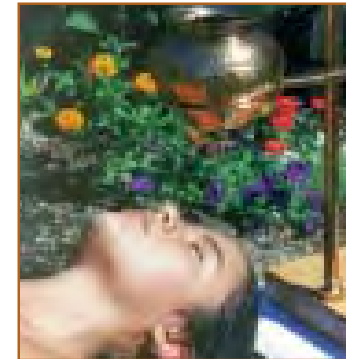




TARA[®]
SPA THERAPY

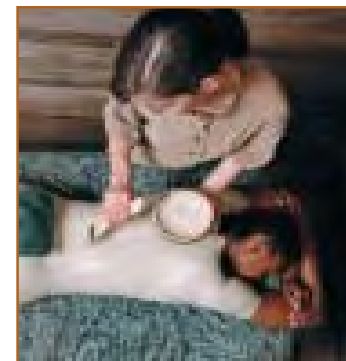
EDUCATION CATALOG



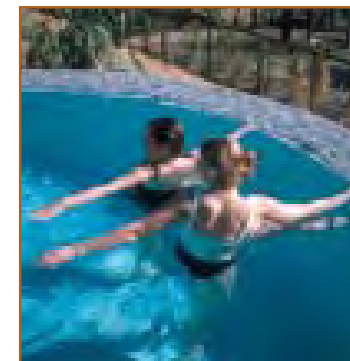
Ayurveda



Aromatherapy

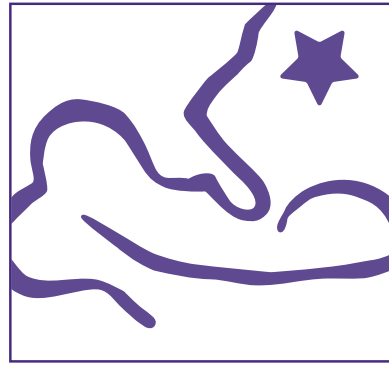


Classic Spa



Specialty

Tara Spa Therapy
P.O. Box 222639
Carmel, California 93922



Phone: 800-552-0779
Fax: 831-624-9571
Email: info@taraspa.com
www.taraspa.com
10/4

Greetings from Tara Spa Therapy Education!

Education is the cornerstone to the success of any treatment program, both for your staff and your guests.

At Tara Spa Therapy, we are passionate about education! The heart and soul of our company is rooted in the teachings of wholistic health modalities that promote healing through balance. To facilitate this, we offer products and tools that support and encourage positive lifestyle changes. We give depth and dimension to our education by teaching the basic philosophy, principles and wisdom behind the treatment modalities.

TARA® Education was launched in 1987 by Tara herself, a certified Massage Therapist, Wholistic Health Educator and Ayurvedic Practitioner. Studies with renowned Ayurvedic Physician, Dr. Vasant Lad; Ayurvedic skin care expert Pratima Raichur and numerous Master Aromatherapists, combined with practice in her own clinic and many years as a teacher of massage and yoga, serve as the foundation upon which our Education program is based.

Today, Tara and our team of Educators share their passion for these ancient healing systems with spa staffs throughout the country, inspiring them to achieve full potential in their professional and personal growth. These spa professionals, in turn, expand the awareness of the countless individuals they touch, and inspire them to explore their own relationship to self and their path to an enhanced quality of life.

Our Education Department is here to help implement and sustain high quality treatment programs for your spa.

Table of Contents

Relax. Tara Spa Therapy Has It Covered	4
TARA Aromatherapy	5
Aromatherapy Basics, Pre-Blends, Essential Oil Wrap	6
Mineral Therapy Body Glow, Rejuvenating Foot Therapy and Rejuvenating Hand Treatment	7
Aromatherapy Balancing Facial, Aromatherapy Signature Massage, Intro to Personalized Blending	8
Personalized Blending	9
Ayurveda: Principles & Philosophy, Herbal Body Treatment	10
Shirodhara	11
Dosha Balancing, Hand & Foot, Herbal Bath	12
Ayurvedic Herbal Wrap, Hair and Scalp Treatment	13
Ayurvedic Facials: Wholistic Facial, Mini Facial	14
Ayurvedic Treatment Combinations: Nirvana, Ultimate Bliss	15
Advanced Ayurveda: Abhyanga Massage, Marma Chikitsa	16
Ayurvedic Yoga, Classic Spa: Hydrating Seaweed Body Wrap, Herbal Wrap	17
Mud Purification Treatment	18
Specialty Courses: Water Yoga	19
Aromatherapy Signature Massage, Specialty Treatments; Herbal Aromatherapy Facial, Deeply Nourishing Facial	20
Men's True Grit Facial, Ultimate Unwind, Men's True Grit Body Treatment, Women's Wellness Remedy	21
Treatment Upgrades: Leg Tonifying, Comforting Times, Couples Retreat, Loving Luxury. Adjunct Faculty: Thumbless Therapy	22
The Ayurvedic Institute. TARA Product Collections: Aromatherapy	23
Skin Therapy, Ayurveda	24
Bath Therapy; Sun Therapy; Herbal-Ease; Oils, Lotions & Muds	25
Frequently Asked Questions	26
Frequently Asked Questions, Cont'd.	27

Relax. Tara Spa Therapy Has It Covered!

