green ayurveda spa
holistic wellness centre

CELEBRATING 21 YEARS

A Family Owned Business



Escape to a spa in Wetherby unlike any other, where ancient Ayurveda and Yoga healing traditions are infused with the revitalising allure of the Ayurveda Doctors & Therapists from Kerala, India.

Your visit promises to be a transformational experience, integrating mystical traditions and philosophies of old world India with the contemporary spa principles of massages and energy healing.

www.ayurvedainyorkshire.co.uk



MORE THAN 21 YEARS OF AUTHENTIC & TRADITIONAL AYURVEDA IN WETHERBY, WEST YORKSHIRE

By Dr Jolly and team

Ayurveda is the ancient Indian art of natural healing — a gentle, holistic way to restore balance in body, mind, and spirit.

Green Ayurveda wellness Centre and Holistic Spa is owned and managed by renowned Ayurvedic Doctors Dr. Majosh Jolly and Dr. Swapna Jolly from Kerala, India.

Since 2003, the Jolly family has touched thousands of lives in India and the UK—bringing balance, renewal, and healing through the timeless wisdom of Ayurveda, Yoga, and Meditation.

Green Ayurveda Spa offers deeply rejuvenating Ayurvedic massages with warm herbal oils and rhythmic strokes that restore balance and calm. Renowned for Panchakarma, detox and de-stress therapies, pain relief, yoga retreats, day spas, and energy healing, each experience nurtures peace—inside and out.

Some of the health issues we have worked with

- Anxiety, depression & panic attack
- Addictions
- Asthma & Hay fever
- Arthritis & Joint pain
- Allergies & skin conditions
- Back pain & sciatica
- Bursitis & tennis elbow
- Insomnia
- Diabetes
- Obesity
- Eczema & psoriasis
- Migraine & sinusitis
- Infertility
- Chronic fatigue/ME
- Multiple sclerosis
- Menstrual & Menopausal issues
- High BP & Cholesterol
- Cancer
- Fibromyalgia & Chronic pain
- Osteoarthritis
- IBS

Some of the benefits our clients have reported at GREEN

- Significant reduction in anxiety & stress
- Weight loss and increased energy
- Improved quality of sleep
- Renewed motivation and enthusiasm
- Improved health from chronic pain & stiffness
- Deep feeling of happiness and inner calm in cancer patients
- Relief from skin conditions such as eczema, skin rashes & psoriasis
- Reduction of acne & improved skin tone
- Relief from allergy & hay fever
- Improved flexibility & mobility of joints
- Experience of mental calmness

Spa Days & Retreats

- One Day Spa
- Ayurveda Retreats
- Yoga Retreats
- Keraliya Panchakarma Retreats

Yoga & Chakra

- Traditional Indian Yoga
- Chakra Meditation
- Pranayama
- Chakra Balancing
- Kundalini Awakening
- Marma Massage

The Principles of AyurVeda : Simple Way to Live Blissful Life



At Green AyurVeda Spa, your wellness journey begins with expert care. Our Ayurvedic doctors gently guides you through a personalized consultation to identify your Dosha, ensuring every therapy is thoughtfully tailored to your unique body and healing path.

Ayurveda – The Science of Life, is one of the world's oldest holistic healing systems, rooted in the wisdom of ancient India. It is based on the belief that true wellbeing arises when body, mind, and spirit exist in harmony with nature. Ayurveda teaches that the same cosmic energy that flows through the universe also flows within us — shaping our emotions, physical health, and mental balance.

This timeless science recognises three vital energies, known as **Doshas — Vata, Pitta, and Kapha —** which govern all biological and psychological functions. Each person has a unique combination of these Doshas, creating an individual mind-body constitution. Maintaining their balance is the key to lasting health, vitality, and inner peace.

The Doshas

The five great elements — Space, Air, Fire, Water, and Earth — combine to form the three Doshas, or life energies:

- **Vata (Air + Space)**– Governs movement, circulation, and creativity.
- **Pitta (Fire + Water)** – Governs digestion, metabolism, and transformation.
- **Kapha (Water + Earth)** – Governs stability, strength, and immunity.

