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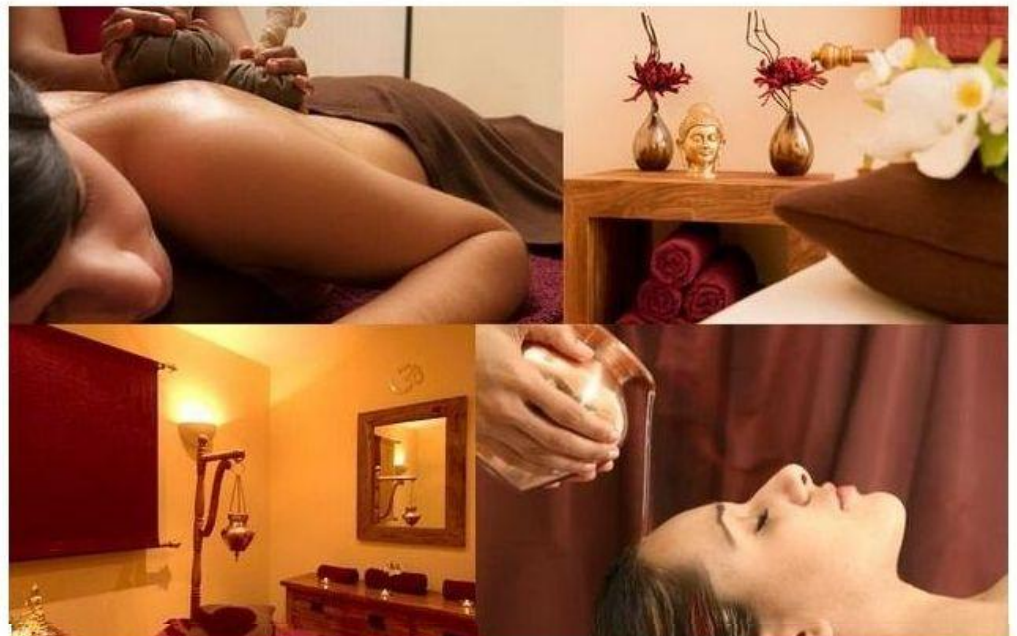
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Ayurveda Pura

With so many day spas and beauty salons, you would think London has it all. Not until recently, when a dedicated Health Spa & Beauty Centre Ayurveda Pura opened its door to the public offering authentic Ayurvedic treatments based on a 5,000 year old health system originating from India. We couldn't resist but visit this world of natural beauty and holistic therapy and try one of their whole body massages that claims to bring you an intense relaxation.



Who would have thought that just round the corner from London's buzzing financial district lies a complete sensory haven where you get a warm welcome by the Ayurveda Pura founder Dr. Deepa Apte who gives you an in-depth consultation on your health and current imbalances in your body. She will be able to tell you what doshas (bio-physical forces combined of five basic elements represented in our body) needs looking after either by balancing Ayurvedic body treatments, change of your diet or a combination of both.

Having had quite an intense couple of weeks at work, I think I was a perfect study case when my body and mind were screaming for time out and Dr. Apte seemed to identify that straight away, as if it was written on my forehead. I needed to release the tension of the built up stress, clear my mind and return to myself and with Ayurveda Pura's Abhyanga - Ayurvedic Whole Body Massage I found exactly what I was looking for.

Dimmed lights, candles and the pervading aroma of Ayurvedic medicinal oils set the scene for an hour long holistic bliss conducted by the spa's therapist Laura who first explains the individual steps of the treatment but then lets your body relax and your mind and thoughts float away.

Having a warm oil spread over my stiff muscles at the beginning of the massage was the first 'wow' factor as I found myself immediately giving in and let Laura's gentle yet firm hands do the magic and release the body's blockages so the vital energy can flow through its channels as it's supposed to in order to revitalise the entire system and return the body's natural strength.

Next thing I remember was letting go completely and falling asleep for the second half of the treatment. I guess that's what my body was really after, and I am not sorry. Plus they also say if you fall asleep during your massage then it must be a really great experience, and I can confirm that this one was greater than great!

My verdict of this Ayurvedic holistic spa treatment? Turning into a Sleeping Beauty and being pampered for an hour is something I should be doing more often, and everyone should if they really care about themselves before it's too late. I personally left with a silky and soothed skin, relaxed and opened body and peaceful mind, ready to face the world again.

To book your Ayurvedic massage or facial please contact [Ayurveda Pura](#)