

June 2008

## **Arajilla's New Day Spa**

Arajilla Retreat has opened its new Ayurda Ayurvedic Day Spa within a Mongolian Yurt, under the giant Banyan Trees.

An uplifting, luxurious and nurturing experience not seen before on the Island is offered.

The combination of this ancient Indian medicine, Ayurveda, with the aura of the Yurt, under the overhanging Banyan trees, delivers a potent, healing mystique found in few places in the world.

Ayurda in Sanskrit means "bestower of longevity" which it achieves by its use of special products, skin care, massage and beauty treatments. Ayurvedic science itself is a holistic medicine and system of health care that offers natural balance at a physical, mental and emotional level by incorporating its unique and ancient principles.

The original source of many modern day natural therapies, born from ancient Indian wisdom, Ayurveda therapy and practice promotes the power to heal rapidly and easily, using herbs, oils, body therapies, mantra and lifestyle tools. Its eternal principles and tools enhance understanding of self and make clear the most effective treatment for healthy living.

The team behind this unique wellness offering is Kim & Scott. They are both in their late 20s and are fully qualified Ayurvedic diet and lifestyle consultants.

Both Kim and Scott are dedicated to their calling, They embrace the science in their personal lives, and seek to pass on the joy and beauty of Ayurveda to others. They specialise in Ayurveda using Ayurda's beauty range and incorporating Ayurvedic therapeutic treatment and consultations. Here Kim & Scott offer guests an opportunity to experience a holistic natural approach to health, beauty and relaxation.

The Arajilla Spa Menu is extensive and includes facials, massage, Shirodhara and Body Treatments. Ayurda products are available for sale.

Opening hours daily 10 am – 6 pm, and it is open to all guests on the island to enjoy.

Bookings can be made by:

telephone +61 2 6583 2622

email [reservations@lordhowe.com.au](mailto:reservations@lordhowe.com.au)

website [www.arajilla.com.au](http://www.arajilla.com.au)

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Pics available on request*