

## Dewa Spa Menu

### THERAPEUTIC MASSAGE & BODYWORK

#### SOOTHING HOT STONE MASSAGE

There's nothing like heat therapy to melt away stressors in your mind and muscles. Surrender as warm stones are placed on your body, bringing instant relaxation and calmness. Unwind as they are then massaged gently over your muscles to release tension. Depart feeling deeply relaxed and stress free.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

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#### SWEDISH RELAXATION MASSAGE

This gentle massage consists of long strokes, with light to medium pressure, to help release stress and fatigue in your body. It is delivered with a meditative blend of organic coconut oil infused with a personalized selection of organic essential oils. Depart feeling calm and centered.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

90 minutes \$195 (individual)

90 minutes \$375 (couple)

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#### ARNICA DEEP TISSUE MASSAGE

This strong, full-body massage is delivered with healing Arnica oil to relieve muscle and joint pain and reduce inflammation in the body. This massage improves blood flow, increases oxygen in your body and promotes overall wellbeing. Recommended for computer-related tension. Depart feeling relaxed with muscle tension relief.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

90 minutes \$195 (individual)

90 minutes \$375 (couple)

## **SHIATSU MASSAGE**

During this Japanese acupressure massage, you remain fully clothed as your practitioner applies firm finger pressure to specific meridian points. This helps to unlock tightness and tension trapped in the muscles. The treatment concludes with a nurturing head, scalp, and shoulder massage. This massage is recommended for chronic stress, tension, and fatigue. Depart feeling a sense of spacious fluidity.

60 minutes \$135 (individual only)

90 minutes \$195 (individual only)

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## **THAI YOGA MASSAGE**

This oil-free energizing massage is delivered with techniques passed down by Buddhist monks over countless generations. It consists of gentle stretches and kneading with firm thumb and palm pressure to stimulate your energy flow and circulation. This therapy encourages toxins to be expunged from your body and clears your energy channels. This treatment is performed on a floor mat with the recipient wearing yoga-style clothing. Depart feeling clear, flexible and invigorated.

90 minutes \$195 (individual only)

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## **PERSONALIZED WELLBEING MASSAGE**

As each day is different, each body is unique. During this session your practitioner will tailor your massage specifically to your needs. Need more focus on your lower back and neck area? How about a soothing head and scalp massage? Whether you prefer gentle or firm pressure, this customized treatment is for you.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

90 minutes \$195 (individual)

90 minutes \$375 (couple)

120 minutes \$255 (individual)

120 minutes \$495 (couple)

## **CRANIOSACRAL THERAPY**

This is a deeply nurturing therapy where compression and blockages in your soft tissue are released through the gentle touch of your spinal column, sacrum, head, and neck to help rebalance the natural rhythm of your cerebro-spinal fluid. Leaving you feeling reconnected and harmonious, this therapy is especially recommended for migraines, chronic fatigue, stress, and joint pain.

60 minutes \$135 (individual only)

90 minutes \$195 (individual only)

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## **TIBETAN KUNYE MASSAGE**

### **BASIC KUNYE MASSAGE**

KuNye is the core of Tibetan massage therapy and is widely believed to restore the body's energy, balance, and wellbeing. Your KuNye session will vary according to your specific needs. We hand-blend our three signature Tibetan herbal oils using sesame, sandalwood, and juniper. Your therapist will choose the blend that works best for your body type. Your treatment begins with the application of oil from head to toe and progresses to deeper work on your muscles and joints. Please bring a scarf or hat to cover your head after your treatment.

90 minutes \$195 (individual)

90 minutes \$375 (couple)

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### **EXTENDED KUNYE MASSAGE**

For a fuller authentic experience, we recommend experiencing extended KuNye therapies which will take you beyond your Basic KuNye massage. Based on your individual condition, extended KuNye therapies may include any of four traditional modalities: HorMe, YukChö, DoNye, and MeBum. When you book an Extended KuNye Massage, your therapist will recommend which of these treatments to include in your session, making it a full two hour nurturing experience. You may also experience DoNye or MeBum therapies, apart from a KuNye Massage, as 60 minute individual sessions. Please bring a scarf or hat to cover your head after your treatment.

