



Ayurveda-Inspired Spa Ritual Guide for Two

1



1. Set the Space Together

Warm, quiet, softly lit.

Slow down and arrive in the moment.

2



2. Garshana (Dry Brushing for Each Other)

Take turns using the silk gloves.

Gently brush the skin with upward strokes toward the heart.

Focus on arms, legs, and back. Keep the pressure light and rhythmic.

3



3. Warm Oil Massage (Abhyanga)

Gently warm the oil in a cup of warm (not hot) water, then pour into the bowl.

Massage each other with slow, grounding movements. Take turns.

4



4. Ubtan Body Scrub (Apply for Each Other)

Apply the creamy ubtan to your partner's skin in gentle circular motions.

Let it sit briefly, then massage lightly. Switch roles.

5




5. Rinse Together

Shower or bathe, washing everything off slowly.

6



6. Rest & Relax

Wrap up warm and unwind together. 

For connection, care & presence