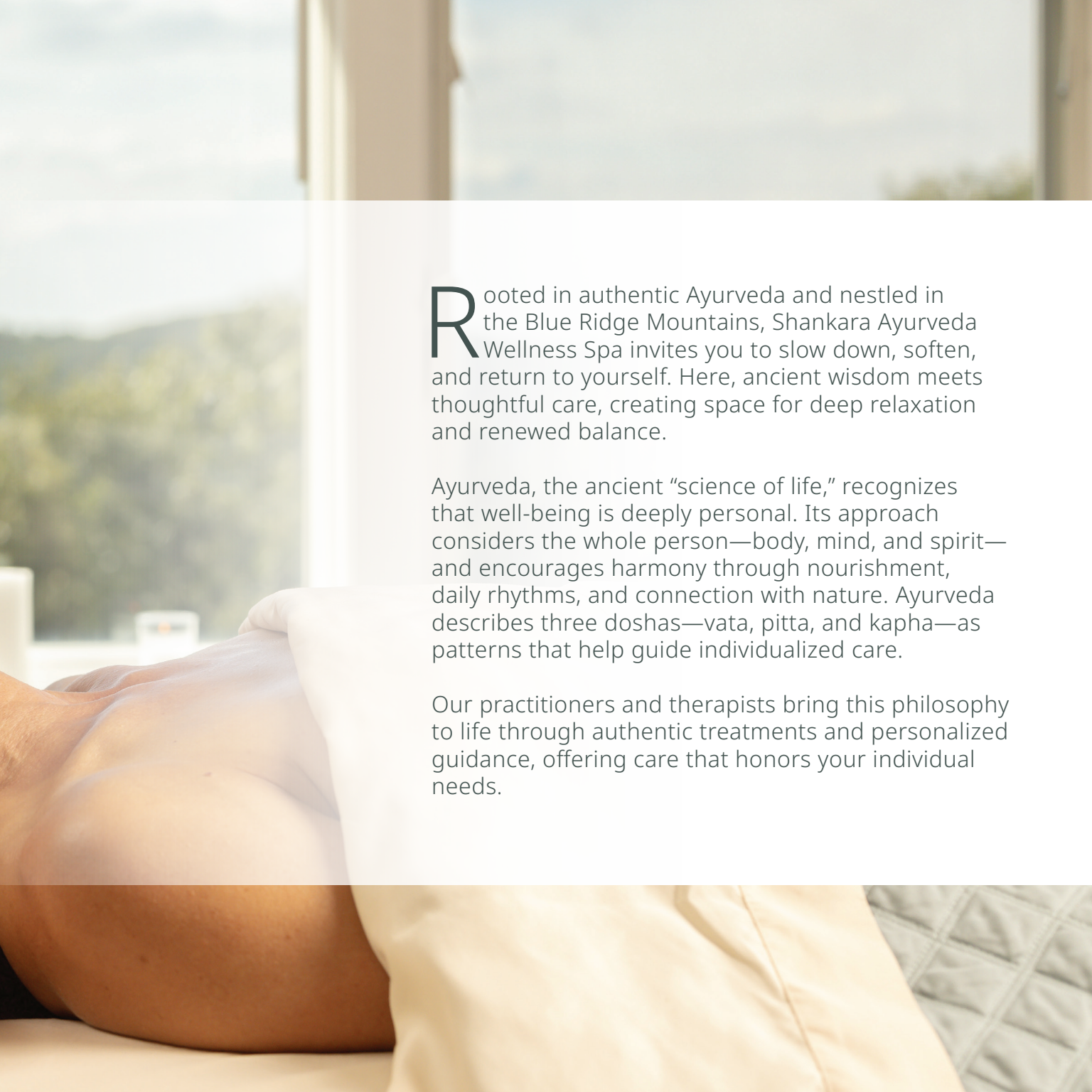

Shankara
AYURVEDA WELLNESS SPA
aolrc.org/shankara | 828.264.8382





Rooted in authentic Ayurveda and nestled in the Blue Ridge Mountains, Shankara Ayurveda Wellness Spa invites you to slow down, soften, and return to yourself. Here, ancient wisdom meets thoughtful care, creating space for deep relaxation and renewed balance.

Ayurveda, the ancient “science of life,” recognizes that well-being is deeply personal. Its approach considers the whole person—body, mind, and spirit—and encourages harmony through nourishment, daily rhythms, and connection with nature. Ayurveda describes three doshas—vata, pitta, and kapha—as patterns that help guide individualized care.

Our practitioners and therapists bring this philosophy to life through authentic treatments and personalized guidance, offering care that honors your individual needs.

TREATMENTS & THERAPIES

Warm oils, soothing touch, and aromatic botanicals invite you to settle into the moment. From rhythmic massage to gentle energy-point therapies, our treatments offer time to release tension, rest deeply, and feel replenished.

Our treatments feature Shankara Skincare, made with natural, organic ingredients and free of alcohol and parabens. Cold-processed to preserve the integrity of their ingredients and pH-balanced to care for your skin, these nourishing formulas leave skin feeling soft, refreshed, and radiant.







Abhyanga
Warm Oil Massage
60 minutes
Warm oils and rhythmic massage envelop the body in soothing care. This traditional Ayurvedic treatment nourishes the skin, eases tension, and invites deep rest, leaving you feeling grounded and replenished.

Shirodhara
Relaxation Therapy
60 minutes
A continuous stream of warm oil flows gently over the forehead, inviting the mind to settle and the body to soften. Often called “Bliss Therapy,” this traditional Ayurvedic treatment offers a deeply restful experience of stillness and tranquility.

Royal Treatment
120 minutes
A deeply healing experience that combines Abhyanga and Shirodhara Relaxation Therapy.