120 minutes \$255 (individual)

120 minutes \$495 (couple)

## **HORME – MONGOLIAN HOT OIL COMPRESS**

This traditional therapy, developed in Mongolia, uses herbal boluses filled with clove, cardamom, saffron, bamboo, and nutmeg in our hand-blended oil. The boluses are applied to your energy points as indicated in Tibetan medicine. The HorMe is beneficial for stress as well as nourishing and rejuvenating the body.

Available with your Extended KuNye Therapy only.

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## **YUKCHÖ – TIBETAN STICK THERAPY**

A centuries-old therapy passed down by Tibetan yogis from their treasured teachings, it involves gentle tapping, which creates subtle pulsations that deeply resonate within the body. This therapy helps to increase energy and circulation as well as counter imbalances in the body.

Available with your Extended KuNye Therapy only.

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## **DONYE – STONE MASSAGE**

This therapeutic massage uses Tibetan herbal oils with heated stones placed on specific energy points. The sensation of the warmth from the stones, combined with the soothing massage, encourages a feeling of healing and calm.

Available with your Extended KuNye Therapy

Separate 60 minute session for \$135 (individual) or \$255 (couple)

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## **MEBUM – CUPPING THERAPY**

This powerful therapy uses suction cups applied to your body's chakra energy points. Cupping is an effective therapy that is popular in Tibet and other Asian countries to help detoxify and stimulate healthy circulation.

Available with your Extended KuNye Therapy

Separate 60 minute session for \$135 (individual) or \$255 (couple)

## **TIBETAN HOLISTIC HEALTH EVALUATION**

### **TIBETAN HOLISTIC HEALTH EVALUATION**

Book a health evaluation for a detailed analysis and deeper understanding of your body's unique condition, imbalances, and healing needs, based on several diagnostic methods. The Visual Examination includes a thorough analysis of your skin complexion, the color and texture of your hair and nails, the clearness in your irises, your sputum, and the quality of your voice. In the Pulse Analysis, the doctor feels for and listens to several distinct pulses that correspond to your internal organs, feeling for the width, depth, strength, speed, and quality of each pulse. This technique, famed for its accuracy, allows remarkable insight into any imbalances. Urinalysis is also an essential part of the traditional evaluation and provides additional information about the possible causes of imbalances detected in your body. Our doctor is not always on-site, please book well in advance.

60 minutes \$150

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## **TIBETAN HERBAL BATH THERAPIES**

### **FIVE NECTARS BATH THERAPY**

This powerful bath remedy is infused with the wild Himalayan plants of rhododendron, ephedra, mugwort, horsetail, juniper greens, and juniper berries. These are known to ease muscle and joint pain and will leave you feeling relaxed and restored.

*This bath therapy needs to be booked at least 48 hrs in advance.*

30 minutes \$50

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### **HIMALAYAN DETOX BATH THERAPY**

Immerse yourself in this cleansing bath ritual which features Himalayan pink salt crystals, the purifying essential oil of rhododendron, and the forest oils of silver fir, pine, juniper, spruce, and angelica root.

30 minutes \$50

## **EVERGREEN REJUVENATION BATH THERAPY**

Immerse yourself in refreshing bathwater infused with healing plants grown locally in the Catskill Mountains: greens and berries of local fir, spruce, pine, cedar, and juniper trees.

*This bath therapy needs to be booked at least 48 hrs in advance.*

30 minutes \$50

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## **FLOWER BATH THERAPY**

Enjoy the sensation of soaking in this flower bath tonic surrounded by bursts of vibrant colors. This floral-scented water includes a pure essential oil blend of patchouli, mandarin, jatamansi, ylang ylang and nightblooming jasmine.

