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Zen Amaris Ayurveda Spa: The Temple of Life-Wellness



Welcome to a new world of absolute rejuvenation and healing, physically, psychologically and spiritually at Amaris Spa, where ancient wisdom and modern science meet to create a whole new approach to natural beauty, health rejuvenation and optimal wellness. People from all over the world are in search of relaxation and rejuvenation, but often they are seeking something deeper and more fundamental. Clarity; a sense of balance; the inspiration to make positive changes for the long term. All of these can be achieved with the Ayurvedic principles and techniques therapies practiced at the Amaris Spa.

Rooted in the ancient wisdom of Ayurveda, our holistic treatments are individually customized to balance the entire being, counter the effects of stress and aging, and bestow true transformation. A core part of Ayurvedic science is massage therapy, a practice that opens the body's energy channels, stimulates and enhances circulation, activates the lymphatic system; regulates digestion; strengthens muscles, bones, and blood vessels; improves skin and body tone, revitalizes the body's immune system and more.

The Amaris Spa is an infusion of aromatic healing herbs and spices with layers of earthy base notes of cinnamon and pepper; mid notes of marjoram and moringa splicing through high floral notes like the freshness of a meadow after the rain. Coconut oil warms gently in a copper pot. These moments of conscious clarity and awareness prepare you for Ayurveda on a level that is quite different to any massage you may have had before, because at Zen Resort it is combined with the Balinese culture of compassion and love.

Nature is at the heart of everything we do at Zen, so our Ayurvedic massages and therapies are an extension of that idea. Herbal medicinal plants are picked at dawn to provide the essential ingredients needed for authentic treatments. Every flower, herb and tree within

the grounds of Zen Resort has been carefully selected for its beneficial health and wellbeing properties.

Gazing out of the spa window it is easy to see why nature is not only at the heart of Balinese beliefs but at the core of Ayurvedic healing processes. Every flower, herb, tree and bark here at Zen Resort is grown and used in ayurvedic treatments; just as most of western medicine is derived from plants: the salicylate rich willow sap used for aspirin for instance and since antiquity. Here moringa plant is grown to cure headache, lower blood pressure. Indigenous plants are used to give authentic treatments with fresh ingredients picked at dawn. The window frames a picture paradise where you can almost see the flora pulsing with electricity and a primal memory of a life more wholesome is triggered by the intensity of scents.

Tropical flowers of vibrant red hibiscus and sun blazed striking orange marigolds grown for the abundant and beautiful displays of daily flower decorations on the steps to the spa and in every corner; creamy fragrant frangipani plucked from trees as temple offerings; and papery textured bougainvillea tumbling in cascades of colour. Flowers are everywhere inside and out. Eyes are drawn hazily down to the sparkling sea below the Zen forest and a dream like sound of prayer floats in the distance in and out like the tide on a serene morning.

The sound of sudden fluttering from wings of a dove, springs up like a vision from the undergrowth, a symbol of those loved before now; the movement releasing a shower of life-giving oxygen from the glossy curling leaves arched towards the sky. An almost tangible link to nature is experienced; the ruffling of the silk framing the window becomes the veils of two worlds, briefly as one. A sacred stream runs down to the sea through the ancient trees, blessed by countless full moon ceremonies; as inside this framed doorway to some sensory heaven you sit on the edge of a bed feet in a warm velvet flower bath from that same stream: blessed by the village priest in a purification ritual. Through these ripples of connectivity, one becomes part of the environment.

Amaris Spa offers massages and therapies to enhance relaxation, rejuvenation and healing in one of our seven spa rooms and the outdoor coconut spa pavilion. Our Ayurveda and Naturopathy Doctors and spa therapists will advise you on selecting the mix of ayurvedic therapies that are right for you and help create a plan to target any imbalances or illnesses you might have. Ayurveda massage treatments use a number of ingredients to remove

toxins from the skin, including natural oils, ghee and milk. Aromatic infusions of healing herbs and spices bring clarity and awareness, with complementing layers of cinnamon, coconut oil, pepper, marjoram and fresh flowers helping to shape a transformative experience of Ayurveda.

Your arrival at the Amaris spa will start with filling out a questionnaire and receiving beautiful flower foot bath and a scrub on the terrace. This will help set your mind at ease and enjoy the beautiful nature around you, while inhaling gorgeous flower smell. At the beginning of every ayurvedic treatment, the therapist will discuss the pain areas you have and the relevant treatment for this will be incorporated during your spa session followed by a foot bath. Next you will enter and experience the serenity of a sacred spa and as you sit on the spa table, a Sanskrit mantra prayer will be chanted.

What uniquely differentiates Zen Amaris treatments from any other in the world is that at the beginning of each ayurvedic treatment our therapists, one in front and two at the back of the guest, will chant a surround-sound Sanskrit mantra that sets the energy in the room. The prayer ritual between you and the spa therapists singing in perfect harmony with spiritual intent to share this blessing with you. With eyes closed the singing resonates around you, through you, in you. That moment before you realize sends tingles down your nerve endings as you feel as if you have taken on an extra sensory hearing surrounded by melodic harmony. You might feel the energy shift right away. And the vibrations of the perfectly synchronized chanting cannot be described, it's something to be experienced. Many a guest report remembering giving up their mind, body and soul to the therapists for therapeutic healing massage.

