



AYURVEDA PLANT-BASED HEALING SKIN NUTRITION

Personalized beauty from the inside out

ON THE GO

Skin Care & Wellness for the Busy Bee

How do you vet a facialist or waxer in a new city? Is your make-up clogging your pores? And what about your diet? Is there something easier on the digestion while traveling or during periods of intense deadlines? Your tummy always bothers you and it's hard to find relief. On The Go gives you the floor to ask away, and get answers that bring you comfort and balance during your busy seasons and time away from home. In this 35-minute quickie session, you are guaranteed easy to digest advice along with proven and accessible solutions.

● 35-Minutes \$65 **Book Now** →

HEAD-TO-TOE

Complete Skin Care Solutions

Head-To-Toe dissects your skin care routine, grooming products, supplements and daily nutrition to see where you are on point and where some tweaks need to be made for you to experience the balance of mind, clarity of skin and calm of spirit you are looking for and deserve. Scalp issues? Adult Acne? Chronic Dry Skin? Itchy Skin & eczema? Not to worry. Elisha has Whole Body & Mind solutions that we will customize just for you.

● 65-min / \$125 **Book Now** →

EAT YOUR WAY TO GORGEOUS

Better From The Inside Out

From The Inside Out takes a thorough analysis of your nutrition, morning and evening routines, sleep habits and career and family demands. From there we are guided by the ancient wisdom of Ayurveda and use those core tenets to guide you toward inner healing where it is needed most. This quality of consideration and following through with a committed practice show up on the skin and in how your body feels in ways that will surprise and delight you.

● 90-min \$155 **Book Now** →

All Lifestyle & Bespoke Sessions take place online. House calls are also available. Please contact us to inquire on availability & pricing - 424.361.8100 [Refer To Important Pre-Book Details Here](#)
