

Authentic Ayurvedic Wellness & Education



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Seattle WA Specials  
Foster City CA Specials  
Aptos CA Specials

## Ayurveda

### The Science of Life

Ayurveda is an Indian discipline believed to be over 5,000 years old. It focuses treatment on the whole person to restore and maintain harmony of the body, the mind and the spirit.

Ayurvedic Medicine also addresses the uniqueness of each person, their distinct constitutions and wellness needs. It teaches that illness of the body affects the mind and conversely, spiritual, emotional and mental disruption or *dis-ease*, affects the body. Ayurveda does not treat disease in isolation from all the factors that comprise life and can create stress and therefore illness.

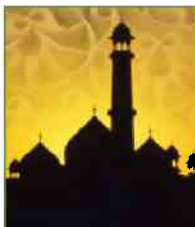
Ayurvedic wellness plans include stress management, detoxification, nutritional counseling, massage, exercise, meditation, psychological and personal counseling. These disciplines are utilized to treat ailments including but not limited to:

- Diabetes • Colds and Flus • Headaches and Migraines • Pain Rehabilitation • Allergies • ADHD • Addictions Detoxification • Stress Reduction • Asthma & Other Respiratory Diseases • Digestive Disorders • Accidents • Sport Injuries • Arthritis and Rheumatism • Fibromyalgia • Chronic Fatigue • PMS & Menstrual Disorders • Insomnia • Environmental Sensitivities • Facial Rejuvenation

Find a clinic near you or check out our wonderful line of health products, books and DVDs and take your first steps to achieving wellness, naturally.

## RESOURCES

- Group Companies
- Articles
- Press Releases
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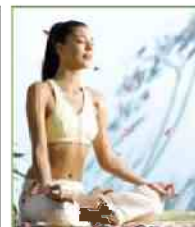
### COME TO INDIA

Experience our Rejuvenation Spa and meet Ayurvedic Pundits and Spiritualists



### THE DOSHAS

What are they?  
Vata / Pitta / Kapha  
Take the Dosha Test  
Professional Analysis



### FEELING STRESSED?

Release stress with yoga, pranayama & meditation. Group and private instruction available!

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## Seattle WA



### Kerala Ayurveda Clinic and Academy

4210 Stone Way North  
Seattle, Washington 98103  
1-206-729-9999 ext. 0

Our Seattle Clinic and Spa has a wide range of Ayurvedic health and wellness treatments and consultation services, facials, Ayurvedic massage, detoxification, cranial-sacral treatments, naturopathic services, acupuncture and colonic therapies.

Click on the list of services to the left for more detailed information.

Located in the colorful Wallingford District, just north of Lake Union, there is easy access both from I-5 as well as Highway 99. Take 45th street west to Stone Way North from I-5 then turn south and the clinic is on the left in a brown two story building. From Highway 99 turn east on 45th and then south on Stone Way.

[Click here to download health history form for new clients.](#)

[Click here for map and directions.](#)

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Experience our Rejuvenation

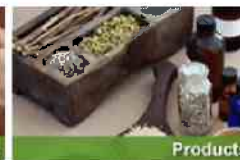


**THE DOSHAS**  
What are they?



**FEELING STRESSED?**  
Release stress with yoga.

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Kerala Ayurveda Clinic and Academy  
 4210 Stone Way North  
 Seattle, Washington 98103  
 (206) 729-9999



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## Treatments

Treatments offered at the Seattle Clinic.

- \* [PanchaKarma](#)
- \* [Abhyanga](#)
- \* [Shirodhara](#)
- \* [Herbal Steam](#)
- \* [Nasya](#)
- \* [Bastis](#)
- \* [Udvaartana](#)
- \* [Naturopathic Medicine](#)
- \* [Colonic Irrigation](#)
- \* [Acupuncture](#)
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# Ayurveda Treatments Available in Seattle

## PanchaKarma

PanchaKarma, ( meaning "five actions"), is a series of highly specialized natural cleansing and rejuvenating therapies. A cleansed body has significant impact on reversing disease and promoting more vitality in healthy individuals.