*This bath therapy needs to be booked at least 48 hrs in advance.*

30 minutes \$50

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## **AYURVEDIC TREATMENTS**

### **ABHYANGA – AYURVEDIC BODY MASSAGE**

Tailored to your specific constitution, this deeply relaxing treatment combines warm medicinal oils with massage to help remove toxins, reduce pain and discomfort in your body, as well as balance and uplift your mind.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

90 minutes \$195 (individual)

90 minutes \$375 (couple)

## **SHIRODHARA**

Shirodhara is a luxurious treatment where oil is poured in a continuous stream over the forehead. This therapy is wonderful for the nervous system as it relaxes, calms, and has a cleansing effect on the nerves and the mind. Soothing for the scalp and hair, this treatment can help relieve symptoms of hypertension, anxiety, fatigue, and stress. It is recommended to leave the oil in your hair for a few hours or preferably overnight. Please bring a scarf or hat to cover your head after your treatment.

For a complete bliss experience, combine with the Abhyanga massage.

60 minutes \$160 (individual only)

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## **ABHYANGA MASSAGE WITH SHIRODHARA**

This deeply calming treatment begins with a full-body Abhyanga massage, followed by warm oils being poured continuously over your forehead to soothe your third eye chakra. Recommended for stress and troubled sleep.

Please bring a scarf or hat to cover your head after your treatment.

120 minutes \$285 (individual only)

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## **ABHYANGA GARSHANA – DETOXIFYING TREATMENT**

In this exfoliating treatment, your therapist starts by dry-brushing your skin with a silk glove. This stimulates your circulatory and lymphatic systems, preparing your body for the flowing and soothing Abhyanga massage. Recommended if you have cellulite and fluid retention.

90 minutes \$195 (individual)

90 minutes \$375 (couple)

## **VISHESH – INVIGORATING DEEP TISSUE MASSAGE**

This is a powerful therapeutic massage consisting of vigorous strokes to stimulate lymphatic flow while relaxing deeper layers of your muscles and fascia. Vishesh can help dramatically improve circulation, reduce stress and tension, enhance your energy level, and detoxify your system.

60 minutes \$135 (individual)

60 minutes \$255 (couple)

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## **AYURVEDIC YOGA MASSAGE**

This detoxifying technique begins with a deep tissue massage and myofascial release using organic natural oil and powder. Your therapist then integrates Iyengar yoga stretches to help balance your nervous, respiratory, immune, and circulatory systems while improving muscle tone and range of motion.

90 minutes \$195 (individual only)

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## **DEWA SIGNATURE PACKAGES**

### **JOURNEY TO TIBET: TIBETAN DETOX RITUAL**

This ritual is for those who wish to experience the ancient healing practices of Tibet. It begins with a soothing Tibetan Five Nectars Bath Therapy. This is followed by a therapeutic Tibetan KuNye Massage, a very comprehensive treatment that aids in the release of energetic blockages. You can experience this ritual either with the basic 90 minute KuNye or the extended two-hour KuNye which incorporates other Tibetan external therapies. This ritual is especially recommended for those who suffer from joint pain and chronic arthritis. Please bring a scarf or hat to cover your head after your treatment.

This package requires 48 hours advance booking.

Basic KuNye Journey: Minimum 2 hours \$225 (individual only)

Extended KuNye Journey: Minimum 2.5 hours \$285 (individual only)

## **HIMALAYAN JOURNEY: SALT & OIL DETOX RITUAL**

Boost circulation and move toxins out of your body with a one-hour Arnica Deep Tissue Massage. Then step into your Himalayan Salt Detox Bath Therapy which will leave you feeling cleansed and invigorated. Arrive before your journey begins and take advantage of the Far Infrared Sauna which aids in detoxification.

This package requires 48 hours advance booking.