Industry Leaders: Tara Spa Therapy was the first to introduce: Ayurvedic treatments and a more holistic orientation to spa programming; the Herbal-Ease Neck Pillow as a moist heat treatment; an Aromatherapy Program that makes blending safe and foolproof; Signature Treatments and Regional Specialty Products; and a “Staying Healthy Through the Seasons” program linking our bodies and health to our relationship with the earth and the environment. We will continue to surpass your expectations by offering cutting edge treatments for spa programming.

A Comprehensive, Successfully Implemented Program: In-depth training in Aromatherapy, Ayurveda, Classic Spa, and Specialty Modalities, making it possible to implement otherwise sophisticated services into treatment menus. Includes Education Manual for spa, collaterals and samples for attendees, support materials including our Daily Rituals Home Program, Lifestyle Guide, Constitutional Analysis Card and Aromatherapy Mini Consultation Card.

Authentic, Natural Product Formulations. We search the world over for the finest natural and organic ingredients possible for all our Collections. For example, each formulation in our Ayurvedic collection is derived from an ancient Indian recipe which has been handed down through generations of healers and prepared in the authentic tradition of chanting “mantras” or prayers of healing over the decoctions.

We’re With You at Retail. Our highly visual and attractive packaging links treatment services to retail, while the color-coding system makes it easy for spa staff and guests to identify the products they need. Our POP displays inform and inspire your Guests to take their experiences home. We encourage a new concept of spa retail as a “Life Enhancement Center” where guests are encouraged to recreate their spa experiences at home.

TARA Aromatherapy

Tara Spa Therapy, an enthusiastic advocate for using essential oils in the spa setting, sheds light on some of the misperceptions about Aromatherapy, and provides a unique Aromatherapy treatment program that addresses the very real challenge of insuring the safety of spa guests and staff.

Aromatherapy is the therapeutic use of pure essential oils (derived from plants and flowers) to enhance beauty, health and well-being. Essential oils are absorbed into the body through inhalation, or through application to the skin (in massage or bath) to balance energy, moods and physiology. Authentic Aromatherapy combines quality essential oils with an understanding of their actions, insuring application with the appropriate intention.

Tara Spa Therapy offers an Aromatherapy spa training program providing a “user friendly” approach to the basic principles of Aromatherapy and an easily implemented treatment method, while still maintaining the integrity of traditional Aromatherapy.

With a good foundation of education, Aromatherapy can be incorporated into a spa in many ways: environmental fragrancing, balneotherapy, facials, massage, manicure, pedicure, hair and scalp treatments. Education and training are the keys to presenting Aromatherapy successfully.

TARA offers four levels of Aromatherapy education:

- Aromatherapy Basics: An Introduction to Philosophy and Principles
- Aromatherapy Spa Treatments and Massage with Pre-Blended Oils
- TARA Aromatherapy Signature Massage
- TARA Aromatherapy Personalized Blending Program

TARA AROMATHERAPY COURSES**LEVEL 1: AROMATHERAPY BASICS****AR100-Aromatherapy Basics Lecture**

Includes History, Methods of Application, Olfactory Sampling, Introduction to Single Note Essential Oils and their benefits. Students will receive an overview of the TARA Pre-Blended Aromatherapy Massage Oils and are given guidelines for selecting the appropriate oil for their clients.

This course is a prerequisite for all treatment trainings

Qualifying Attendees: Massage Therapists, Estheticians, Salon Staff, Retail Staff, Front Desk, Programmers and spa staff as designated.

Hours of Training: 7, Lecture Format

LEVEL 2: AROMATHERAPY MASSAGE WITH PRE-BLENDED OILS/ SPA TREATMENTS**Pre-Blended Formulations**

For spas seeking an introductory level of Aromatherapy that does not require training, we suggest the Pre-Blended Aromatherapy Formulations: Balancing, Detoxifying, Revitalizing, Relaxing, Stress-Relieving, Loving and Therapeutic Sports. Each blend is available in Body and Massage Oil or Bath and Diffuser Oil and may be used in any massage, bath or spa treatment.

AR200-Essential Oil Wrap

Therapists are first trained in dry brushing techniques to stimulate the lymphatic system and to exfoliate dead skin. Performing their own massage, they apply a selected TARA Pre-Blended Aromatherapy Massage Oil. Students then learn the art of body wrapping and perform massage on the face and feet while clients are relaxing in the cocoon-like wrap.

Treatment Time: 50 Minutes; 80 Minutes with more massage.