An accumulation of toxins will overtax the body's ability to release impurities, weakening the system and creating impairing mental function. PanchaKarma effectively stimulates the body's release of toxins which supports the immune system and healing. PanchaKarma treatments at Kerala Ayurveda include a team approach involving all of our Ayurvedic specialists.

PanchaKarma is an all-inclusive therapy and includes the following individual treatments: Abhyanga, Shirodhara, Herbal Steam, Nasya, Bastis, external/internal, and Udvartana.

## Abhyanga

A full body, medicated herbal oil rub. It is performed by two therapists in synchronized movements. The therapy treats the whole person, body mind and spirit, while balancing the doshas or the individual's energy patterns.

The rhythmic motion releases joints and relaxes muscles for greater freedom of movement. It increases blood circulation and encourages the elimination of metabolic wastes. There is significant relief from anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries.

## Shirodhara

A deeply relaxing, stress reducing oil application. Lukewarm herbal oil is repeatedly poured onto the forehead. Shirodhara soothes away mental stress and results in a profound sense of relaxation and inner peace. This therapy is highly effective in treating insomnia, depression, anxiety, headaches, hypertension, whiplash and other neurological malfunctions.

"I loved it. I felt so much gratitude toward myself for choosing to do this treatment. I felt held, nurtured and supported. Shirodhara was amazing. I totally blissed out. I am also very grateful to Emily for her loving presence in the delivery of the treatments. I am glad she is doing this work."

## Herbal Steam

A purifying whole body steam treatment. Warm herbal oil is first applied all over the body. The individual is then placed in a steam chamber enclosing the body from the neck

down. The body perspires profusely, releasing impurities from the skin. The result is clean, toned skin and a purified body.

### Nasya

A therapeutic massage for the nose, throat, sinuses and head. The individual is massaged from the chest to the top of the head with specific herbal oils. This promotes perspiration and purification of these areas. It's a significant remedy for congestion, allergies, sinusitis, headaches, and migraines and allows the return to full easy breathing.

### Bastis, External/Internal

A warm herbal oil massage for pain relief. Herbal oils, specifically prepared, are poured over sore, inflamed or painful areas and retained in place for 30 to 45 minutes. This treatment enriches the blood to build and maintain strong muscles and connective tissues. It releases back, chest and joint pain.

### Udvaartana

A dry massage procedure using herbal powders for your constitution. Useful for weight reduction or to purify tone and exfoliate the skin cells for a luminous glow. This specific massage reduces cholesterol, helps curb obesity, resolves skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body.

### Naturopathic Medicine

Naturopathic medicine has emerged as one of the most obvious modern health care systems to help meet the demand for safe, effective and cost-effective natural healthcare. This system of health care follows most of same basic understandings that Ayurveda has been using effectively for thousands of years.

Naturopathic medicine is a system of medicine that assists in the restoration of health. It is based on a set of specific, basic assumptions about the intelligent design of the body it's powerful ability to heal itself and move toward balance and wellness.

Naturopathic medicine offers safe, effective, natural therapies and therefore is an excellent compliment to the other natural, non-invasive health services that we offer in our clinics.

### Colon Hydrotherapy

Also called colonic hydrotherapy, colonic irrigation is a more profound variation of an enema treatment. Colon hydrotherapy can improve mental outlook, modulate the immune system and eliminate toxic substances. It has been used as early as ancient times in Egypt, China, India and Greece.

Colon Hydrotherapy is, unfortunately, one of the best kept secrets among health conscious individuals. While many of us maintain a healthy regimen of diet and exercise, most people are not aware of the importance of regular internal cleansing to help prevent degenerative disease. Learning to take proper care of your inner environment is an essential part of a health lifestyle.

Colonic hydrotherapy consists of flushing the bowel with water in different quantities, temperatures and pressures. Through a tube inserted via the rectum, water is introduced alone or with added enzymes, probiotics or herbs. Treatment sessions usually last about one hour. During a "high colonic," water goes in through one tube in the colon and is removed along with debris through another tube called an obturator.

Intestinal flora, (bacteria that normally live in the intestine), or waste products can affect the entire body's immune system and may therefore be involved with diseases outside of the gastrointestinal tract. Washing away these waste products reduces the amount of toxins the body has to deal with, thus supporting greater healing potential.

### Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities and in promoting physical and emotional well-being.

