



AYURVEDIC SPA TREATMENTS

Welcome to the Chopra Center & Spa. Our spa services are based upon Ayurveda, a 5,000 year old healing system that supports balance and bliss in your life. The revitalizing and therapeutic treatments offered are customized to your particular needs. Your therapist will use specific oils, herbs, and aromas chosen to provide you with optimal balance for your mind-body constitution, or dosha.

Facials

Gandharva Harmonizing Facial

50 minute - \$100

80 minute - \$160

Take a journey to wholeness during this relaxing facial that utilizes a timeless healing meditation and the harmonizing vibrations of crystal singing bowls. This facial treatment will nourish your skin, and bring you peace of mind through the healing power of sound.

Darshana Balancing Facial

50 minute - \$100

80 minute - \$160

Immerse yourself in the healing process of Marma energy therapy to eliminate stress and emotional fatigue while soothing and nurturing your skin. This transformational facial gently cleanses and rejuvenates your skin as it balances your body's energies.

Amara Clarifying Facial

50 minute - \$100

80 minute - \$160

Cleanse and purify congested skin with this rejuvenating facial designed to awaken inner beauty. Gentle, extensive exfoliation and thorough extractions highlight this treatment in which a customized mask soothes irritation and enhances cellular renewal.

Shanti Shiro Facial

80 minutes - \$165

Bring harmony to your skin and your mind with this meditative facial. Following cleansing, toning, and exfoliation, warm herbalized oil is gently massaged into the scalp, neck, and shoulders. You are then treated to a Shirodhara, a soothing stream of warm oil poured over the forehead, transporting you to deeper levels of mental peace and expanded awareness.

Aveda Green Science™ Anti-Aging Facial

50 minutes - \$125

80 minutes - \$185

This unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science and combines it with skin therapy to renew, repair, and regenerate your skin. Clinically proven to lift and firm the skin, reduce fine lines, and improve skin's smoothness, tone and clarity.

Aveda Outer Peace™ Acne Relief Facial

50 minutes - \$100

80 minutes - \$160

Increase outer peace with this multi-faceted approach to treating acne. With special focus on skin exfoliation and visible redness reduction, this treatment helps clear the skin without over-drying and irritation.

Aveda Enbrightenment™ Discoloration Facial

50 minutes - \$100

80 minutes - \$160

Botanically derived ingredients help reduce the appearance of dark spots and skin discolorations, helping you to achieve more clarity and even skin tone. Massage techniques increase circulation, supporting healthy skin function and luminosity.

Aveda Perfecting Plant Peel

35 minutes - \$75

As facial add-on - \$35

This professional facial masque actively smoothes and retextures skin with the instant exfoliation and radiance benefits of a 30% glycolic peel without the associated redness and irritation. For all skin types.

Please inquire about our threading and waxing services.

Body

Abhyanga (abee-yan-ga)

35 minute - \$80

50 minute - \$115

80 minute - \$175

Request a second therapist for the initial 35-minutes - \$80

The Abhyanga is a friction-based choreographed massage utilizing warm herbalized oil and dosha-specific herbs. As the oil is massaged into the skin through gentle to medium pressured strokes, it penetrates deep into the tissues to loosen toxins at the cellular level. The Abhyanga enhances immunity, increases circulation, and creates deep relaxation in the body and mind.

Vishesh (vi-shesh) Treatment

50 minute - \$115

80 minute - \$175

Request a second therapist for the initial 35-minutes - \$80

A powerful tension relieving treatment, this invigorating choreographed massage incorporates classic Abhyanga therapy with deeper strokes to clear and detoxify the channels of circulation. The experience begins with light to medium pressure and then progresses to firmer, deeper, slower strokes designed to release physical and emotional toxins.

Ayurvedic Deep Tissue Treatment

35 minute - \$105

50 minute - \$130

80 minute - \$190

Designed to relieve muscle pain and tension, the Ayurvedic Deep Tissue Treatment uses slower and deeper pressure on concentrated areas of the body. This treatment is ideal for those experiencing chronic muscle discomfort or tightness due to physical activity.

Srota (shro-ta) Clearing Treatment

35 minute - \$80

50 minute - \$115

80 minute - \$175

Designed to meet your desired level of pressure and areas of focus, the Srota is most similar to a Swedish massage.