Minimum 1.5 hours \$175 (individual only)

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## **CATSKILLS JOURNEY: RELAXATION & BATH RITUAL**

Immerse yourself in the Catskills by beginning with a one-hour personalized wellbeing massage tailored specifically to your needs, followed by a seasonal bath. If you're here in the Spring/Summer, luxuriate in our Flower Essence Bath Therapy using plants that are organically grown right here on property. If you're joining us in the Autumn/Winter, indulge in an Evergreen Bath Therapy incorporating plants local to the Catskill Mountains. Our mineral-rich bath water comes straight from the mountain spring. You will leave feeling relaxed and rejuvenated.

This package requires 48 hours advance booking.

Minimum 1.5 hours \$175 (individual only)

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## **JOURNEY TO INDIA: AYURVEDIC DETOX RITUAL**

Transport yourself to Mother India with this Ayurvedic healing ritual. You will begin with the skin-cleansing and deeply exfoliating 90 minute Abhyanga-Garshana massage. This is followed by an herbal Swedana steam box session that is infused with detoxifying herbs to help leave you feeling replenished and renewed.

This package requires 48 hours advance booking.

Minimum 2 hours \$225 (individual only)

## **JOURNEY TO THAILAND: THAI DETOX RITUAL**

Experience the essence of Thailand with this detox ritual. You will begin with an invigorating 90 minute Thai Yoga Massage that will stimulate the chi energy flow throughout your body. Then, step into the Swedana steam box infused with Thai herbs to further detoxify, cleanse, and restore your mind and body.

This package requires 48 hours advance booking

Minimum 2 hours \$225 (individual only)

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## **HOLISTIC FACIALS**

### **NOURISH & HYDRATE**

Your treatment begins with a Komala Cleanser made from aloe, raw honey, and argan oil, followed by a comfrey and calendula facial steam. Your skin is gently exfoliated with hibiscus and amla seed oil, followed by a raw honey, clay, and turmeric mask. This facial concludes with an application of Immortal Face Oil made from nutrient-rich rosehip and chia seeds, leaving your skin smooth, nourished, and hydrated.

60 minutes \$125

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### **BALANCE & RESTORE**

Your skin is treated to a Komala Cleanser and facial steam followed by a deeply purifying mask and jasmine toner to rebalance the skin. A Chaya Beauty Balm made from chia, rosehip, argan oil, and frankincense is followed by an application of the Immortal Facial Oil, leaving your skin clear, nourished, and balanced.

60 minutes \$125

## **MENLA CUSTOMIZED FACIAL**

In this treatment, your esthetician tailors the pAra products used specifically for your skin type. This signature facial includes a deeply relaxing hand and arm massage during the mask application. You'll depart glowing inside and out!

60 minutes \$125

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## **ENERGY THERAPIES**

### **REIKI HEALING**

Meaning 'universal life energy' in Japanese, Reiki uses a laying on of hands technique to channel positive healing energy into your body. This helps to release any unwanted energy including stress. Reiki can be a moving energetic experience and is recommended for headaches.

60 minutes \$125 (individual only)

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### **VIBRATIONAL SOUND THERAPY**

Using high quality Tibetan Tones sound bowls, your practitioner will place the healing bowls directly on your energy centers for balance, restoration, and release of mental stress and stuck emotion. Perfect for those who feel the need to come back to center with a gentle yet powerful therapy.

60 minutes \$125 (individual only)

90 minutes \$185 (individual only)

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### **SOUND BATH**

A beautiful meditation where harmonic vibrations are created by singing bowls, gongs, and other resonant instruments. While you sit or lie down, this bath of sound waves stimulates alpha and theta brain waves which are associated with a deep meditative state. Sound healing synchronizes your brain and body, releases stress, and enhances inner peace and relaxation.

60 minutes \$150

## **TUNING FORKS**

By tapping two tuning forks together, or with gentle placement on pressure points, the sound stimulates healing vibrations throughout the entire body. Within seconds, your body enters a deep state of relaxation. This vibrational therapy enhances your body's biochemistry bringing the nervous system, muscle tone, and organs into harmonic balance. You will depart feeling centered with your mind at peace.

