



## Surya Spa Treatment Menu at Santa Monica Proper Hotel

The 3,000-square-foot Proper x Surya Spa is a flagship collaboration with Martha Soffer, an internationally acclaimed Ayurvedic doctor, chef and herbalist. Guests and locals can explore age-old Indian wellness principles from the leaders of modern Ayurveda, including therapeutic massage, steam and oil treatments, cooking, yoga, meditation, and 3-28 day Panchakarma programs designed to cleanse and restore balance to the body, mind and emotions. Be nurtured, healed, and supported in a serene California setting, with six treatment rooms, patios and lounges. Surya's customized culinary offerings are available both in on-site restaurants and in-room dining. Though Surya opens at SM Proper this winter, Surya's wellness services are available now, located only minutes away at Surya Spa Brentwood, with guests staying at Proper and enjoying either single services or 3-28 day transformative Wellness Packages.

### SERVICES WILL INCLUDE:

- **VISHESH // REVITALIZE IN AN HOUR**

An Ayurvedic deep tissue massage where two therapists work deep into sore muscles using customized, warm and herbalized oil. Vishesh therapy will free up tension, resolve blockages and melt away the physical and emotional stress your muscles were holding onto. (1 hour, \$185)

- **CONSULTATIONS WITH MARTHA SOFFER**

During this one-on-one consultation with Ayurvedic Master Martha Soffer, your health is evaluated using traditional Ayurvedic pulse and tongue diagnosis. After your dosha constitution and temporary imbalances are determined, you and Martha will have a conversation about lifestyle, herbal, dietary and therapy recommendations to bring you into perfect health and balance. (1 hour, \$285)

- **3-21 DAY PANCHAKARMA SERIES // TRANSFORMATION**

Panchakarma is a nourishing, detoxifying and restorative series of therapies that last four hours a day, for 3-28 consecutive days. Two therapists work in synchrony on each guest, with each treatment, along with each guest's oils, custom-designed to rejuvenate and address specific healing needs. The transformative therapies of Panchakarma leave each guest in an enhanced state of health and well-being that carries on for weeks and months. Ayurvedic lunch and dinner are also provided. 4 hours/day, \$655/day

- **ABHYANGA + SHIRODHARA // NOURISH & RESTORE**

Abhyanga is a rejuvenating four-handed warm herbal oil massage designed to nourish your body, open natural energy channels, and restore a lasting and youthful glow to your skin. This truly luxurious full-body therapy is followed by a Shirodhara, a treatment in which herbalized oil infusions are poured in a gentle, flowing stream over your forehead. Deeply relaxing and restorative, this healing treatment dissolves stress, calms the nervous system, and brings warm peace and contentment. 1.5 hours, \$375

- FULL UDVARTANA // RADIANT ENERGY**  
 This four-handed, ancient Ayurvedic version of an energizing and deep tissue Swedish Massage uses customized, warm and herbalized oil, followed by an invigorating full-body Ayurvedic scrub made of nourishing herbs, green coffee and sesame oil. An Udvartana promotes weight loss, increases circulation and charges your system with natural energy. (1.5 hours, \$375)
- NASYA // ELEVATED VITALITY**  
 Nasya is an invigorating and clearing therapy that focuses on face, neck and shoulders. Purifying and heavenly at this same time, a Nasya relieves tension with herbalized oils, ancient massage and traditional Ayurvedic wood and bone tools. A cleansing aromatic steam helps open sinuses, clear the mind, and leave your physiology in a state of enhanced vitality. (1.5 hours, \$375)
- ABHYANGA + CHAKRA LIGHT BALANCING // LIGHTS & BLISS**  
 The rejuvenating and nourishing four-handed herbal oil massage of the Abhyanga is here followed by traditional Ayurvedic Color Therapy, using the famous light tables of João de Deus from Brazil. Combined with a soothing guided meditation focused on, according to your preference, issues such as your health, karmic situation, relationships, or even your spirituality. A profound and transforming experience. (1.5 hours , \$375)
- WEDDING (OR PRE-AWARDS) PACKAGE // THE GLOW**  
 Geared for brides and grooms, and everyone at Awards Season, the “glow” is the real deal, and from the inside out. Some of the biggest celebrities in the world come regularly for this. (1-3 Days, 2-3 hours per day, \$500/Day)
- ROYAL PANCHAKARMA PACKAGE // THE EVERYTHING**  
 Starting with the 3-28 Day Panchakarma Series, and in addition to the 4 hours of therapies, Surya curates each full day of wellness with personalized Surya Dosha Yoga, Meditation, Breathwork, Soundbaths, and extended check-ins with Martha and other renowned healers. (3-21 Full Days, price on request)
- PRIVATE TRANSCENDENTAL MEDITATION INSTRUCTION // GET YOUR PEACE**  
 In partnership with the David Lynch Foundation, you can now learn Transcendental Meditation (TM) in the comfort of your own hotel room, or at Surya, if you wish. This 3 or 4 day experience takes only one hour a day, and has immediate, positive effects. TM training is a simple and natural mental technique that gives proven benefits for your mind, body and emotions, and the process is carefully personalized for you by a certified TM teacher, and taught one-on-one. The TM technique is an effortless and evidence-based meditation technique that you can do anywhere, and receive benefits from as soon as you begin. After the initial classes, couples or families can participate together and share experiences. (\$960)

Martha Soffer is the founder of Surya, the internationally-acclaimed Ayurvedic Wellness Spa based in Los Angeles. Surya is the Ayurvedic home to top film and entertainment stars such as Gwyneth Paltrow, Beck, Kourtney Kardashian, and many others, who all come regularly for therapies that detoxify and rejuvenate, that strengthen body and mind, and, according to both the ancient texts and modern science, reverse the effect of aging and promote longevity.

The nourishing and profound power of authentic Ayurveda, as revitalized by Surya, is experienced in either short treatments, or detoxifying one-week Panchakarma Series. All therapies are performed by two therapists working in synchrony, with custom-made oils, and are wonderfully rejuvenating, curative and transformative.

**COVID SAFETY & PROTOCOLS:**

- Surya will be following all standard COVID protocols. Each treatment room has its own premiere MERV 13 air filtration system and its own private bathroom and shower. Surya is located on the ground floor and is courtyard facing which means you can walk directly into your private treatment room without having to go through the hotel or retail area.

**PRESS CONTACT:**

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