Mantra chanted in the beginning of the Spa treatment, "Ayam Me Hasto Bhagwan, Ayam Me Bhagavattara, Ayam Me Vishwa Bhesaju, Ayam Shivaabhimarshanah", which says, "both my hands are divine, they can bring prosperity, they can give a soothing effect, they are more powerful than being simply divine, all medicines for the diseases of the world lie on my hands, touch of the hands is capable of healing and bringing the wellbeing".

After listening to Zen Theta Mantra, your mind, body, and soul will be attuned to being relaxed and embracing healing energy. With eyes closed the surround sound mantra makes you realize another two to three therapists are stood behind you singing and this resonates around you, through you, in you. That moment before you realize sends tingles down your nerve endings as you feel as if you have taken on an extra sensory hearing surrounded by

melodic harmony. Many a guest report remembering giving up their mind, body and soul to the therapists for therapeutic healing massage.

Your Ayurvedic treatment will start with invigorating scalp massage with special essence. Then two therapists, will start your massage working in harmony either side of your body. You can ask for the type of pressure that feels comfortable to you. Our massage treatments use a number of ingredients to remove toxins from the skin, including natural oils, ghee and milk. Aromatic infusions of healing herbs and spices bring clarity and awareness, with complementing layers of cinnamon, coconut oil, pepper, marjoram and fresh flowers helping to shape a transformative experience of Ayurveda.

It is in these pauses before the seconds that the spa therapist and you share a moment of connection that is almost ethereal. In this silence between you lies a sense of wonder. The intensity of this ritual at Zen before the actual ayurvedic treatment itself is one that is incomparable to any other massage or healing therapy elsewhere and is one that will become forever etched in your memory of Zen; reverberate like an echo in the soul, like a heartbeat.



Zen's flagship treatments and therapies are primarily derived from Ayurveda. Through our signature experiences, we fulfil the 4 key aspects that are key to the success of any Ayurveda treatment: the Ayurveda Doctor, the therapist, the medicine and the guest. At Amaris Spa at Zen, we take great care to keep these values intact and ensure that you get the best of our legacy. We offer some 30 targeted Ayurveda therapies, for example the most popular treatments are summarized below.



Open Chakra Balancing Massage integrates deep-tissue massage, foot reflexology and energy enhancing therapy, including utilization of essential oils, breathing exercises, aromatic steam towels and scalp massage. This opens and stimulates the chakras so that energy can flow freely through the body, to achieve a sense of profound calm, physical and psychological realignment and balance



Abhyangam Oil or Ghee: An Ayurvedic foundation massage with customised medicated oils or ghee to your individual body type, are applied liberally over the entire body and deeply massaged into the skin. This treatment detoxifies, nourishes and revitalizes the body, harmonizing the mind, body, and spirit.



Shirodhara: This treatment. Involving a continuous flow of warm heated herbal oils from an earthen vessel on the forehead, profoundly relaxes the nervous system, relieves stress and strain and is highly effective in improving memory, treating migraine, E.N.T disorders, enhances deep sleep and reduces tension



Urdwartana A mix of medicated powders is massaged deep into the tissue with specific palm and finger movements. This ayurvedic treatment is recommended for weight loss and toning of the skin and muscles. It increases circulation and removes dead skin cells to revitalize you with a glowing complexion.



Marma Energy This Ayurvedic treatment focuses on rejuvenating and revitalizing the body's energy points. It begins with a warm ginger compresses all over the body, followed by a powerful energy balancing massage achieved through gentle and firm circular motions with herbal oils. The treatment ends with a cleansing and relaxing facial mask that uses customised ayurvedic ingredients.



Shastika Pinda Sweda Najavara: A special kind of rice, widely used in Ayurvedic treatments, is prepared and tied in linen bundles and cooked in herbal warm milk. These bundles are massaged all over the body to strengthen and tone the skin, ease tissue and muscles, rheumatism and joint pains.



Choornasweda Podikizhi : A massage using linen bundles containing a herbal powder mix of various herbs. The bundles are heated in a pan smeared with castor or neem oil and subsequently applied all over the body to induce sweating. This ayurvedic treatment is beneficial for toning the skin, easing muscle and joint pains.



Padaghata: The therapist powerfully and skillfully massages the body using the soles of her feet. This massage is beneficial for joint and bone pain, it helps remove tissue toxins and induces a deep state of relaxation.



Upanaha Sweda: A warm paste comprising of ayurvedic anti-inflammatory and pain-relieving crushed seeds, mixed with heated herbal leaves and oils together with wheat and rice flour, is gently massaged into swollen or painful parts of the body. The areas are covered with herbal leaves and subsequently wiped off.



Kativasti: To relieve anxiety, anger or sadness and strengthen the back area, a leak proof reservoir made of black gram dough is built up on the lower back, around the lumbo-sacral area. Lukewarm medicated oil is gently poured in and retained there for 30 minutes, followed by a gentle relaxing full body massage.



NETRADHARA: In this Ayurvedic treatment, the eyes are bathed in a cooling stream of herbal extracts mixed in milk and water. This treatment soothes, cools, and relaxes strained and sore eyes. It removes toxins and eye impurities and contributes to reduced risk of cataract formation.