



*Nothing can cure the  
soul but the senses, just  
as nothing can cure the  
senses but the soul.*

OSCAR WILDE

## THE PHILOSOPHY OF ILA



### FOR ILA, EVERYTHING STARTS WITH PURITY

Meaning 'earth' in Sanskrit, ila's power lies in its ability to encapsulate the earth's purest healing vibrations.

ila achieves this by seeking the utmost natural and ethical purity in every ingredient, process and blend.

ila only uses the finest plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers, who value traditional, sustainable practices. It works directly with organic and ethical growers to support local communities and ancient knowledge. It lovingly blends every product in converted barns in the beautiful English Cotswolds. ila have devised pioneering treatments that incorporate ancient yogic techniques, energy work, chakra and sound-healing for profound beneficial effect.

### THE ENERGY OF THE EARTH

Each ingredient used by ila is painstakingly sourced for its physical, emotional and spiritual benefits: from argan oil, a mystical oil that deeply nurtures, to rose otto damascene – nature's most therapeutic nectar. Really pure ingredients, often only found in remote parts of the world, hold high levels of vibrational energy. ila harnesses this in its products so the skin can absorb it, bringing powerful healing benefits to the body's natural energies.

### BRINGING BALANCE TO BODY, MIND AND SPIRIT

ila's approach is beyond organic. It works in harmony with nature, aligning body, mind and spirit with the earth's underlying rhythms. By embracing the utmost natural and ethical integrity, it encapsulates the earth's purest and most balancing natural vibrations: the energy of ila.

## MASSAGES & BODY TREATMENTS

### MASSAGES

#### *Kundalini*

A gently nurturing back treatment which uses chakra-healing and sound-healing to activate and channel Kundalini (dormant energy at the base of the spine). It realigns natural rhythms while revitalising balance, and is profoundly restorative for the sympathetic and parasympathetic nervous system.

1 hour 15 minutes

MAD 1500

#### *Ku Nye*

Honoring ancient Tibetan healing practices, this full body massage combines wild-grown essential oils with traditional techniques of cupping, acupressure, kneading, rocking, crystals and poultices. It purifies the five elements of the body, energises the meridian system and strengthens the natural flow of energy.

1 hour 30 minutes

MAD 1600

#### *Karuna Kaya*

Tense, knotted muscles can block the flow of nutrients and oxygen, causing inflammation, toxic build-up and pain. Karuna Kaya is ila's unique rhythmic deep tissue massage that combines intense targeted techniques with healing Himalayan salt poultices and Vital Energy oil and to aid detoxification, revitalise the meridians and increase the flow of energy within the body. The benefits are multiple: tension and knots are alleviated; sluggish circulation is boosted; tight muscles are stretched and soothed; body and mind are energised; and skin is left glowing and vibrant.

1 hour 30 minutes

MAD 2400

### BODY TREATMENTS

#### *Body Renewal "Clarity"*

Endowed with the power of argan oil, juniper and rose, "Clarity" body scrub effectively battles cellulite, stress and exhaustion. It strengthens bio-energy fields, uplifting the body and soul.

1 hour

MAD 1200

#### *Body Renewal "Bliss"*

A subtle combination of rose otto damascene, jasmine and rosehip seed oil, "Bliss" body scrub is a pampering experience. It gently restores and relaxes the nervous system, leaving behind glowing skin and a sense of enhanced wellbeing.

1 hour

MAD 1200

## SIGNATURES RITUALS

#### *ila Experience*

This exquisite experience, with notes of rose and jasmine, reawakens the body and spirit, and creates a feeling of intense calm. Bliss sets the stage for a full body balm modelage, to be followed by pressure points on the face, which gently stimulates the higher energy centres.

2 hours

MAD 1900

#### *Biorhythms*

Travelling, especially air travel, imbalances our body's magnetic energy field. This powerful treatment restores natural biorhythms with an ionizing energy scrub and mud wrap, followed by a soothing head and face marma massage, and concluding with a gentle yet intense Kundalini back ritual to balance and relax the nervous system and chakras.

2 hours

MAD 1900