

PriyaSpa

natural solutions to health and well-being



Priya Spa ...
At The Swan Hotel

“The Way to Health,
Happiness and Peace
of Mind.”

Tanya Bradbury

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Tanya Bradbury

Tanya Bradbury MIFA reg the founder of PriyaSpa, has been interested in plant remedies and natural healing since graduating as a beauty therapist twenty years ago. In 1985 she completed her training in therapeutic skin and body treatments at WALA Heilmittel (Germany) to become the first Dr. Hauschka therapist in the UK, and went on to become one of the pioneers in introducing the treatment and cosmetics into the market here. Chosen by the Evening Standard in 2001 as one of London's five top beauty therapists, she describes Dr. Hauschka as "simply the best cosmetics available today."

In 1999 she developed a long-time interest in Ayurveda, the ancient Indian system of holistic health care, by qualifying as a Maharishi Ayurveda consultant after an eight-month training course in Russia. She now integrates much of this knowledge into her work, bringing together the healing skills of East and West.

Her personal experience of meditation helps to make one of her PriyaSpa treatments a truly unique and healing experience.

Dr. Hauschka

Dr. Rudolph Hauschka, (1891-1969) first developed his herbal remedies in the 1930's.

Inspired by the teachings of Rudolf Steiner, Hauschka set about examining the rhythms of nature as the basis of a system of entirely natural medicine, which aimed to create a botanical extract from a plant that carried not only its physical essence but its life-force as well.

All the plants and flowers used in Hauschka products are organically and biodynamically grown, planted at specific phases of the moon, and harvested at sunrise when the vital energy in the plant is at its highest. The care and attention employed in the processing of the plant ingredients is unique.

The resulting products nourish and re-establish the natural functioning of the skin, which Hauschka considers to be as important as any other vital organ.

The Dr Hauschka facial's therapeutic effect is to balance the natural rhythms of the body, working primarily on the lymphatic system gently to cleanse, detoxify and tone the skin.

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Aromatherapy

Aromatherapy is a form of complementary medicine that utilizes the health-promoting properties of essential oils obtained by extracting the essence from aromatic flowers, roots and berries.

One method of absorbing these essences is by heating or vaporizing the oils; as they evaporate, their fragrance is released, directly affecting the limbic system of the brain, the seat of the emotions.

Another method is to allow the antiseptic and healing properties of the essential oils to be absorbed via the skin through a gentle method of massage. This normalizes blood pressure, removes toxins from the system, and helps to relieve stress and fatigue.

Aromatherapy's unique combination of inhalation and massage boosts the immune system and thereby enhances general health and well-being.

Ayurveda

Maharishi Ayurveda (MAV), 'the knowledge of life', is the most ancient, complete and natural system of holistic health care. MAV is uniquely empowering, as it allows you to get back in touch with your own innate healing potential.

By cooperating with your body's intelligence, you can restore and maintain good health, enabling you to: look younger, feel better, increase your energy, normalize your weight, achieve more and prolong your life.

During your initial consultation you will be assessed by a unique system of pulse diagnosis (Nadi Vigyan) that determines your mind-body constitution in terms of the prevailing body-rhythms (doshas) and reveals your existing state of health.

Following on this, an individual programme of treatment to correct your imbalances will be prescribed. This comprises: dietary advice; daily routine and lifestyle adjustment; herbal food supplements; oil massage; meditation and yoga.

These treatments remove deep-seated toxins and stresses, thereby restoring harmony, balance and energy.

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treatments at

The Swan Hotel

Market Place

Southwold Suffolk IP18 6EG

to make a booking

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opening hours

Monday to Saturday 9am-5pm