When these energies are in harmony, the body flourishes and the mind remains calm. When they fall out of balance, discomfort and disease may arise.

At Green Ayurveda Spa, guided by expert Ayurvedic doctors from Kerala, each Ayurvedic massage/therapies, diet, herbal remedies, and mindful living are all designed to restore the Doshas to their natural equilibrium — leading you back to health, clarity, and balance.

AyurVedic Consultation

1hr - £120 | Follow Up Consultation 30 min - £75

One to one detailed consultation with Dr Majosh Jolly or Dr Swapna Jolly.

We offer comprehensive AyurVedic personal consultations with our highly qualified AyurVedic Doctors in order to assess your unique body-mind type, identify any imbalances, and create a personalised plan — through diet, herbs, lifestyle, and therapies to help restore your natural balance and vitality.

Ayurveda Cookery School

by Dr Swapna Jolly

Tailored Ayurveda cookery private & group courses.

Learn how to choose foods for your constitution, emotional patterns, and environmental fluctuations. You will learn a practical, simple way of cooking balancing foods. Bespoke one to one or couple and famlily Ayurveda cookery classes available.

AYURVEDIC BODY MASSAGES



Full Body Rejuvenation Massage (Abhyangam) ***£55(60min) £85(90min) £110(120min)***

Abhyangam is deeply relaxing and detoxifying, good for general fitness & well being of the entire body by providing energy. A herbal steam bath and face massage are included.

Deep Tissue / Sports Massage (Uzhichil)
£55(60min) £85(90min) £110(120min)

Especially helpful for those involved in sports, dance and martial arts as it strengthens deep muscles and ligaments. Improves circulation, stimulates the lymphatic and circulatory systems, alleviates muscle spasms and nerve irritation, reduces the risk of injury. A herbal steam bath included.

Indian Head Massage (Shiro Abhyanga)
£35(30min) £45(45min) £55(60min)

Excellent for releasing stress, tension, headache, stiffness of the neck and shoulders.

Back Massage (Prishta Abhyanga)
£35(30min) £45(45min) £55(60min)

Relieves acute and chronic back pain due to Muscle strain caused by lifting a heavy object, a sudden movement or a fall.

Leg & Foot Massage (Pada Abhyanga)
£35(30min) £45(45min) £55(60min)

Helps to reduce muscle tension, swelling, aches and spasm. Recommended for athletes and runners for more efficient activities, faster recovery and fewer injuries.

Abdominal Massage (Nabhi Abhyanga)
£35(30min) £45(45min)

This strengthens the power of digestion and absorption. It relieves digestive symptoms such as IBS, ulcerative colitis, flatulence, poor appetite, constipation and abdominal discomfort. Helps to balance sacral and solar plexus chakra and healing deep seated emotions.

Sinus Massage (Nasa Mukh Abhyanga) ***45min - £50***

Provides fast & long lasting relief from sinus headaches, sinus pressure and pains. Recommended in post nasal drip, bad breath, hay fever, rhinitis, ear and mastoid infections.

AYURVEDIC BESPOKE MASSAGES | Along your journey



Pregnancy Massage (Garbhini Abhyanga) *60min - £75*

This massage is a safe and wonderful way to relax, increases your energy levels and relieves discomfort, prenatal depression, pain, stiffness and swelling during your pregnancy. Suitable only after 12 weeks of pregnancy.

Postnatal Massage (Soothika Abhyanga) *60min - £75*

It is the best way to speed up your post partum recovery, Promotes muscle healing and spinal alignment, help you rehabilitate abdominal muscles and skin. Helps to relieves postpartum depression, lower back, shoulders and neck pain from carrying and breast feeding your baby.

Relaxing Aromatherapy Massage

£55(60min) £85(90min) £110(120min)

Experience the healing synergy of traditional Ayurveda massage techniques and therapeutic essential oils, thoughtfully combined to calm the nervous system, ease stress, and nurture overall wellbeing. Each session is intuitively tailored to your emotional and physical needs, offering a truly personalised journey toward balance and inner peace.