Qualifying Attendees: Massage Therapists

Hours of Training: 4 Hours without detailed Dry Brush Training (Demonstration: 1 Hour; Practical: 3 Hours)

7 Hours with extended training on Dry Brush Massage (Demonstration: 2 Hours; Practical: 5 Hours)

AR205-Mineral Therapy Body Glow (Exfoliating Treatment)

We have combined our Aromatherapy Mineralizing Salts with our Pre-Blended Aromatherapy Massage Oils to create a rich paste that simultaneously exfoliates and nourishes skin. Therapists learn application techniques as well as how to choreograph removing product, with the client either on a wet table or in a shower. Therapists integrate their own massage techniques for applying our unscented lotion at the conclusion of the treatment.

Treatment Time: 25 Minutes; 60 Minutes with massage.

Qualifying Attendees: Massage Therapists

Hours of Training: 4

(Demonstration: 1 Hour; Practical: 3 Hours)

AR210-Rejuvenating Foot Therapy

This revitalizing foot therapy begins with an Aromatherapy soak using pure essential oils of Juniper, Lavender and Rosemary followed by an exfoliating scrub with mineral salts and herbal extracts. The feet are then soothed with an Aromatherapy foot massage and warmed with Herbal-Ease Booties. Finishes with a classic pedicure.

Treatment Time: 30 Minutes; 60 Minutes with pedicure.

Qualifying Attendees: Massage Therapists and/or Nail Technicians

Hours of Training: 4 Hours

(Demonstration: 1 Hour; Practical: 3 Hours)

AR215-Rejuvenating Hand Treatment

This therapeutic and muscle soothing hand therapy begins with an Aromatherapy soak using a blend of pure essential oils followed by an exfoliating scrub with mineral salts and herbal extracts. The hands are then soothed with an Aromatherapy hand massage and warmed with Herbal-Ease Hand Mitts. Finishes with a classic manicure.

Treatment Time: 45 Minutes

Qualifying Attendees: Massage Therapists and/or Nail Technicians

Hours of Training: 4

(Demonstration: 1 Hour; Practical: 3 Hours)

AR220-Aromatherapy Balancing Facial with Blending

A deep cleansing and nourishing Aromatherapy facial treatment using specially selected herbs and aromatic essential oils. Aestheticians are trained in this facial treatment, using specially selected Single Note Essential Oils and Organic Hydrosols in combination with Ayurvedic herbs to restore balance to skin and emotions. Aestheticians will use the Personalized Blending Questionnaire to determine facial blending recipe. Treatment time: 80 minutes.

Prerequisite: Personalized Blending

Qualifying Attendees: Estheticians

Hours of Training: 7,

(Demonstration: 2 Hours; Practical: 4 Hours)

LEVEL 3: TARA AROMATHERAPY SIGNATURE MASSAGE

See Specialty Treatments, Page 20.

LEVEL 4: PERSONALIZED BLENDING

TARA Aromatherapy encourages and supports the current trend in America to upgrade spa services to the more traditional European approach of personalizing treatments. Tara spent years researching and compiling information on aromatherapy blending from leading aromatherapists to develop 30+ recipes for use in your spa.

AR225-Personalized Blending

Training includes origins, properties, benefits, contraindications and smell test for each of the 21 TARA Single Note Essential Oils. Blending is systematically taught through the use of recipes which have been formatted in an easy to use collection of laminated recipe cards. Therapists will learn to assist clients in completing an Aromatherapy Consultation form to determine which essential oil recipe would best suit their needs. The recipe blended by the therapist is used for the massage, with a portion given to the guest to take home. A very personalized spa experience for the client.

Prerequisite: Aromatherapy Basics

Qualifying Attendees: Massage Therapists, Aestheticians

Hours of Training: 4



TARA AYURVEDA COURSES

A comprehensive treatment program with treatments derived from authentic Indian Ayurvedic practices traditionally performed in a medical clinic by an Ayurvedic physician. We adapted these practices into spa friendly protocols which can be taught in a relatively short period of time, can be performed by massage therapists and aestheticians, and address the very specific needs of the spa industry.

AY101A-Ayurvedic Principles and Philosophy

Includes Basic Philosophy and History, the Five Elements, Tri-Doshas (Vata, Pitta, Kapha) and their attributes, Constitutional Analysis, Seasons and Timing, Emotions and manifestations of Vata, Pitta, Kapha.

This course is a prerequisite for all Treatment trainings

Qualifying Attendees: Massage Therapists, Aestheticians, Salon Staff, Retail Staff, Front Desk, Programmers and spa staff as designated.

Hours of Training: 4, Lecture Format

AY101B-Advanced Ayurvedic Philosophy

A more advanced analysis of Ayurvedic Philosophy including nutrition, detoxification, management of mental, emotional and spiritual disorders and a more in-depth look at restoring balance to individual constitutions.

Prerequisite: Ayurvedic Principles and Philosophy, Herbal Body Treatment and Shirodhara. Qualifying Attendees: Massage Therapists, Estheticians, Salon Staff, Retail Staff, Front Desk, Programmers and spa staff as designated.