60 minutes \$135 (individual only)

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## **EMOTIONAL BLOCKAGES RELEASE**

Emotional Blockages Release™ is a heart-based, intuitively guided, hands-off releasing and healing modality. It involves the clearing and transmutation of the trapped emotional energies that are holding you back and or are bringing more of what you don't want into your life. By removing these dense energies, not only do you lighten your karmic load, but free up your Soul-Self to expand and grow outside of the energetic repetitions of the trapped emotions and memories that are impeding you.

Your practitioner is a conduit between your highest self, your guides and the Angels helping you release blockages at the most subtle levels which impact you physically, mentally, emotionally and spiritually. She is able to step into your energy field and is guided as to the location, type, origin and manner of release of your blockages. It is through the assistance of the Angels on her Spirit Team that you are freed from the baggage that no longer serves you.

You will be provided with a written recap of your session via email.

60 minutes \$200 (individual only)

## **YOGA, MEDITATION, HIKING & WELLNESS**

### **MINDFUL MEDITATION**

Regular meditation is proven to benefit cognitive function, increase concentration, reduce stress, boost feelings of happiness, and lead to physiological benefits. Regular quiet-time helps foster inner peace and increased self-awareness, helping you live a more balanced and empowered life. This gentle practice is recommended for people new to meditation.

\$50/hr for private session.

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### **HATHA YOGA**

This ancient asana practice is based on unifying your breath with your body to improve mental and physical health. Our hatha practice consists of slow-moving yoga postures designed to improve flexibility and strength. It concludes with a relaxing meditation and pranayama breathing to calm your mind.

60 minutes \$125

90 minutes \$185

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### **YOGA NIDRA**

Originating from ancient India, this gentle, guided meditation journey leads you inward by starting with your body and mind and progressing through the dream state into a lucid sleep state. Removing layers of anxiety, worry, agitation, and stress from your daily life, this regenerative practice is physiologically restorative, calms your mind and nervous system, and promotes deeply restful sleep.

60 minutes \$125

## **TIBETAN FIVE RITES YOGA**

Tibetan Five Rites, or The Five Tibetans, is a series of asana movements known to Tibetans as the “Fountain of Youth”. This five-pronged yoga helps you maintain a balanced nervous system, keep your spine flexible, and builds your core strength. Easy to learn, yet powerful and effective, it makes an ideal precursor to the Nejang Longevity Yoga.

60 minutes \$125

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## **NEJANG LONGEVITY YOGA**

This yoga consists of gentle, yet effective practices recommended by Tibetan physicians to help promote health and longevity. Included are the Nine Purification Breaths and a simple visualization to cleanse and unblock knots within the body. The foundation of this practice is a series of twenty-four self massage and stretching exercises to leave you feeling invigorated and enlivened.

60 minutes \$125

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## **PILATES SESSION**

Pilates is a physical fitness system incorporating slow and precise movements for total body conditioning. Focusing on core strength, it is popular for general fitness and injury rehabilitation. Our skilled practitioner guides you through a gentle, yet challenging, session of smooth continuous movements to evenly train your whole body.

60 minutes \$125

90 minutes \$185

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## **QIGONG**

This self-healing practice consists of gentle flowing movements believed to help prevent or provide relief from chronic pain and illness. QiGong is designed to let your Qi energy flow more freely. It helps you connect with your inner fire, clear energy blockages within your body, and improve mental clarity and self empowerment.

60 minutes \$125

## **GUIDED HIKES**

48 hours advance notice is needed to book these.

Experience the wilderness and natural beauty of the Catskill Mountains. Our experienced guides will introduce you to the native flora and fauna found throughout the thousands of acres of state forest preserve surrounding Menla. Scout for wildlife, soak in the calming energy of the trees, and breathe in the fresh air. Hiking trailheads are on property or a short drive from Menla.