• Release of muscular tension and discomfort • Reduction of stress, anxiety, and fatigue • Enhanced circulation and lymphatic flow • Deeper, more restorative sleep • Support for hormonal harmony and emotional uplift • Improved skin tone, texture, and radiance.

Lymphatic Massage (Rasa Dhatu Cleansing) *60 min - £95*

Lymphatic system is the system that houses our immunity. This special massage helps the lymphatic system to drain the waste from the body and regulate the immune system, enhance antioxidant activity and body's normal response to immune system. Suitable after cosmetic surgery procedure such as a facelift, tummy tuck, or liposuction,

De Stress Massage (Punarjani) *60 min - £95*

This unique massage is advised in chronic fatigue, low energy, insomnia, anxiety, depression, muscular stiffness, helps to heal deep seated emotions, uplifting energy and for overall wellbeing. Also suitable for people currently undergoing treatment for cancer.

Herbal Powder Slimming Massage (Udwarthanam) *60min - £90*

This massage helps to burn excess adipose tissue and aids with slimming, firming and reshaping your body.
A course of massage is recommended.

AYURVEDIC BESPOKE INDIAN THERAPIES





Third Eye Healing (Shirodhara) ***60min - £120***
("Siro" means Head. "Dhara" means Continuous flow of a liquid)

Luke warm herb-infused AyurVedic oil is gently and steadily poured over the forehead (Third Eye) in a continuous stream using a special rhythmic swaying movement; whilst the forehead is gently massaged. This results in a sense of deep relaxation and inner peace.

Highly effective in anxiety, insomnia, mental stress, multiple sclerosis, ME/CFS, depression, headache, lack of memory, panic attack, psoriasis, autoimmune diseases, PTSD(post-traumatic stress disorder) ADHD(attention deficit hyper activity disorder), diabetes, hypertension and endocrine dysfunction.
A course of therapy is recommended.

Nabhi Basthi / Chakra Basti
(Digestion Improvement & Emotional Release) ***40min - £80***

Nabhi - Navel. Basti - which is retained. In nabhi basti, the warm medicated oil is used to bathe the naval region or solar plexus chakra. This is responsible for emotional balance and self-love by facilitating the release of deep seated emotions.

Recommended in abdominal discomfort, IBS, constipation, poor digestion, stomach ulcers, GERD, coeliac disease, diabetes, anorexia, adrenal imbalances, male & female hormone imbalances, infertility, colon diseases etc. A course of therapy is recommended.

Herbal Potali Ritual (Kizhi) ***£50(30min) £60(45min) £75(60min)***

Specially selected herbal powders are prepared in small linen bags and then warmed in AyurVedic medicated oils and massaged in to the body. Helps to reduces inflammation & improves mobility and flexibility of joints. Recommended in frozen shoulder, tendonitis, bursitis, joint pain, arthritis, rheumatic conditions, gout, MS, ME/CFS, sports injuries, muscle sprain, **acute & chronic back, neck and shoulder pain**.

Nasal Detoxification (Nasyam) ***45min - £50***

In Ayurveda Nose is considered as the direct route to brain and the door way to consciousness. It is the entrance of **prana**, the life force, which is carried in to the body through breath.

Nasyam starts with head, neck & face massage followed by a herbal juice or medicated oil is applied through the nostril. Recommended in complex headaches, acute sinusitis, cervical spondylosis, allergies, hay fever, migraine, ageing of facial skin, bad breath, breathing difficulty, paralysis & parkinson's disease, A course of therapy is recommended.

Ear Therapy (Karna Puranam) ***30min - £50***

This therapy is highly recommended for tinnitus (ringing in the ears), excess earwax, earache, dryness, itching, frequent ear infections and vertigo. A course of therapy is recommended.

Nethra Tarpanam (Eye Rejuvenation therapy) 30min - £80

Netra Basti is the traditional Ayurvedic eye care therapy that involves bathing the eyes in medicated ghee and this is one of the most nourishing and rejuvenating therapies for the eyes. This is a specialized Ayurvedic eye therapy for the eyes and nervous system. As the Ayurveda ghee is retained it oozes all around the eyeball, down the eye socket and optic nerve and penetrates deep into the nervous system and brain tissues that lie behind the eyes. Recommended in **Computer Vison Syndrome(digital eye strain)**, eye discomfort, fatigue, blurred vision, headaches, itching, redness, tearing, double vision & dry eyes. A course of therapy is recommended.