Hours of Training: 4, Lecture Format

AY200-The Ayurvedic Herbal Body Treatment

This treatment, which is the heart of our Ayurvedic Rituals program, was adapted from traditional Purva Karma detoxification and rejuvenation therapies. Included are a botanical mask, exfoliation, dry brush massage, Aromatherapy, Marma face points and a hot towel body wrap or Ayurvedic Herbal Wrap. It combines the most popular spa treatments into one divine experience that includes deep cleansing and leaves the skin soft,

smooth and nourished by warm Herbal Infused Body Oils. The Herbal Body Treatment strengthens the immune system and helps to eliminate stress and anxiety.

Treatment Time: 50/80 Minutes

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists

Hours of Training: 7 (Demonstration: 2 hours; Practical: 5 hours).



AY205-Shirodhara

The Shirodhara is an ancient therapy used for centuries to restore inner calm and balance to the emotions and to rejuvenate hair and scalp. The Shirodhara begins with a thin, gentle stream of warm herbal oil to the “third eye” to quiet the mind and soothe the senses. The nourishing and conditioning oil is massaged into hair and scalp then further enhanced by an application of Ayurvedic herbs. Includes mini-facial and massage to hands and feet with dosha-specific Herbal Infused Body Oil. Therapists are trained in the techniques of administering the oil treatment and the mini-facial, and learn benefits of the treatment as well as the importance of maintaining the integrity of this profound ritual.

Treatment Time: 50 Minutes.

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists

Hours of Training: 7 (Demonstration: 2 hours; Practical: 5 hours)

AY210-Dosha Balancing

Our Dosha Balancing massage is a detoxification treatment performed with warm Herbal Infused Ayurvedic Body Oils which benefit the nervous system. Therapists will learn to select dosha specific oils determined by their clients' constitutional analysis. We recommend taking Dosha Balancing to the next level with Abhyanga Advanced Massage training (see page 16).

Treatment Time: 50/80 Minutes.

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists

Hours of Training: 3

(Demonstration: 1 hour; Practical: 2 hours)

AY215-Ayurvedic Herbal Hand & Foot Treatment

An herbal exfoliating and revitalizing treatment that releases energy blockages in the vital points of the hands and feet. Encourages deep relaxation and leaves the hands and feet feeling soft and smooth. Massage Therapists and Salon Staff will be taught exfoliation techniques as well as the Marma Points for hands and feet. May be offered in combination with Manicure and Pedicure.

Treatment Time: 20/50 Minutes

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists and/or Salon Staff

Hours of Training: 3

(Demonstration: 1 hour; Practical: 2 hours)

AY220-Ayurvedic Herbal Bath

Combines our Ayurvedic Herbal Blend Herbs with Dosha specific (Vata, Pitta, Kapha, or Bindi) Ayurvedic Essential Oils. Therapists and/or Spa Attendants will learn product knowledge and methods of presentation. A natural complement to the Herbal Body Treatment, Shirodhara, Nirvana or Ultimate Bliss packages.

Treatment Time: 20 Minutes

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists/Spa

Attendants Hours of Training: 1

(Demonstration: 1/2 hour; Practical: 1/2 hour)

AY225-Ayurvedic Herbal Wrap

This heat therapy treatment is detoxifying as well as stress relieving and relaxing. Clients are wrapped in hot muslin linens that have been steeped in Ayurvedic herbs, raising the body core temperature to increase perspiration and release impurities from the system. Therapists are trained in the safe use of the hydrocollator as well as folding and wrapping techniques for the linens.

Treatment Time: 25 Minutes.

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists

Hours of Training: 4

(Demonstration: 1 hour; Practical: 3 hours)

AY230-Ayurvedic Hair & Scalp Treatment

This treatment is a rejuvenating treatment for hair and scalp also designed to bring balance to mind and body. The rare oils and ingredients in the products provide excellent deep moisturizing and nourishing benefits. Students are taught Marma Points for the Scalp. Upgrade Ayurvedic treatments with the Hair and Scalp Treatment.

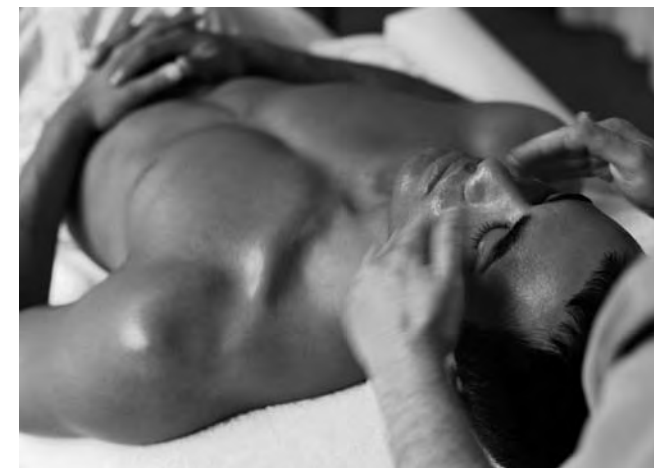
Treatment Time: 20 Minutes.