Medical acupuncture is a system which can influence three areas of health care:

promotion of health and well-being,  
prevention of illness,  
treatment of various medical conditions.

While acupuncture is often associated with pain control, in the hands of a well-trained practitioner it has much broader applications. Acupuncture can be effective as the only treatment used, or as the support or adjunct to other medical treatment forms in many medical and surgical disorders. The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including:

Digestive disorders: gastritis and hyperacidity, spastic colon, constipation, diarrhea.  
Respiratory disorders: sinusitis, sore throat, bronchitis, asthma, recurrent chest infections.  
Neurological and muscular disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, various forms of tendinitis, low back pain, sciatica, osteoarthritis.  
Urinary, menstrual, and reproductive problems.  
Acupuncture is particularly useful in resolving physical problems related to tension and stress and emotional conditions.

### Live Blood Microscopy

This procedure involves viewing a fresh, natural blood sample (a sample not altered with any stains, etc., needed for normal microscopic exams), under the technology of a dark field microscope. It can reveal conditions in blood not considered possible during the diagnosis of a routine blood test performed in a doctor's office or lab and allows inspection of cellular activity that wouldn't be possible using orthodox medical tests.

Microscopy allows us to evaluate the shapes and properties of individual blood cells which indicate nutritional conditions that can be adversely affecting a person's health. The advantage of this analysis over standard blood tests is the ability to detect nutritional disorders in the early stages. By monitoring the blood's condition, our Ayurveda practitioners can assist in "balancing" the blood by giving dietary and lifestyle recommendations to enhance health.

### Autonomic Nerve Testing

Autonomic tests measure how the systems in the body that are controlled by the autonomic nerves respond to stimulation. The data collected during testing will indicate if the autonomic nervous system is functioning as it should, or if nerve damage has occurred. The nervous system has three parts: motor, sensory and autonomic. The autonomic system manages all internal functions such as blood pressure, blood flow, and sweating. Autonomic tests are conducted to see if the autonomic nervous system is functioning normally.

Autonomic testing can help determine if a patient is suffering from certain diseases that attack the autonomic nervous system, or as a way to diagnose an illness or source of pain.

To see if a disease is affecting the autonomic nervous system, several tests are done to monitor blood pressure, blood flow, heart rate, skin temperature, and sweating. By measuring these functions, it is possible to discover whether or not the autonomic nervous system is functioning normally. Tests to measure blood pressure and heart rate include the tilt table test, a deep breathing test and the Valsalva maneuver. While these simple tests are performed, blood pressure and heart rate are monitored.

### Injection/IV Vitamin Therapy

This procedure involves a potent solution, called the Myer's Cocktail after it's originator, which contains a specially balanced combination of vitamin and minerals. It is given intravenously to help in the treatment of a range of ailments and to increase energy.

Many people who have benefited from this protocol claim that the intravenous shots are even more beneficial than intramuscular injections in restoring their energy and stamina. Intravenous treatments are more effective than oral therapy for increasing blood levels of nutrients. According to some experts, intravenous delivery may improve the transport nutrients from the blood into the cells



Nutritional IV Vitamin and Mineral therapies have be effective in helping to treat:

Chronic Fatigue Syndrome with or without Epstein-Barr virus,  
Chronic depression,  
Acute or chronic muscle spasm,  
Fibromyalgia,  
Migraine headaches,  
Tension headaches,  
Narcotic withdrawal,  
Seasonal allergic rhinitis,  
Respiratory problems,  
Acute of chronic asthma,  
Sinusitis,  
Bronchitis,  
Cardiovascular disease,  
Ischemic vascular disease,  
Congestive heart failure,  
Athletes who need quick recovery for athletic events,  
Acute viral illness/colds,  
Acute infections.

### Body Composition Analysis

Body Composition Analysis is a measurement of the different components that make up a person's body weight. The 'lean' tissues, such as muscle, bone, and organs are metabolically active, while adipose (fat) tissue is not. We use bioelectrical impedance (BIA) analysis to determine body composition and ratio of fat tissue to total body tissue.