AYURVEDIC FACIALS

Golden Facial (Swarna) - Anti Ageing Facial *90min - £110*

This exclusive anti ageing facial helps to reduce fine lines and wrinkles. Your face will be repaired, rejuvenated and rehydrated. It includes a scalp, neck, shoulder & hand massage.

Pearl Facial (Mauthika) - Detox Facial *60min - £95*

A soothing facial for sensitive and delicate skin. This signature Ayurvedic facial reduces acne, redness and blotches. It leaves your skin brighter and healthier. A hand & scalp massage are included.

Nourishing Facial (Njavara) *60min - £90*

An intensive moisturising delicacy for dry and dehydrated skin. This facial refines, revives and rehydrates the skin, leaving it looking luminous and bright. Relaxing hand massage included.

Herbal Facial (For All Skin Types) *45min - £80*

This facial is specially designed for all skin types. It nourishes and revitalizes the skin, removes black heads, dark circles & pimple scars.



AYURVEDIC BODY SCRUBS

Narikela Sesame Scrub (Sweet Coconut & Sesame) *60min - £90*

It nourishes the skin and replenishes moisture, leaving it soft with a healthy glow. Suitable for sensitive, dry or dehydrated skin. It includes a leg & foot massage.

Coffee Masala Scrub (Coffee & Spice to take away cellulite) *60min - £95*

This unique scrub removes toxins and makes you look and feel slimmer and younger. It tightens skin cells and reduces the appearance of cellulite. A herbal steam bath & back massage are included.

GREEN SPECIALITY (Vishesh Chikitsa)





Chakra Balancing Massage ***60min - £105***

Chakra balancing massage is a fantastic therapy to balance your body, mind and spirit, encourage a state of deep relaxation and calm. Helps to heal deep seated past emotions stored in different chakras, revitalizes the entire body by providing energy.

Advised in stress, tension, anxiety, depression, anger, lack of confidence, fear, worries, autoimmune diseases, PTSD(post-traumatic stress disorder) menopause, eating disorders like anorexia, bulimia, binge eating, unexplained weight loss or weight gain, low libido and hormonal imbalances.

A course of session is recommended.

Kundalini Awakening Therapy ***60min - £115***

Kundalini is a form of dormant energy (knowledge and consciousness energy), which can be awakened by Kundalini massage. Moving of Kundalini energy up the energy chakras from its resting-place under the sacrum opens the doors of knowledge and blissful divine experiences.

The Kundalini is known to infuse a tremendous amount of energy into a person, and has an incredible ability to heal almost any affliction, be it physical, emotional or spiritual.
Advised in low energy, low self-esteem, poor confidence, negative social comparisons, worry and self-doubt, fear of failure, negative self-talk, mood swings, nervousness, emotional eating, persistent irritability, trouble concentrating, loneliness, procrastination, boredom, burnout, feeling overwhelmed, increased absenteeism or tardiness.

De Stress Therapy (Mind body healing) ***2hrs - £215***

A combination of chakra balancing massage, shirodhara and healing mantras, are used in this therapy.
This holistic healing therapy is unique and safe, advised in low energy and enthusiasm, anxiety, stress, tension, insomnia, lack of confidence, fear, worries, depression, anger, loss of memory, panic attacks, lack of trust, changing mood, hot flushes, hormonal imbalances, mental trauma, blocked energies and deep seated emotions.
A course of therapy is recommended.

Vajikarana Therapy (Aphrodisiac - for men only) ***60min - £110***

Vajikarana, is one of the eight major specialties of Ayurveda. which make a man sexually as strong as a horse. In Vajikarana therapy (includes- head, spinal, lower back & abdominal massage) special kind of ayurvedic herbs and oils are used to balance sexual ckakra. This therapy rejuvenates and nourishes male reproductive system and helps to increase sperm count and sperm motility.
Advised in erectile dysfunction, low libido, premature ejaculation and male infertility.