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Massage Therapists and/or Salon Staff

Hours of Training: 3

(Demonstration: 1 hour; Practical: 2 hours)



AYURVEDIC FACIALS

AY235-Ayurvedic Wholistic Facial

Comparable to a European deep cleansing facial, this treatment uses specially selected Ayurvedic herbs and aromatic essential oils to balance specific skin care needs for each constitution type and to gently cleanse, nourish and hydrate. The products leave the face glowing and their aromatherapeutic effects help restore balance to the whole being. Students are taught skin typing by constitution. Includes steam and extractions.

Treatment Time: 50/60 or 80/90 Minutes

Prerequisite: Ayurvedic Principles and Philosophy

Qualifying Attendees: Estheticians

Hours of Training: 7 (Demonstration: 3 hours; Practical: 4 hours)

AY240-Ayurvedic Mini Facial

The same balancing, cleansing, nourishing and hydrating benefits using Ayurvedic herbs and oils as in the Wholistic Facial. Teaches the use of the TARA Constitutional Analysis Card. Does not include steam and extractions.

Treatment Time: 30 Minutes.

The same Prerequisites and Qualifying Attendees as above.

Hours of Training: 3; (Demonstration: 1 hour; Practical: 2 hours)

“Spa’s offering Ayurvedic Treatments will become industry leaders. Whatever the specialty, Ayurveda will always complement the spa’s existing programs. Ayurveda offers the only true synergy between internal and external skin care modalities.”

~Dr. Rama Kant Mishra, Ayurvedic Dermatologist

AYURVEDIC TREATMENT COMBINATIONS

Offer guests a combination of Ayurvedic treatments by incorporating two or more individual treatments into a new unique experience. Nirvana integrates the Herbal Body Treatment with the Shirodhara. Ultimate Bliss integrates the Herbal Body Treatment, Shirodhara and the Wholistic Facial.

AY245-The Nirvana

What can be better than experiencing Nirvana? Nirvana is a deluxe package that includes the Herbal Body Treatment, Ayurvedic Herbal Mini-Facial, Shirodhara and Ayurvedic Herbal Bath or Body Wrap, all adapted from traditional Purva Karma purification and rejuvenation therapies. Therapists are taught different methods for combining the treatments that make up this experience.

Treatment Time: 120 Minutes

Prerequisite: Ayurvedic Principles and Philosophy, Bindi Herbal Body Treatment and Shirodhara

Qualifying Attendees: Massage Therapists

Hours of Training: 3

(Demonstration and Discussion)

AY25-The Ultimate Bliss

This ultimate experience surpasses all. A beautiful combination of the most popular Ayurvedic treatments: Herbal Body Treatment and Shirodhara are performed by a Massage Therapist, combined with a full Ayurvedic Wholistic Facial performed by an Aesthetician. Therapists and Aestheticians are taught methods of combining the treatments and orchestrating the client’s transition from Therapist to Aesthetician.

Treatment Time: 120-150 Minutes

Therapist, 50/60 Minutes, Aesthetician 90 Minutes.

Prerequisite: Ayurvedic Principles and Philosophy, Herbal Body Treatment, Shirodhara and Wholistic Facial

Qualifying Attendees: Massage Therapists and Aestheticians

Hours of Training: 3

(Demonstration and Discussion)

ADVANCED AYURVEDA – LEVEL 3 COURSES

A wonderful opportunity to add even more authenticity and credibility to your spa's successful Ayurvedic program by taking it to the next level!

AA255-Abhyanga Massage

The Abhyanga is an Ayurvedic based oil massage that calms the nervous system and balances the mind, while stimulating the circulation and lymphatic systems. This massage may be performed by one therapist or two therapists working in tandem using traditional Ayurvedic sequences and techniques. Course includes philosophy of Ayurveda, descriptions of the elements in the body, benefits, and history of Ayurveda and its adaptation to the spa. Therapists will gain the competency to perform with one other therapist for Double Abhyanga.

Treatment Time: 30/60 Minutes

Prerequisites: Ayurveda Philosophy and one Ayurvedic Treatment
Qualifying Attendees: Massage Therapists (6-12 Maximum, depending on facility)
Hours of Training: 24

AA260-Marma Chikitsa Vital Energy Point Treatment

Marmas are the bridge between the physical and astral bodies – the secret sites where our subconscious mind communicates with our body tissues. This wholistic treatment combines touch therapy, transdermal aromatherapy and herbal therapy and provides a state of the art delivery system for natural healing agents to vital organs. The course offers an introduction to the philosophy and principles of Ayurvedic Marma Chikitsa. Hands on practice includes an application of Ayurvedic Dosha Specific Essential Oils and Aromatherapy Single Note Essential Oils to over 25 body and facial marma points. Treatment can be expanded by combining with Dosha Balancing, Garshana (dry massage) and Clay Mask.