Shankara Signature Massage
60 or 90 minutes
Our talented therapists relax and restore your body and mind using custom-blended oils from our very own Shankara line.

Shankara Ayurveda Facial
60 minutes
This customized facial and light massage nourishes the skin, balances the doshas, and enhances your natural beauty.

Marma
Replenishing Energy Treatment
60 minutes
This restorative, fully clothed therapy activates vital energy points to calm the nervous system, balance the doshas, and leave you grounded and renewed.

Sundarya—Lavishing Treatment
90 minutes
This nurturing full-body experience combines a soothing massage with Sundarya Body Oil, a scalp and facial massage, and a luxurious salt scrub to release tension and leave the skin smooth, refined, and renewed.

Udvartana
Herbal Exfoliation Treatment
60 minutes
This invigorating lymphatic massage uses an herbal paste to exfoliate and revitalize the skin, stimulate circulation, and support the body’s natural detoxification process.

Craniosacral Therapy
60 minutes
This gentle, hands-on therapy releases tension, calms the nervous system, and restores balance—leaving the body and mind deeply relaxed and renewed.

Basti: Joint Rejuvenation
45 minutes
Stiff joints are bathed in warm oil. This treatment also includes a massage to the affected area.

Kati Basti: Lower Back
Greeva Basti: Upper Back and Shoulders
Janu Basti: Knees

Karna Purna
45 minutes
Warm oil is gently poured into the ears to calm the mind, soothe the nervous system, balance vata, and promote deep relaxation.

Flotation Therapy
60 minutes
Float effortlessly in a tank of buoyant, salt-infused water. With less sensory input and a feeling of near weightlessness, this quiet experience invites you to release tension, rest deeply, and enjoy a peaceful pause.

Nasya
45 minutes
This kapha-balancing nasal therapy uses herb-infused oils to clear and moisturize the sinuses, ease congestion and tension, and promote mental clarity.

Best received on its own or at the end of a treatment series. Please remain upright and avoid sleeping immediately afterward.

Netra Tarpana: Eye Bathing
45 minutes
Warm ghee and gentle eye exercises soothe tired, achy eyes, ease strain, and support healthy vision. This calming, rejuvenating treatment balances pitta dosha.

Eyes may be sensitive to bright light and screens afterward. Please plan time to rest and relax.

ENHANCEMENTS
Enhancements vary by treatment and can be added to your service.

- Facial—30 minutes
- Shankara Signature Massage—30 minutes
- Therapeutic Hot Stones—15 minutes
- Warm Oil Foot or Scalp Massage—15 minutes



CONSULTATIONS

Ayurvedic Health Consultation

with an Ayurvedic physician

60 or 90 minutes

This in-depth consultation with Vaidya Medha Garud addresses specific health concerns and provides targeted Ayurvedic recommendations, which may include diet, lifestyle practices, kitchen herbs, and preventive wellness protocols.

Ayurvedic Lifestyle Consultation

with an Ayurvedic practitioner

60 or 90 minutes

A practitioner evaluates your dosha, identifies imbalances, and sets wellness goals.

Pulse Assessment

with an Ayurvedic physician

30 minutes

Gain expert insights into your health and personal constitution from the perspective of the ancient science of Ayurveda.



A GUIDE TO THE SPA

Before Your Visit

When booking, please tell us about any health concerns, pregnancy, allergies, or therapist gender preferences. Leave jewelry in your room, and wear comfortable clothing if receiving marma or craniosacral therapies.

Arrival

Check in with the concierge before each treatment and complete the health questionnaire in the relaxation lounge. We recommend arriving 15 minutes early to enjoy Ayurvedic tea and Blue Ridge Mountain views. Afterward, allow time to relax in the steam room.

Ayurvedic Treatments

Many Ayurvedic services use generous amounts of oil, so please wear clothing you don't mind getting oily. Disposable undergarments are available.

Abhyanga and Shirodhara are not recommended during pregnancy or heavy menstruation. Alternative treatments are available.

Age Requirements

Spa services are generally for guests 18 and older. Guests ages 13–17 may receive a treatment with a parent present. Children under 13 are not permitted in the building.

Cancellation Policy

Please provide at least 24 hours' notice when canceling or changing an appointment. Late cancellations and changes may be charged the full service amount. Late arrivals result in a shortened treatment.

Service Charge

A 20 percent service charge is added to all services and paid to your service provider. You may adjust this amount up or down based on your satisfaction.

SIGNATURE

Panchakarma Retreat

A Guided Ayurvedic Journey Back to Balance

More than a cleanse, Panchakarma is an immersive 8-day retreat designed to restore balance, support digestion, calm the nervous system, and awaken renewed vitality.

Rooted in ancient Ayurvedic wisdom, the experience begins with an assessment of your unique constitution and current imbalances. Our expert team then creates a personalized plan of therapies, nourishing meals, meditation, restorative yoga, and daily practices—all thoughtfully adjusted as your journey unfolds.

Surrounded by the quiet beauty of the Blue Ridge Mountains, you have the time, space, and support to step away from daily demands and reconnect with your body's natural rhythms.

Your Experience Includes

- Personalized Ayurvedic consultation and treatment plan
- Eight customized treatments and therapies
- Private accommodations and nourishing vegetarian meals
- Daily meditation and restorative yoga
- Ayurvedic classes, demonstrations, and guidance
- Pre-cleanse preparation and post-retreat recommendations

Restore your rhythm. Reclaim your clarity. Return home renewed.

SCAN TO LEARN MORE

Schedule a complimentary discovery call to explore whether Panchakarma is right for you.

aolrc.org/panchakarma



Shankara

AYURVEDA WELLNESS SPA

Make time for yourself.

Explore our treatments or call to schedule your visit.

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