Odyssey Ayurvedic Massage Treatment

80 minute - 1 therapist - \$175

Request a second therapist for your full treatment - \$175

An Ayurvedic treatment like no other. Choose one or two specially trained therapists to escort you through an 80-minute blissful sampling of Chopra Center & Spa therapies. The treatment begins with a light Garshana Exfoliating treatment; followed by a classic Abhyanga massage. It progresses to a Vishesh treatment, and then Marma therapy awakens your inner energy, while personalized aromatherapy enlivens your senses.

Shiroabhyanga ~ Head Massage

50-minute - \$105

35-minute - \$75

Allow your mind to let go with this Ayurvedic massage created for the head, neck and shoulders. Choreographed strokes and marma point therapy help to open the energy channels, relieve muscle tension, and restore balance to the entire body helping to alleviate headaches and fatigue and leaving the scalp nourished.

Padabhyanga ~ Foot Massage

50-minute - \$105

Experience our Ayurvedic equivalent to the art of reflexology. This choreographed treatment uses rhythmic massage and marma point therapy on the lower legs and feet to detoxify and balance.

Shiropada ~ Head and Foot Massage

80-minute - \$160

A unique Ayurvedic treatment, the Shiropada combines the Shiroabhyanga and Padabhyanga for the ultimate in rejuvenation.

Enhance your experience by pairing your massage with one of these therapies:

Shirodhara (shiro-dar-a)

35 minutes - \$85

The Shirodhara is a profoundly relaxing treatment in which a soothing stream of warm oil is poured over the forehead and onto the sixth chakra, your intuitive center. It calms the central nervous system and integrates the mind and body.

Marma Enlivening Treatment

35 minute - \$80

Marmas are the junction points between body, mind, and emotions. Using dosha-specific essential oils, this light circular touch stimulates the vital energy points for restoration and rejuvenation, awakening your inner healing system.

Ayurvedic Consultations

We are pleased to offer lifestyle consultations by Chopra Center Certified Ayurvedic practitioners. These consultations address a person's well-being from a physical, emotional and spiritual perspective. Recommendations for balancing one's mind-body constitution, or dosha, may include nutrition, stress management, exercise, emotional healing, nutritional and herbal supplements. Consultations are available by appointment only.

Initial Consultation: \$150

Follow-up Consultation: \$60

Please note: The Chopra Center & Spa does not offer medical advice and does not have a direct relationship with insurance companies.

Policies and Procedures

- Scheduling appointments ~ Please call us at 212-246-7600 to book all appointments. A credit card is required at the time of booking to hold all appointments. Please contact us to change or cancel appointments.
- Payment Information ~ We accept credit cards (American Express, MasterCard, Visa, and Discover), cash, money orders, American Express Travelers Cheques and Chopra Center & Spa gift certificates. We do not accept personal checks.
- Gratuity ~ Industry standard for gratuity is 15%-20%, but the amount you leave is completely at your discretion. You may leave cash or credit card tips when you pay for your service.
- Late Appointment Arrivals ~ Your appointment at the Chopra Center & Spa is scheduled with an Ayurvedic therapist and is reserved especially for you. If you are late for your appointment, you may choose to reschedule your appointment, however, a 50% cancellation charge will be incurred.
- Cancellation Policy ~ As a courtesy to our guests and staff, guests are asked to provide 24 hours notification of cancellation; failure to do so will result in a 100% charge of your scheduled treatment.
- Refunds and Exchanges ~ Products may be returned within 30 days from the date of purchase with the original receipt. Items must be unopened, unused, and undamaged. Returns will be made in the same payment method as the purchase. Gift certificates are not refundable, however the gift certificate value may be exchanged for products, services, or workshops.
- Gift Certificates ~ Let us help you pamper that special person. Gift certificates for any product, service, or workshop may be purchased by phone or at our front desk.
- Location and Directions ~ The Chopra Center & Spa is located at 210 W. 55th Street, 1st floor, New York, NY 10019.
- Hours
 - Monday through Friday 10:00 am to 9:00 pm
 - Saturday & Sunday 10:00 am to 7:00 pm
- Therapists ~ All Chopra Center & Spa therapists are New York State licensed and trained at the Chopra Center & Spa. We employ both male and female therapists. Please indicate at time of booking if you have a preference.