Treatment Time: 50/60 Minutes;

Expanded Treatments 80/90,100/110, 130/150 Minutes.

Prerequisites: Ayurvedic Philosophy and one Ayurvedic Treatment
Qualifying Attendees: Massage Therapists
Hours of Training: 24 (3 days)

AA265-Ayurvedic Yoga

Take your Yoga and Ayurvedic programs to the next level. According to Ayurveda, each individual has a unique constitution. Yoga movements can be personalized by designing sessions geared to the specific constitutional needs of each spa guest. Course includes specific Asanas for Vata, Pitta and Kapha doshas and how to create dosha-specific yoga routines.

Prerequisites: TARA Ayurveda Philosophy

Qualifying Attendees: Yoga Instructors (6-12 Maximum, depending on facility) **Hours of Training:** 24 (over 3 days)

TARA CLASSIC SPA COURSES

Our comprehensive Education Program includes training in Classic Spa services. These traditional wraps and exfoliation treatments are an essential part of any comprehensive spa program. We have resourced the finest products available for our customers to use in these treatments.

CS20-Hydrating Seaweed Body Wrap

The focus of this treatment is to remineralize and rehydrate the skin leaving it nourished, smooth and glowing, with added stress relieving benefits. Students will learn product knowledge, methods of applying the seaweed paste, dry brush and body wrapping techniques. They will perform their own massage using TARA Stress-Relieving Massage and Body Oil to complete the treatment.

Treatment Time: 90 Minutes

Prerequisites: None. **Qualifying Attendees:** Massage Therapists
Hours of Training: 4 (Demonstration: 1 Hour; Practical: 3 Hours)

CS205-Herbal Wrap

An Herbal Wrap is a heat therapy treatment designed to raise the body core temperature and increase perspiration, which aids in releasing impurities from your system. An herbal wrap also helps sore, aching muscles and relaxes muscular tension which may be causing pain. Therapists are trained in the safe use of the hydrocollator as well as folding and wrapping techniques for the linens.

Treatment Time: 25 Minutes.

Prerequisites: None. **Qualifying Attendees:** Massage Therapists
Hours of Training: 4 (Demonstration: 1 Hour; Practical: 3 Hours)



CS210-Mud Purification Treatment

Students will learn how to perform this unique Native American Healing Mud Treatment, beginning with the use of an Ayate Cloth to exfoliate skin. They will then learn application techniques for applying the mineral rich mud which soothes and nourishes skin and muscles. The mud is then showered off and a nourishing Lavender Sage Pre-Blended oil is gently massaged into the skin. Treatment Time: 90 Minutes.

Prerequisites: None

Qualifying Attendees: Massage Therapists

Hours of Training: 4

(Demonstration: 1 Hour; Practical: 3 Hours)

TARA SPECIALITY COURSES

Tara's Personal Path for Body Balance



WATER YOGA

For years, Tara has found her own private refuge for renewal and rejuvenation in the healing waters of mineral hot springs. In the many hours that she has spent soaking away tension, she explored ways to achieve body balance by combining the weightlessness of water with yoga stretches. Without fighting gravity, individuals are able to work more deeply into stretches that they would otherwise find too difficult or painful out of water. As a yoga instructor and massage therapist with a specialty in structural bodywork, Tara is excited to integrate her Water Yoga class into spa fitness programs.

SP200-Water Yoga

Students will learn standing and sitting postures in sequences. Training programs are offered to yoga instructors or any fitness instructor that has a solid foundation of basic Hatha Yoga Asanas. Instructors will be required to "test out" and present their own class for certification. Learn standing postures in sequences, focus session including abs, hips, sitting postures, and Injury Recovery sessions including shoulders, low back, hips and knees.

Prerequisites: Certified Fitness Instructor

Qualifying Attendees: Yoga and/or Fitness Instructors
(6 max depending on facility size)

Equipment: Watsu, Pool, Jacuzzi or Standard Pool
(2.5-3.5 ft / 98-100 deg.)

Hours: 10+ over the course of two days.

AR205-Aromatherapy Signature Massage

This unique experience offers specialized techniques to create a marketable distinction between Aromatherapy Massage and other massage services on your menu. Therapists are taught the integrated techniques of our TARA Aromatherapy Signature Massage which include the application of pure essential oils with Acupressure, Lymphatic Drainage, Polarity, Reflexology, Swedish and Esalen massage modalities.

Treatment Time: 80/90 or 110/120 Minutes with Personalized Blending.

Prerequisites: Personalized or Customized Blending

Qualifying Attendees: Massage Therapists (12 Maximum)

Hours of Training: 24 hours over two days.

