

*Relax, Restore,
Revitalize, Renew*

Welcome into our Sanctuary of Wellness

Kaya Kalpa means "body immortal"
and refers to an ancient system for
rejuvenating the body.

Take time to tune
in to your own
healing nature.



Rejuvenate on the mountain

- Retreat and Conference Center
- Situated on 355 acres overlooking Monterey Bay
- Beautiful Mountain Setting
- Hiking Trails
- Lake for Swimming
- Outdoor Hot Tub
- Ashtanga Yoga Classes
- Ayurveda, Massage, Wellness Consultations and Education

KayaKalpa
wellness center

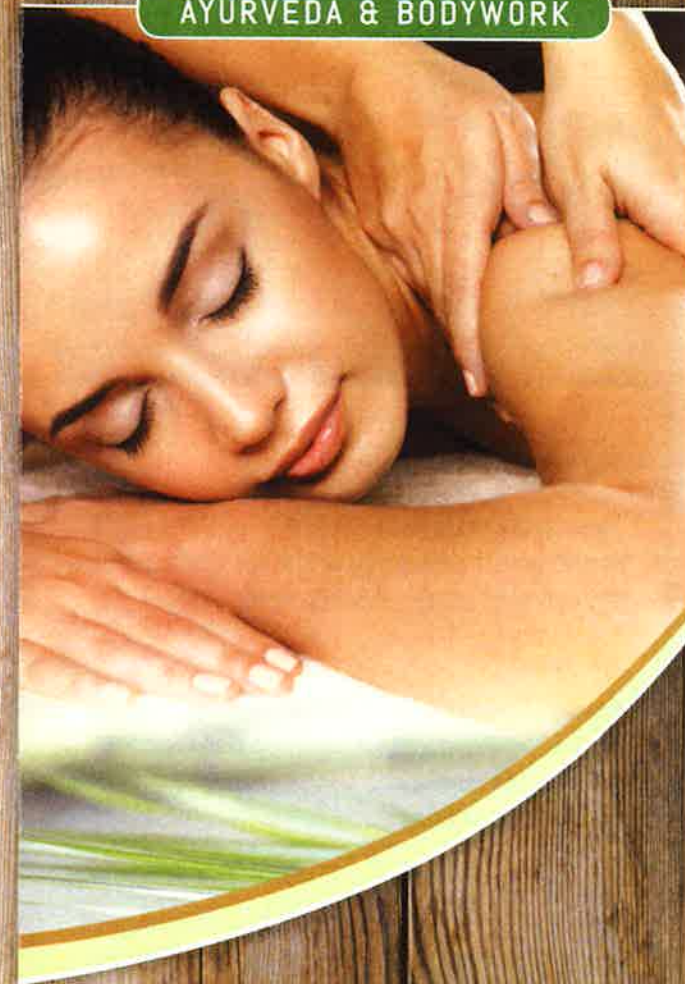
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KayaKalpa@mountmadonna.org

[www.mountmadonnainstitute.org/
health-services/kaya-kalpa](http://www.mountmadonnainstitute.org/health-services/kaya-kalpa)

445 Summit Road Watsonville, CA 95076

AYURVEDA & BODYWORK



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ORGANIC OILS AND HERBS
USED IN ALL TREATMENTS

Ayurveda

Bask in the restorative benefits of this holistic health science from ancient India. Choose one or several of these relaxing treatments:

Abhyanga

A warm oil massage with sesame, sunflower or coconut oil. Abhyanga style massage works with the downward movement of prana (life force energy) making it deeply grounding and relaxing. (60 min - \$110)

Shirodhara

Massage of back, hands and feet followed by warm oil gently poured over the forehead. It includes a heated ginger compress over the spine. Quiets the nervous system, deeply relaxing. (60 min - \$115)

Swedana*

50 minute abhyanga massage followed by herbal steam, barley flour exfoliation and dry brushing. Removes toxins by inducing sweat and refreshes the skin. (75 min - \$125)

* Review contraindications before scheduling this treatment.

Massage

Swedish Massage

Full body massage with warm oil using light to firm pressure. Restores and relaxes. (60 min - \$85 / 90 min - \$125)

Deep Tissue Massage

Focused on deeper layer of musculature utilizing firm to deep pressure with emphasis on areas of tension. (60 min - \$95 / 90 min - \$135)

CranioSacral Therapy

A gentle, hands-on approach that releases tensions within the body and mind, relieving pain and dysfunction, and improving full body wellness. (60 min - \$85 / 90 min - \$125)

Trigger Point & Myofascial Release

Deep pressure to deactivate localized hypersensitivity within skeletal muscles, followed by gentle stretching of the elastic fiber of connective tissue. (60 min - \$95 / 90 min - \$135)

Hot Stone Massage*

Full body massage allowing heat from warm oil and hot stones to penetrate into the body. (60 min - \$95 / 90 min - \$135)

Soothing Additions

Extend your bliss. Supplement any of our full service treatments with one of these nurturing additions.

Shirodhara

Warm oil gently poured over forehead. (30 min - \$75)

Herbal Steam

Warm steam bath with rosemary and eucalyptus. Detoxifies and promotes relaxation. (15 min - \$25)

Marma Point Face Massage

Warm oil massaged over vital facial energy points. Deeply calming and nurturing. (30 min - \$35)

Reflexology

Focused touch on points of the feet that affect organs and body systems. (30 min - \$35)

Aromatherapy

Essential oil is diffused into the massage oil and into the treatment room. Eases mental and physical tension. (\$10 each)

PLEASE CONTACT US FOR AVAILABILITY
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