GREEN SPECIALITY (Vishesh Chikitsa)





Bespoke Spine Care Package (Meru Danda Chikitsa)
90min - £150

This therapy is unique, safe and effective; it is advised in acute & chronic neck and back pain, cervical and lumbar spodylosis, ankylosing spodylitis, sciatica, prolapsed discs, spinal stenosis, whiplash injuries, TMJ (temporomandibular joint) dysfunction. pins and needles, numbness, radiating pain. A special massage techniques, Herbal poultice massage and steam bath are included, A course of therapy is recommended.

Ayurvedic Foot Reflexology (Pada Marma Abhyanga) 45min - £75
Chakra Balancing Reflexology *45min - £85*

This therapy stimulates vital foot marma points that correspond to all the organ systems. It promotes sound sleep, relaxes the mind, improves circulation, balances male and female hormones. Recommended in infertility, low energy, period pain, hot flushes, addictions, hormonal imbalances and poor circulation.

Also suitable for people currently undergoing treatment for cancer.

Chakra Hot Stone Massage (Shila Abhyanga) *60min - £95*

Experience the healing powers of this detoxifying therapy dating back 5000 years in India. The direct heat from the stones together with Ayurvedic oils rebalances chakras, detoxifies the entire body, relaxes muscles and reduces the stiffness and pain.

Ayurveda Marma Massage *60 min - £95*

Energy healing by working on 107 marma points in the body, the doorways into the body and consciousness. Releases blocked energy by regulating the Pranic (Vital Energy) flow in the Nadis (Energy Channel), stimulate the Kundalini and balance the Chakras.

AYURVEDIC PACKAGES



HOLISTIC SKIN CARE PACKAGE

Forever Young Package
2hrs - £135

A perfect retreat for those who are as young as they feel !!!

This therapy includes an Indian head massage, full body rejuvenation massage, steam bath & a herbal facial with face pack.

COUPLES PACKAGE

King & Queen (Raja & Rani)
90 min - £99 per person

Invigorating & rejuvenating aphrodisiac therapies to improve your sexual vigour, stamina, pleasure & youthfulness. It is specially designed to enhance your sex & root chakra. It includes a full body massage with aphrodisiac oil, herbal steam bath & face massage.

MOTHER TO BE PACKAGE

Garbha Sanskar
2hrs - £145

Give you and your unborn baby a restorative treat with a luxurious pre-natal spa package.

Helping to relieve tension in the back and neck, alleviating swelling in the hands and feet, Package includes, Ayurvedic pregnancy massage, foot massage, herbal facial & face pack.

DAY SPA PACKAGES







RASAYANA
(True Indulgence)
Half day of well being
2.00 hours £150

- Welcome drink
- Short life style consultation
- Hot stone back massage
- Abdominal massage
- Face and scalp massage
- Complimentary herbal tea

NIRVANA
(De Stress Spa Escape)
Half day of well being
2.30 hours £190

- Welcome drink
- Short life style consultation
- Indian head massage
- Shirodhara
- Ayurvedic back massage
- Ayurvedic face massage
- Complimentary herbal tea

PUTHIYA THUDAKAM
(New Beginning)
A full day of well being
10.00 - 15.00 £170

- Welcome drink & spa tour
- Short life style consultation
- Yoga
- Breathing & meditation
- Freshly homemade authentic AyurVedic Kitchary Lunch
- Indian head massage
- Full body rejuvenation massage.
- Herbal steam bath
- Complimentary herbal tea.

VEDIC ESSENCE
(Signature Spa Ritual)
A full day of well being
10.00 - 16.00 £210

- Welcome drink & spa tour
- Short life style consultation
- Yoga
- Breathing & meditation
- Freshly homemade authentic AyurVedic Indian Light Lunch
- De stress full body massage
- AyurVedic reflexology
- Herbal facial with face pack
- Herbal steam bath
- Complimentary herbal tea.

RETREAT PACKAGES : Individual and Group Customized Retreats



Kerala Panchakarma Detox Retreat ***(excluding accommodation)***
Begin Your Journey To Well-Being And Transformation Now

3 day £990 | 5 day £1650 | 7 day £2250 | **More days available**

Panchakarma (literally means five detox methods) is the most popular program at Green Ayurveda Spa for detoxifying the body, strengthening the immune system, and restoring balance and well-being.