SPECIALTY TREATMENTS THAT SPAN OUR COLLECTIONS

FACIALS

SPT210-Herbal Aromatherapy Facial

A combination of herbs and essential oils brings balance to the skin and emotions. Includes massage to the vital energy points on the face and scalp. Provides all the benefits of a classic European deep cleansing facial and is enhanced with aromatherapy and holistic healing techniques.

Treatment Time: 50/80 Minutes

Prerequisites: None

Qualifying Attendees: Aestheticians

SPT215-Deeply Nourishing Facial

Designed for dry climate regions and/or mature dehydrated skin conditions. Features our rich Rejuvenating Oil and Herbal Face Serum with Calendula and Chamomile, leaving the skin thoroughly cleansed but also soft, supple and effectively nourished.

Treatment time: 50 Minutes

Prerequisites: None

Qualifying Attendees: Aestheticians

ESPECIALLY FOR MEN

SPT220-True Grit Facial

A facial appreciated by men because it features herbal products that are down to earth and not perfumy. It provides great cleansing and exfoliation along with all the classic facial steps. Focuses on releasing mental tension and encouraging deep relaxation. A down to earth deep cleansing facial without the fru fru!

Treatment Time: 50 Minutes

Prerequisites: None

Qualifying Attendees: Aestheticians

SPT225-The Ultimate Unwind

A salt scrub using our Muscle Soother Bath Therapy salts followed by a Therapeutic Sports Oil massage. The massage is topped off with a steam infusion and a scalp massage.

Treatment Time: 80 Minutes

Prerequisites: None

Qualifying Attendees: Massage Therapists

SPT230-True Grit Body Treatment

An invigorating, stress relieving head to toe treatment inspired by our famous Bindi Herbal Body Treatment. It combines botanical mask, exfoliation, aromatherapy, massage, steamy towel compresses and mini face treatment.

Treatment Time: 80 Minutes

Prerequisites: None

Qualifying Attendees: Massage Therapists

ESPECIALLY FOR WOMEN

SPT235-Women's Wellness Remedy - An holistic approach to balance.

The treatment begins with a choice of bath or body scrub using our remedy focused Bath Therapy salts specially formulated to ease the symptoms of PMS or Menopause. A massage utilizing remedy specific essential oils follows to balance hormones and emotional energy.

Treatment Time: 80 Minutes

Prerequisites: None

Qualifying Attendees: Massage Therapists

TREATMENT UPGRADES

Leg Tonifying Aromatherapy Treatment

Upgrade any massage by adding essential oils selected for their known benefits for conditions such as water retention, varicosity of the veins, cellulite, and to promote healthy circulation for the legs.

Comforting Times

Combine a TARA Aroma Remedy specifically formulated for grief, trauma or life transition with a nourishing massage. Provides special comfort when needed by those seeking refuge in your spa.

Treatment Time: 50/80 Minutes

Couples Retreat

Offer a candlelight massage in the privacy of their suite to your Guests using Loving Body & Massage Oil. Following the treatment the couple receives a gift box containing Loving Bath & Massage Oil, Loving Bath & Diffuser Oil, a Loving Candle and a sensual silk Eye Pillow.

Treatment Time: 50/80 Minutes

Loving Luxury for Couples

Begin this romantic interlude in their private suite with a relaxing, candlelight bath using Loving Bath & Diffuser Oil. Keep the candles lit and follow the bath with a couple's massage using Loving Body & Massage Oil. Optional gift of the Loving Gift Set.

Treatment Time: 80/110 Minutes

SPECIALTY COURSES W/ADJUNCT FACULTY

Through our contacts and relationships with many of the country's most experienced and dedicated educators, we are happy to serve as a resource for the specialty treatments such as **Craniosacral, Polarity, 4-Handed Massage and Esalen® Massage.**

SPA200-Thumbless Therapy

Designed to assist the therapist in creating massage tools using their body that effectively satisfies clients and promotes longevity in their practice without injury or fatigue.

Prerequisites: None Qualifying Attendees: Massage Therapists Hours of Training: 8

The Ayurvedic Institute

Through our affiliation with **The Ayurvedic Institute**, founded by Dr. Vasant Lad, we've created an extension program for Advanced Ayurvedic education utilizing the Institute's curriculum and faculty. **Courses available: Abhyanga Massage, Introduction to Ayurveda: A Video Tape/Lecture Series; Panchakarma: Practical Training in Ayurvedic Cleansing Programs.**

Please call 800-552-0779 Ext. 13 for more information.

TARA PRODUCT COLLECTIONS

AROMATHERAPY

Pre-Blended Body & Massage Oil/ Bath & Diffuser Oils

Balancing, Loving, Revitalizing, Stress Relieving, Relaxing, Therapeutic Sports, Detoxifying and Unscented Professional Blend.



Regional Specialty Body and Massage Oil:

Desert Sage, Evergreen Coast, High Altitude and Tropical Essence.

