

Suraj Varma

AYURVEDIC THERAPIES



VILA VITA SPA
sisley
PARIS

Suraj Varma is one of the world's best holistic therapists, specialized in Ayurvedic treatments. Guests and outside visitors will have the opportunity to enjoy entirely tailor-made treatments, suitable for their own needs and profile.



***For more details and reservations, please contact the Spa:
ext. 3400, tel. (+351) 282 320 351, or the email spa@vilavitaparc.com***

His treatments are known for their ability to produce long term effects when it comes to backaches, stress management, insomnia, poor circulation and sore muscles, among others. They consist in a combination of the best of traditional therapies, including Ayurvedic massage, Prana Healing and Reflexology, with a variety of western techniques such as Aromatherapy, Lymphatic Drainage and Hot Stone Therapy.

Suraj Varma learned from his father the power of healing through touch. He then continued his education at the prestigious Ayurvedic Hospital at Coimbatore in Kerala, India, after which he joined the 5-star Sheraton Doha Hotel in Qatar. Here he ended up being promoted to Senior Therapist while having the opportunity to work with high profile clients such as Sheiks, politicians from all over the world, business leaders and professional athletes.

His reputation, acquired through his natural healing ability and highly empathetic approach, grew throughout the years, resulting in opportunities such as being hired by the renowned British Spa brand E'Spa to create unique signature treatments, and being invited by Dr. Mosaraf Ali, founder of the renowned The Integrated Medical Centre, in London, to join his practice. He was also invited to collaborate with the Blakes Hotel as a therapist consultant and with the award-winning Chancery Court Spa as a Senior Therapist. Nowadays he travels the world as a freelance Holistic Therapist, collaborating with some of the world's best Spas in a regular way. His name and treatments have already been featured in prestigious publications such as Vogue or Tatler.

His treatments always begin with a 20-minute consultation where Suraj Varma pinpoints the main areas to address and defines the best technique to do so. No treatment is the same, as it is tailor-made to suit the client's profile and specific needs.

Treatment Menu

BLISSFUL HEAD AND BACK THERAPY

60 min - 150€

This ancient Ayurvedic therapy is practiced for thousands of years, encourages the body's innate healing in addition to being soothing and relaxing. The therapeutic Indian head massage is deeply relaxing and helps to relieve tensions from shoulders, neck, back and the face.

AYURVEDIC DEEP TISSUE MASSAGE

75 min - 185€

An ideal treatment for those who spend long hours at a desk, or on the computer, or those whose bodies may be stressed from neck and spinal problems such as scoliosis. This treatment is specifically designed to release deep seated tension in the body and to promote circulation. Also helps to improve the body posture.

KERALA KARMA

90 min - 215€

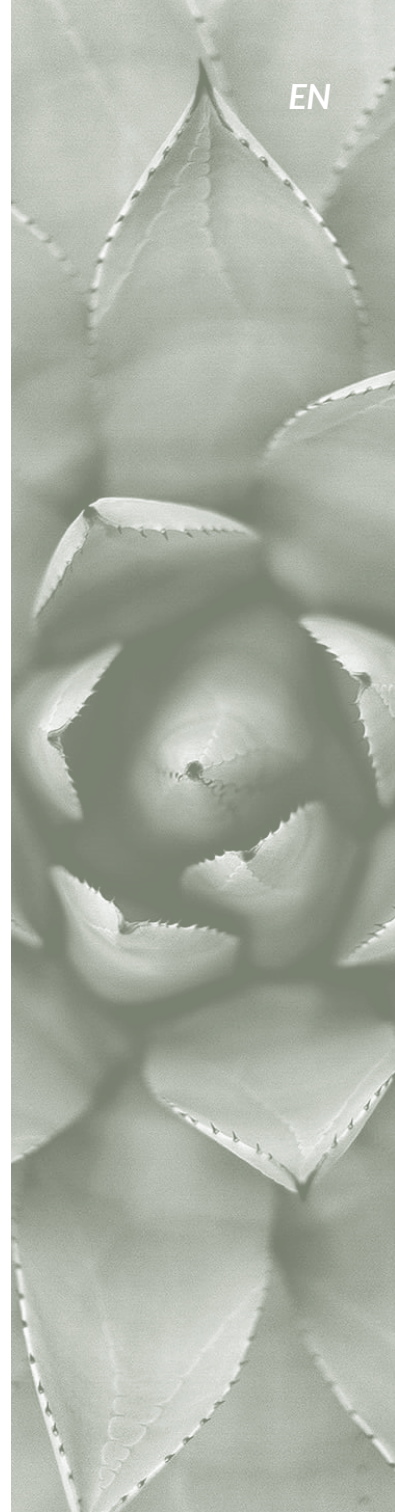
A traditional treatment based on Ayurvedic principles to achieve total relaxation and a renewed sense of energy. The journey begins with a body polish exfoliation, warm shower, followed by Brahmanam, a nourishing Ayurvedic massage, then an uplifting facial with specialised movements to nourish and create a radiant glow. Best treatment to start the healing process.

AYURVEDIC HOLISTIC BALANCING

105 min - 240€

An intensive treatment that aims to completely de-stress, then correct the imbalance between the tridoshas (Vatha, Pitha, Kapha), and is especially helpful for those suffering from poor memory, lack of energy, headaches, insomnia and spondylitis. After a detailed consultation, the treatment starts with

an herbal oil scrub followed by the Abhyanga-Ayurvedic warm oil massage incorporated with a hot stones massage. Traditional massage techniques are used for balancing the seven Chakras in the body. Also, the pichu treatment is done for stiff joints. The treatment concludes with reflexology and Indian head massage, a deeply relaxing procedure to rebalance and reconnect.



Vila Vita Parc

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