Ayurveda emphasizes both prevention and healing. Pancha karma is recommended for anyone as part of their seasonal or yearly health maintenance, to help acute or chronic conditions or as preparation for further rejuvenation therapies (Rasayana).
According to Ayurveda, pancha karma helps to remove the root causes of disease by removing many years of accumulated Ama.

Green's bespoke panchakarma cleanse will deepen your self-awareness, self-esteem, and self-love.
Panchakarma is an ultimate mind-body detox & healing experience.

Jee vanthi (Rejuvenation) Holistic Two Day Rejuvenation
£550 (excluding accommodation)

Rejuvenation of the mind and body is integral quotient in longevity. This two day programme is designed to rejuvenate your mind and body through the application of AyurVedic therapies, Yoga and Meditation.

Sukha Nidra (Sound Sleep) Holistic 3 Day Rejuvenation Retreat
£890 (excluding accommodation)

Sleep is essential for the rejuvenation of the mind & body. AyurVedic therapies, Yoga & meditation are selected that will provide the Cleansing and Relaxing experience that aids sound sleep to enable Rejuvenation and Revitalisation process of the mind and body.

Mana Shanthi (Peace of Mind) 5 Day Stress Management Retreat
£1350 (excluding accomodation)

This package stimulates the endocrine glands to restore the necessary hormonal balance; hence de-stressing the mind, body & soul. Our combination of signature AyurVedic therapies, yoga & meditation helps to overcome the stress and strains of everyday life.

Yoga Retreats ***£210 per day (excluding accommodation from 3 days)***

Restore & Relax : Breathe & Meditate : Align & Flow : Strengthen & Balance.
Our 1, 3, 5 or 7-day Yoga retreats offer the best in holistic wellness experiences for the mind, body and spirit.

PRIVATE RESIDENTIAL AYURVEDA RETREAT : Available at Coniston Green Holiday Home






Comfort & Accommodation £85/person/night
Coniston Green Cottage | Priory Cottages

Accommodation offer guests a tranquil, rejuvenating home-away home experience. The rooms are spacious, airy, and peaceful, all tastefully decorated. In the bedrooms we have top quality mattresses, white cotton bedding and luxury soft furnishings. Large soft towels, bathmats, hand towels and tea towels are also provided.

Kitchen is fully equipped with every modern convenience, including electric and microwave ovens, Gas hob, Fridge freezer, dishwasher, washer/dryer and ironing facilities.
Free WiFi
Free Parking available.

Yoga & Meditation Classes
Group £15 | Individual £70 | Couples £100

Private, Pregnancy & Children's Yoga are also available.
We combine yoga & meditation as a supplementary therapy to our core practice of AyurVeda. Yoga classes take place in our specially constructed wooden yoga shala.

Gift Vouchers

Gift vouchers can be ordered online or over the phone and we will forward the vouchers in specially designed packs.

Note to Customer

- Accommodation available**.**
- The range of therapies is subject to availability.
- Special awareness and precautions need to be taken if you are pregnant (Please advise us when the booking is made)
- Unfortunately late arrival for an appointment will result in a reduced therapy time.
- We request a minimum of 48 hours' notice for cancellation of massage therapy.
- For Spa Days & Retreats Cancellation Policy - visit our Website.
- Gift vouchers are non-refundable.
- A 50% deposit is required to secure your booking.
- For a full range of our therapies please visit our website.
- **Free parking** and group bookings available.
- Therapies are available for **men, women & children.**
- Ayurveda courses, Kerala Ayurveda and yoga retreats available.
- All prepaid therapies should be used before 36 months of the date of purchase.
- For policies, terms and conditions visit our website **www.ayurvedainyorkshire.co.uk**



Spa Opening Times
Wetherby

Monday - Saturday 08.00 - 20.00
Sunday Closed

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Centre Opening Times
Ripon

Monday - Friday 09.30 - 15.00
Saturday/Sunday Closed

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