21 Single Note Essential Oils:

Available in Bergamot, Cedarwood, Chamomile, Clary Sage, Cypress, Eucalyptus, Geranium, Pink Grapefruit, Jasmine, Juniper, Lavender, Lemongrass, Orange, Patchouli, Peppermint, Rose Absolute, Rosemary, Sandalwood, Tea Tree, Vetiver and Ylang Ylang.

Lotion:

Unscented Lotion
Lotion Blending Bar

Travel Candles:

Available in Balancing, Loving, Revitalizing, Stress Relieving.



SKIN THERAPY

Herbal Face Serum
 Cleansing Gel
 Organic Lavender Hydrosol
 Organic Rose Geranium Hydrosol

AYURVEDA

Hair and Body Products:

Body Herbs
 Herbal Wrap Blend
 Herbal Infused Hair Oil
 Herbal Hair and Scalp Treatment
 Herbal-Infused Body Oil, available in Vata, Pitta, Kapha and Bindi



Facial Products available in Vata, Pitta, Kapha and Bindi

Herbal Cleansing Exfoliant
 Essential Oils
 Moisture Crème
 Face and Body Mist
 Masks

Specialty Products

Liposomes
 Soothing Mask
 Soothing Lotion
 Rejuvenating Oil

Lifestyle and Home Spa Products

Balancing Teas, available in Vata, Pitta and Kapha
 Culinary Seasonings available in Vata, Pitta and Kapha
 Candles, available in Vata, Pitta, Kapha and Bindi
 Face Care Kits available in Vata, Pitta, Kapha and Bindi
 Balance in a Box, available in Vata, Pitta, Kapha and Bindi
 The Nirvana Retreat Home Spa Kit

Ayurvedic Spa Equipment Supplies

Ayurvedic Sari Table Dressing
 Shirodhara Stand

BATH THERAPY

Calm Child, Colds & Flu, Body Purifier, Muscle Soother, PMS Comfort,
 Women's Transition, Restful Sleep, Stress Release
 Rejuvenating Foot Soak
 Bath Salt Sampler Set.

SUN THERAPY

Recovery Gel
 Rehydrator Lotion
 Lavender Face & Body Mist
 Ultra SPF15
 SPF 15 Cool Mint Lip Balm
 Sun Travel Kit



HERBAL-EASE™

Vibrant Nature Eye Pillow Collection (7 color choices)
 Sari Eye Pillow Collection (4 color choices)
 Classic Spa Pillow Collection: Available in Café au Lait or
 Green Olive Eye Pillow, Neck Pillow, Mitts, Booties, Uni-Pack

OILS, LOTIONS & MUDS:

Unscented Professional Blend Massage Oil
 Eucalyptus Essential Oil (steam room)
 Massage and Body Lotion (Unscented)
 Native Grains
 Sedona Mud
 Seaweed Body Mask

Frequently Asked Questions

1. Are the Ayurvedic treatments authentic, traditional treatments?

Traditional Ayurvedic treatments are performed in a medical clinic by or under the supervision of an Ayurvedic physician. The treatments offered by Tara Spa Therapy have been derived and adapted from these authentic Indian Ayurvedic practices. Tara Spa Therapy has created spa-friendly protocols that can be taught in a relatively short period of time and address the very specific needs of the spa industry. Our treatments may be performed by massage therapists, aestheticians and salon staff, are successfully integrated into spa programming and offer therapeutic benefits appropriate to your guests.

2. Do I need to receive training in order to purchase Ayurvedic products?

Yes. Our company believes in a strong foundation of education. We want to insure high quality standards of professional service and proper execution of the treatments. This will translate into the success of your program and an optimal therapeutic experience for your guest. It's important for those performing the treatments to understand the philosophy and principles behind the techniques and be able to share this information with their clients.

3. Why does Tara Spa Therapy charge for these trainings?

It's the difference between being trained just on the use of specific products and understanding the foundation of a healing modality. We go beyond teaching how to use our products in a treatment by providing a broader education which is not product specific. At specified levels of commitment to our product line, educator fees are complimentary

4. How many people can attend a training?

Most trainings can accommodate 18-20 attendees in the practical sessions, with additional attendance for the lecture portion.

5. When can I schedule a training?

You may request a training at any time. Your request will be accommodated based upon the availability of our Educators and/or your annual commitment level to our product line.

6. What does a Tara Spa Therapy training include?

Our Ayurvedic and Aromatherapy basic programs include a lecture introducing the basic principles of treatment theory and philosophy; hands-on techniques and practice time with an Educator; product knowledge and sales trainings for professional and support staff; comprehensive literature for each attendee; a Spa Training Manual for each Spa and complimentary sample products for each attendee. We ask for evaluations from both attendees and Spa management.

7. Who teaches the TARA classes?

Each of our courses is taught by a certified and professional massage therapist or aesthetician with training and experience in Ayurveda and Aromatherapy. Our Sales staff provides product knowledge training to professional and support staff.