Bioelectrical impedance analysis is a widely used method for estimating body composition. The technology is relatively simple, quick and noninvasive. Despite a general public perception that BIA measures only body fat, the technology actually determines the electrical impedance of body tissues, which provides an estimate of total body water (TBW). Using values of TBW derived from BIA, one can then estimate fat-free mass (FFM) and body fat (adiposity). In addition to its use in estimating adiposity, BIA is beginning to be used in the estimation of body cell mass and TBW in a variety of clinical conditions.

### Oxygen Treatments

Oxygen therapy is the administration of oxygen as a therapeutic modality. Oxygen therapy benefits the patient by increasing the supply of oxygen to the lungs and thereby increasing the availability of oxygen to the body tissues.

In recent studies, and born out by our practice here at Kerala Ayurveda, oxygen therapy has also proved to be very effective in reducing or eliminating the pain of migraine and cluster headaches.

### Ayurvedic Health Counseling

Ayurvedic health is about knowing and maintaining the balance of your unique mind/body make up, called Prakriti, or body constitution. During the consultation, you will be asked a series of questions to determine your body constitution or, "Dosha". After doing the Ayurvedic evaluation through pulse, nails and tongue diagnosis, the doctors will analyze the current state of your body constitution and offer a unique healthcare plan designed specifically for you.

### Nutritional Counseling

Digestion is central to our health. Many diseases arise from imbalances in the digestive tract or impaired digestive function. Ayurvedic nutritional plans are designed through considering each person's unique body constitution and suggesting the foods that have the ability to influence and balance that individual's constitution and heal specific ailments.

### Psychological Counseling

Our mind and body and spirit are all interconnected. Physical diseases can create emotional imbalances and many psychological problems are reflected in physical disease. Research attributes the majority of all diseases to emotional imbalance and/or stress. Therefore, it is very important to maintain harmony at the Mind-Body level and to uncover any disruptive influences that could be affecting health.

### Natural Skin Healthcare

Offer realistic skin healthcare with wholistic consulting and healthy solutions based on the evolving needs of clients. With a combination of skilled service, healthy habits, teamwork and high vibrational nutrients, we can restore skin balance naturally and with beautiful results." Nina von Feldmann

#### Signature Relaxation Facial

A full European facial, completely customized to the specific needs of the client's skin. The treatment includes nutrient dense serums, essences, antioxidants, mineral rich masks and advanced multi layered exfoliation for both the face, neck and hands. We finish with a deep pore cleansing as needed, a tension reducing facial toning massage as well as a wonderfully relaxing hand, arm and upper body massage.

#### Acne Transformation Facial 1 1/4

This is a focused deep pore cleansing and redness reducing treatment. It includes ongoing support and lifestyle consulting. The best results are achieved with proper homecare and consistent professional treatments.

Microtonification Rejuvenation 45 min.

Advanced microcurrent technology revitalizes the skin on a cellular level. Nutrients feed the skin while gentle stimulation detoxifies, smoothes lines, increases muscle tone and rebuilds collagen. You will see a noticeable and lasting increase in tone, texture and lift with cumulative sessions.

Deluxe Microtonification Relaxation Facial 2 hours

The full Signature Relaxation Facial is combined with the full microcurrent treatment, including hand and arm tonification. This is the ultimate in relaxation and rejuvenation. It's a wonderful monthly maintenance facial or the first step in the preparation for a special event.

Custom Facial 1 1/4 hours

This is a Basic European treatment with customized nutrients, gentle exfoliation and minimal pore cleansing.

Advanced Exfoliation 45 min

This exciting exfoliation treatment uses plant enzymes, fruit acids and gommages that are carefully selected and blended to target problem zones over time to gently give your skin a beautiful resilient glow. The best results are achieved over multiple sessions.

Teen Basic Facial 45 min.

Simple skincare and education. This is a great maintenance facial for those who have achieved good results from a series of acne treatments.

Add on Peels

Papaya, Pumpkin, Pineapple, Cranberry, Kiwi, enzymes of glycolic, lactic and salicylic acids which can be combined and layered.

### Massage Therapy

Kerala Ayurveda offers traditional massage as well as PanchKarma Ayurvedic massage.

In our clinics you'll find Massage Therapists who are skilled in;

Swedish

Sports,

Pre-natal,

Infant,

Shiatsu,

Deep Tissue,

Trigger Point or

Tui-Na massage systems.