

# The Raj Ayurveda Health Spa

VEDIC CITY, IOWA

**T**HE RAJ SPECIALIZES IN the Rejuvenation treatments of Maharishi Ayurveda, a revival of the world's oldest system of natural medicine. The Rejuvenation treatments are not only luxurious and deeply relaxing, but are profoundly healing in nature. The holistic cleansing effect created by these Ayurvedic treatments removes



longstanding imbalances in the physiology thereby enabling people to enjoy lasting benefits when they leave The Raj.

All programs are administered by highly trained technicians and are supervised by a licensed medical doctor. In addition to promoting prevention and reversal of aging, the Rejuvenation treatments can be tailored to target chronic disorders.

## SPECIALTY TREATMENTS &

**PROGRAMS** Ayurveda Rejuvenation & Anti-Aging Treatments + Yoga Classes + Ayurvedic Cooking Classes + Healthy Lifestyle Lectures + Hiking

**FACILITIES** 18 Rooms + Deluxe Accommodations + 100-Acre Grounds + Restaurant + Ayurvedic Vegetarian Cuisine + Herbery Store

**PACKAGE RATES** 3-, 5-, and 7-day packages and longer. Please call for details.

## CONTACT INFORMATION

**Reservations** 800-248-9050 or 641-472-9580

**Address** 1734 Jasmine Avenue, Vedic City, IA 52556

**E-mail** theraj@lisco.com

**Website** www.theraj.com

## Asha SalonSpa

SCHAUMBURG, ILLINOIS

**T**AKEN FROM AN ANCIENT language, the word Asha is synonymous with "life." In our SalonSpa, we strive to bring out the very essence of life for you. We cater to your needs, whether it's pure Aveda products, lively haircuts and color, soothing face and body treatments, or enlightening lifestyle workshops. As an Aveda Lifestyle SalonSpa, we are devoted to education, the environment, and to you. We offer lifestyle workshops on various health and well-being topics, such as aromatherapy, stress relief, and skincare. At Asha, beauty, fashion, and wellness become an art. You are our canvas.



## CONTACT INFORMATION

**Reservations**  
847-592-5000

**Website**  
www.ashasalonspa.com

**Address** 601 N. Martingale Road, Suite 233, Schaumburg, IL 60173

**E-mail**  
info@ashasalonspa.com

## Martha's La Look Medi-Spa

CHAGRIN FALLS, OHIO

**P**AMPERING FOR THE BODY and soul at Martha's La Look Medi-Spa, tucked away in Chagrin Falls, Ohio, in a serene and private atmosphere. When you enter the spa, you will discover a tasteful warm interior whose focus is one of well-being. Martha's La Look has the best of both worlds... medical aesthetics combined with spa services to create a unique holistic environment. Advanced technologies such as Microdermabrasion, laser hair and vein removal coupled with massage, facials, body treatments, manicures and pedicures. Give the perfect gift to yourself or someone special...spa gift certificates to Martha's La Look.



## CONTACT INFORMATION

**Reservations**  
440-543-2797

**Website**  
www.marthaslalook.com

**Address**  
8535 Tanglewood Square, Chagrin Falls, OH 44023

**E-mail** lalookspa@aol.com