



## East Meets West Indies at The BodyHoliday

For a taste of the East in the Caribbean, head to The BodyHoliday for Ayurveda-inspired mind/body healing treatments led by experts from India. Ayurveda, the 5,000-year-old “science of life,” teaches that all life forms contain five essential elements: Space, Air, Fire, Water and Earth. These elements manifest in the body as “do-sha” types: Vata, Pitta and Kapha.

The Abhyanga and Othadam massage uses warm herbs to help relieve rheumatic pain and reduce muscle tension. My therapist used an Ayurvedic oil blend from Kama Ayurveda,

made in India; Sugandhadi is good for the hyperactive Vata type because it reduces anxiety. She used long, firm strokes—and a generous amount of oil—following the pathways of circulation along my body. The latticed panels surrounding the massage table let in a gentle Caribbean breeze, heightening the air of relaxation and tranquility. Hop into the seawater hydrotherapy tub prior to your treatment because it’s best to allow the Ayurvedic oil to soak into your skin for a few hours afterward, in order to receive the full therapeutic benefits. *thebodyholiday.com* —Kristin Vuković

