

Elizabeth M.E. Bader L.M.T.



Elizabeth Bader, is the new owner of the Ayurvedic Wellness Center of Orange County, now called "The Sanctuary". Elizabeth is a licensed massage therapist specializing in the art of Ayurvedic body work. Elizabeth is a graduate of the American

Institute of Massage Therapy. Her massage style is a nurturing, intuitive blend of energy work and hands on body work. Many of her clients describe her as "The Mother" and she accepts this archetype with grace and compassion.

In 2004, Elizabeth was introduced to Western Herbalism by her teacher Susun Weed. Currently, she is working on completing her "Green Goddess" apprenticeship at the Wise Woman Center in Woodstock, New York, under Susun Weed. In addition, Elizabeth is currently studying Ayurveda under Dr. David Frawley through the American Institute of Vedic Studies. After graduating from both of these programs, Elizabeth will offer herbal consultations as well.



Hrid (heart) Basti



Phone: 949-903-1239

www.TheSanctuaryOC.com

Monday ~ Friday 8:00am-8:00pm

Saturday 9:00-8:00pm

Treatments are scheduled by appointment only Sorry - No Walk-ins



Formerly The Ayurvedic Wellness Center of Orange County

949-903-1239

Frequently Asked Questions

What is Ayurveda?

Ayurveda is the 5,000 year old healing system of India. However, Ayurveda is more than a health care system. It is a way of life. Ayurveda teaches that health is not merely the absence of physical disease, but also the absence of mental maladies. Thus, Ayurveda focuses equal attention to the mind and spirit as well as the body. It is truly a holistic medicine. Ayurveda teaches us how to regain a state of health and vigor through living in harmony with the cycles of nature. Ayurveda teaches that once we know our nature, called "prakriti", we can begin to achieve a life of balance between ourselves and our environment resulting in an ultimate state of health.



Lakshmi is the goddess of light, beauty, good fortune and wealth. She also signifies love and grace.

What are your office hours?

We operate by appointment only, our hours vary depending on the treatments scheduled for that day. We schedule our weekday appointments between 8:00am - 8:00pm and Saturdays from 9:00am - 8:00pm. We are closed on Sundays. If you need to drop by, please call ahead so we can greet you when you arrive.

Do you have showering facilities?

Yes! Showering facilities stocked with towels and toiletries are available for your use either before or after your treatment.

What should I wear to my appointment?

If you plan on leaving the oil on your body and in your hair after your treatment, we recommend that you plan to wear clothes you don't mind getting oily. If you take a shower after your treatment we recommend going home in warm comfy clothes.

What will I wear during my appointment?

This depends on the type of service you are scheduled for. Some services require that you remove some or all of your clothing. You will never be asked to go beyond your comfort level and you are always covered during your session.

What if I need to cancel my appointment?

We ask that you give at least 24 hours notice if you need to cancel or reschedule your appointment. The full amount will be charged for all appointments cancelled or rescheduled with less than 24 hours notice.

Do you have Gift Certificates available?

Yes, gift certificates from The Sanctuary make ideal gifts and employee incentives. All of our gift certificates are beautifully hand made by local artisans, no two are alike. You may purchase a gift certificate for a specific service or specify a dollar amount.

What forms of payment do you accept?

We accept cash, check, and most major credit cards, as well as The Sanctuary gift certificates.

Ayurvedic Spa Treatments

Abhyanga ~

During this one hour rhythmic treatment, you receive a relaxing, deep, rejuvenating massage complete with warmed, herbally-infused oil to nourish your body from head to toe (We suggest following with a 1/2 hour steam to deepen the relaxation, pain removal & detoxification)



- 1 Therapist ~ \$80 (1 hr), \$120 (1 1/2 hrs), \$180 (2 hrs)
- 2 Therapists ~ \$120 (1 hr), \$180 (1 1/2 hrs), \$240 (2 hrs)

Pizichilli ~

Pizichilli is our most decadent treatment and perhaps the apex of Ayurveda's rejuvenation therapies. Luxuriate in blissful warmth while your massage therapist lovingly pours a continuous stream of warm oil over your entire body. This process leads the recipient back into a womb-like state of pure bliss!

- 1 Therapist - \$120 (1 hr), \$180 (1 1/2 hrs), \$240 (2 hrs)
- 2 Therapists ~ \$180 (1 hr), \$240 (1 1/2 hrs), \$360 (2 hrs)

Shirodhara ~



Shirodhara is a mental stress dissolver which slowly coaxes the nervous system back to its natural state - the state of peace. This is accomplished through the pouring of a continuous stream of warm oil, milk or buttermilk over the scalp and forehead region. If it has been some time since you truly felt deeply

rested, this is the treatment for you. Choose from a 1hr or 1 1/2 hr treatment

\$70 (1/2hr Massage & 1/2hr Oil Pour)

\$105 (1/2hr massage & 1hr Oil Pour)

\$420 for 7 consecutive days of 1hr Treatments

