



KAYAKALPA

Transformation from the inside-out

6857 Camrose Drive Hollywood (323) 512-7226 www.kayakalpalchemy.org

While this isn't a typical spa and the focus of Dr. Raam Pandeya's ministrations are not about extracting blackheads off your face or cocooning you in perfumed wraps that let you drift into lavender fields, the rich and timeless treatments which form the science of Kayakalpa, inevitably have a beautifying effect on an individual's façade and spirit. Kayakalpa literally means 'personal transformation' in Sanskrit and Pandeya promises you no less.

Dr. Raam Pandeya is trained in pre-Vedic Sciences and Tantra, received his medical degrees in Siddha, Ayurveda and Homeopathy and also produced an award-winning documentary on this rare medicine and therapy which aired on Discovery Health. Although this ancient treatment has all but vanished in its homeland of India, over the last 25 years Kayakalpa has crossed the boundaries of culture and time, benefiting thousands of people with chronic ailments and is kept alive by the few practitioners like Pandeya. Chronic fatigue syndrome, cardiovascular conditions, obesity, rheumatoid arthritis and immune dysfunctions, as well as those seeking to revitalize the mind-body come to Pandeya's doorstep.

On your initial consultation, Pandeya explains the intricate science of Kayakalpa with passion and effective simplicity. The mind, he proposes, is like a child that is crushed when it doesn't get the things it desires. In such instances it produces toxins, also known as 'ama.' These toxins, which in an antioxidant pill-popping culture could also be thought of as free radicals, flood the body like rivers of brackish water and snuff out its digestive fire. This naturally results in indigestion or the inability to cull the nutrition we require

from food and the elements and we end up depleted and with reduced immunity. This is when disease sets in. Most will seek out the aid of pharmaceuticals but these only offer a temporary solution for when we recover and the mind is in its earlier disruptive state, the toxins return.

The solution therefore is to destroy the toxins or 'ama.' The treatment starts by purifying the senses by using warm oil infused with herbs and minerals for the nose ear and drops for the eyes. Next is a body treatment in which Pandeya and his assistant Sophia apply an herbal paste to the entire body to exfoliate the dead cells, open the pores, and enhance circulation. Oil loaded with herbs and minerals is then applied to purify and nourish the skin and after the paste dries, it is vigorously yet painlessly sloughed off your body so that you feel like you've literally shed a skin of toxins. Subsequent treatments involve an herbal steam sweating in a heat chamber located in the garden, enema-therapy to remove impurities from the digestive tract and Sirodhara, which has become a popular spa treatment and involves dripping a constant stream of warm oil on the forehead which creates a profound catharsis and a deep relaxed meditative state.

Don't expect to drop in on your lunch hour and try and pack the revolutionary treatment in one session. This isn't the fast food equivalent of spa treatments that you're accustomed to. It's the fine dining of rejuvenation and as such requires several sessions, patience and trust.

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