

Ayurveda Pura Health Spa & Beauty Centre opens in Greenwich

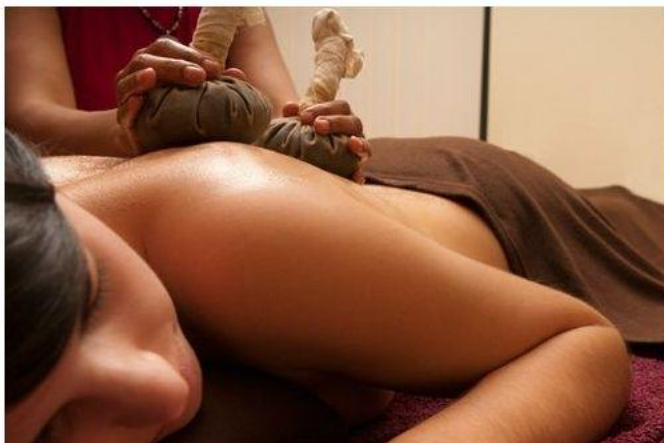
Posted at 3:00 pm, September 11, 2011 in Shopping & Style

Treat It



Those in need an post-summer pick-me-up should head to new spa-cum-café, Ayurveda Pura, tucked away in the colourful Millenium Village. Set up by renowned ayurvedic lecturer Dr Deepa Apte, the spa offers a variety of treatments, from full-body hot oil massages to herbal rubs and all-natural facials, as well as one-to-one ayurvedic consultations with Dr Apte herself, where clients receive a tailor-made dietary and lifestyle report according to their specific dosha. The spa also offers yoga classes and ayurvedic training. Dr Apte's new range of natural cosmetics and herbal supplements are on sale; all are parabens and additive-free. The spa's on-site Café Pura offers effective herbal teas, detox salads and other plates of goodness.

Ayurveda Pura, 48 Newton Lodge, Greenwich Millennium Village, West Parkside, SE10 0BA (020 8312 8383).



Tags: ayurveda pura, ayurvedic medicine, beauty salon, cafe pura, day spa, deepa apte, facial, Greenwich, massage, millenium village, spa, yoga class

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