\$50/hr per person

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## **HEALTH & WELLNESS COUNSELLING**

A certified Holistic Health Coach will review your diet and lifestyle and help you make a plan that fits with your busy schedule and can be easily implemented at home. Whether you are looking to improve your diet, change your lifestyle, or transform stress and anxiety into inner serenity and improved sleep, our coaches will set you on your way to a healthier, happier you.

60 minutes \$100

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## **INTEGRATIVE PSYCHOLOGICAL COUNSELING**

### **INTEGRATIVE PSYCHOLOGICAL COUNSELING**

Meet with holistic therapist Ina Becker, MD PhD for an hour of personalized in-depth discussion and exploration of your whole being, with a focus on any growth challenges or issues you may be facing. Combining the wisdom of Buddhist and Western psychology, we will mindfully examine any difficulties you are having and work on outlining ways of resolving or reducing challenges.

In conjunction with the stress reduction tools you can access at Dewa Spa, this will allow you to begin finding ways of reducing stress on an ongoing basis, back at home in your life. If indicated, we can talk about your medical issues and your medications, how to integrate Eastern medicine and your current medical care, and how to develop a healing home practice. We can meet more than once during a weekend, if brief therapy seems indicated to resolve a particularly knotty problem.

We can sit in an office and talk, or take a walk on the healing grounds of Menla, or talk while gently moving in restorative Yoga poses.

*24-48 hrs advance notice preferred.*

*Please note: Dr. Becker is available Fridays, Saturdays, and Sundays only. Also, receipts for out of network insurance reimbursement will be provided.*

60 minutes \$300

## **STEAM & SAUNAS**

### **TRADITIONAL FINNISH SAUNAS**

The Finnish sauna helps to relax your muscles and reduce stress in your body, better preparing you for your massage. Saunas are traditionally used to flush toxins, aid in deep sleep, burn calories, improve cardiovascular health, and fight illness.

\$25 for a Spa Pass (valid for the date of purchase) or steam room and saunas are complimentary with your massage or bodywork session.

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### **FAR INFRARED SAUNAS**

Far infrared light safely penetrates your tissues, joints, and muscles down to the cellular level. It helps remove heavy metals and other environmental toxins while increasing feel-good serotonin levels. Unlike regular saunas, far infrared saunas maintain a comfortable air temperature using radiant heat, like the sun, but without any harmful ultraviolet rays. No more than 15-30 minutes is needed.

\$25 for a Spa Pass (valid for the date of purchase) or steam room and saunas are complimentary with your massage or bodywork session.

## **STEAM ROOMS**

Steam rooms create 100% humidity conditions, delivering the detoxifying benefits of saunas while offering additional benefits. Steam rooms are more hydrating to your skin than saunas, making them good for those with dry skin. They also help clear your throat and relieve sinus and lung congestion.

\$25 for a Spa Pass (valid for the date of purchase) or steam room and saunas are complimentary with your massage or bodywork session.

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## **AYURVEDIC SWEDANA - STEAM THERAPY**

This steam box therapy is traditionally given with herbs to help relieve excess doshas or body-type imbalances. A Swedana session increases circulation and blood flow to the skin, promotes water-weight loss, burns calories, and beautifies your skin. 24 hours advance notice is needed to book this therapy.

30 minutes \$50

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## **2-PERSON JETTED TUB**

One of our therapy rooms features a two-person jetted tub. Relax by yourself or enjoy an intimate bath with your loved one. Please book at least 24 hours in advance.

45 minutes \$50 for up to two people

## **JOURNEY TO BLISS - DAY SPA RETREAT**

Need more time to rest, restore, and recharge? Come for the day and enjoy nourishing peace and tranquility on your own, with your partner, or with friends within the stunning surroundings of our private nature resort.

60-minute Personal Yoga Session

30-minute Ayurvedic Steam Therapy or Himalayan Detox Bath

90-minute Customized Massage

Use of Saunas and Steam Rooms

Vegetarian Lunch and Dinner

Herbal Tea & Refreshments

Access to the hiking trails and swimming pool

\$395 (individual) or \$665 (couple)

Please book at least 72 hours in advance.



