

Ayurveda Services at Shine – [BOOK HERE](#)

Initial Ayurvedic Wellness Consultation

A comprehensive deep dive into your health history, lifestyle, and current concerns from an Ayurvedic perspective. We'll identify your unique dosha constitution and imbalances to create a personalized wellness plan including diet, herbs, and lifestyle recommendations.

Your consultation includes the comprehensive assessment, personalized guidance, and one custom formulation prepared specifically for you, when recommended. Any additional formulations are offered as a separate investment.

Up to 90 minutes
\$110.00

Follow-Up Session

Designed for existing clients to review progress, adjust herbal formulas or essential oil blends, and address new health goals. This session ensures your wellness plan evolves with your needs and supports your ongoing journey.

Please note that the session fee covers your consultation time and personalized wellness recommendations. Any custom formulations are prepared separately and available at an additional cost. For established clients only.

Up to 45 minutes
\$55.00

Acute Care Herbal Guidance

A focused session for immediate, non-emergency health concerns like seasonal colds, digestive upset, or minor skin irritations. You'll be provided targeted herbal and aromatic remedies for quick relief and recovery, offering natural support.

Guidance fee does not include the cost of herbal products or custom formulations. These are optional and available for purchase if desired. Not intended for chronic conditions or medical emergencies.

Up to 30 minutes
\$40.00

Ayurvedic Facial Marma Session

This session is a gentle, therapeutic facial treatment rooted in traditional Ayurvedic marma therapy. Using warm botanical oils and precise touch on key marma points of the face, head, and neck, the treatment supports circulation, nervous system regulation, and natural radiance.

The experience is deeply calming and helps release stored tension while encouraging balanced skin vitality. Each session is customized according to your dosha and current state of balance.

45 minutes
\$75.00