

## Care at KUSH

To optimize your treatment,  
kindly follow these guidelines:

### Pre treatment:

1. Read each treatment description carefully, including contraindications, and ask any questions at the reception
2. Last meal should be 2-3 hours before treatment, (clear bowels before treatment).
3. Inform therapist of any allergies or need for extra care (pain, injuries, tensions) or adjustments (positions, pressure).
4. Cease from eating and drinking, turn off all devices, and minimize conversation during treatment.
5. Try not hold to any bathroom calls anytime during treatment (Ayurvedic treatments stimulate the lymphatic system. Kindly allow your body to eliminate toxins naturally).

### Post treatment:

1. Enjoy your Ayurvedic tea on the deck and rest for some time before leaving.
2. When possible, avoid strong sun, wind, swimming, traveling and idle conversation.
3. Avoid any cooling or heavy foods after treatment such as dairy, fried foods etc.
4. If desired, tell your therapist how you feel before leaving and kindly enter your comments in our Guest Book.

our treatment room



## KUSH

(koosh – 'happiness' fr. Sanskrit/Hindi)

*Each therapy draws from ancient Vedic and Tantric practices.*

From its conception Kush was designed as an accessible center for key Ayurvedic therapies. It is committed to educating those curious about Ayurveda and to serving those who, like yogis, dancers and martial artists, flourish from time-tested principles of conscious care.

Treatment ingredients are carefully selected and prepared locally according to tradition and quality. For most sessions, we establish your current imbalances or Vikruti type and personalize your treatment regimen for you depending on how you feel each day.

For more specific concerns, and for detox-rejuvenation programs, our Ayurvedic specialist will provide a lengthy and thorough diagnostic consultation to help you plan a totally personalized and unique regimen. This includes life style advice on diet, herbal supplements, breath, exercise and meditation.



Book your appointments at the



# KUSH

Ayurvedic Rejuvenation

at the Yoga Barn, Ubud

Kush is open daily from 9:00am - 7:00pm

Book your appointments at:

- 0361 971 236
- [kush@theyogabarn.com](mailto:kush@theyogabarn.com)
- [www.the yogabarn.com/kush](http://www.the yogabarn.com/kush)



## Foot Therapy

### Ayurvedic Acupressure Massage

45 minutes • Rp. 125.000

This therapeutic treatment reaches deeply into the whole physiological and emotional system through the key energy points called Marmani. Foot Acupressure Massage increases circulation of blood, lymph and vital fluids throughout the whole system and is recommended as part of Ayurvedic treatment for insomnia and eye strain.

## Whole Body Therapies

### Relaxing Abhyanga Massage

60 minutes • Rp. 270.000

The classic Ayurvedic therapy with warm medicinal oils, traditionally performed to increase circulation, promote lymphatic drainage and ultimately to preserve a youthful, vital and supple body.

### Balancing Ayuryoga Massage

90 minutes • Rp. 350.000

Our strongest massage combines assisted yogic stretches and Marma pressure point therapy with medicinal oils, designed to remove blockages at various energy centers of the body, re-vitalizing the whole system.

### Grounding Hot Stone Shila Massage

90 minutes • Rp. 325.000

For deeper cleansing and full body release, the Shila massage uses the heat and weight of smooth river rocks placed at specific energy centers to purify and stabilize throughout the body, bringing one to a deep state of relaxation.

#### Contraindications:

Kindly re-schedule if you are experiencing inflammation, fever, heart disease, skin infections, allergies, gastritis, high blood pressure or chronic cold. Kindly consult with our Ayurvedic Specialist & schedule for another time.

### Tension Release Detox Massage

75 minutes • Rp. 250.000

**New!**

A Deeper tissue massage using bamboo rods. Releases toxins and muscle tension. Encourages drainage, improves blood circulation.

Book now:  
[kush@theyogabarn.com](mailto:kush@theyogabarn.com)



## "Know Thyself - Heal Thyself"

Private Ayurvedic Consultations with Umaa Inder

60-90min - Rp. 1,350,000

An in-depth Ayurvedic consultation with one of our Ayurvedic Specialists provides an educational journey into ones' own true nature. Using traditional methods such as pulse and tongue reading and a detailed process to chart your personal history and specific health concerns, you become familiar with your innate body/mind constitution or psychosomatic type, called Doshha. Based on this information, a set of regimens including diet, lifestyle, herbs, yoga, pranayama and meditation is discussed and personalized in booklet form for you. It is a good idea to have a private consultation to help choose the best clinical therapy series for you.



## Upper Body Therapies

### Ayurvedic Crown Massage

60 minutes • Rp. 185.000

This deeply relaxing sequence focuses on the areas where we carry the most stress and tension - the head, neck, shoulders and upper back. The clarifying massage oil helps to liberate fresh energy throughout the whole system. To complete the therapy, a blend of fresh hibiscus leaves is applied to cool and nourish the crown.

### Ayurvedic Facial Massage

60 minutes • Rp. 240.000

Our Ayurvedic facial and upper body treatment combines a specialized Marma pressure-point massage and freshly prepared botanical ingredients to cleanse, nourish and revitalize all skin types. A soothing herbal compress purges impurities, awakening inner radiance that melts away tensions and strain.

#### Before your clinical therapy appointment:

Book your treatments on relaxed day(s) that are free from other appointments, travel plans, social engagements, sunbathing, strong exercise, etc. Kindly come to your treatment with an empty stomach and evacuated bowels and, for women, when you are off your moon cycle, as that is when a woman's body is naturally detoxing. All oil treatments should be avoided during the first three days of menstruation as the oil will clog the system and block this cleansing process.



## Clinical Therapies

These clinical therapies are designed to support purification, balance and rejuvenation of the nervous system. Through the specific type, quantity and application of medicinal oils, these traditional treatments have a profound, nutritive effect on the 'subtle body'. These are not quick fix or spa treatments. Pre and post care procedures support the long term healing effects of these deep acting therapies. If you are considering any of these treatments, please consider a private consultation as well. **For the full benefit, a course of 4-7 consecutive treatments is recommended.**

### Shirodhara

60 minutes Rp. 385.000

The key Ayurvedic therapy to steady the mind, strengthen the senses and the classic external treatment for mental strain, insomnia, stress, tension headaches, migraine and anxiety. This treatment includes a soothing upper body Abhyanga Massage.

#### Contraindications:

Kindly re-schedule for another time if you are experiencing fever, head/chest inflammation, eye/ear/throat/sinus infections, flu & heavy cold.

### Kati Basti

45 minutes Rp. 265.000 | The treatment for all travelers!

This treatment deeply penetrates the body and nourishes and relaxes the nervous system bringing you to a profound state of deep relaxation.

Lots of travel tends to raise Vata, the wind and space element in our body, often causing constipation, insomnia, scattered mind, nervousness -anxiety, dry skin and feeling ungrounded. This treatment targets the lower back which is the main seat of Vata thereby bringing you back down to land on the ground. Kati Basti is the traditional pain relieving treatment for mid to lower back ailments such as: stiffness, impaired mobility, constipation, sciatica. Please book this on a day and time that you can rest for a few hours directly after the treatment.

#### Contraindications:

Please discuss with our specialist if you are experiencing inflamed kidneys, or arthritis of the spine.



**10% discount is offered**  
on packages of 3 or more clinical treatments or steam  
when booked and paid for in advance.

*'Kush packages valid for one month only'*

