

Lisa Scarborough
The Beauty of Ayurveda
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Founder, *The Beauty of Ayurveda*
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With over 40 years in the health and beauty industry, Lisa Scarborough brings a rare blend of clinical expertise, intuitive care, and refined professionalism to the spa environment. She specializes in women's health, nervous-system restoration, and rejuvenation through the timeless wisdom of Ayurveda.

Lisa has over five years of clinical experience with an internationally recognized Ayurvedic wellness company, supporting hundreds of clients in reducing stress, improving sleep, balancing hormones, and restoring overall vitality. Her work is grounded in both classical Ayurvedic principles and modern wellness understanding—making deeply therapeutic treatments accessible and relevant for today's clients.

She is Board Certified by the National Ayurvedic Medical Association (NAMA) and a founding board member of the Pennsylvania Ayurvedic Medical Association (PAMA). As a licensed cosmetologist and yoga teacher, Lisa seamlessly integrates Ayurvedic therapies into spa and salon settings with professionalism, sensitivity, and respect for existing offerings.

Lisa's signature shirodhara sessions are known for their profound calming effect on the nervous system, making them an ideal complement to spa services focused on stress relief, emotional balance, and whole-person wellness. Clients often describe the experience as deeply grounding, restorative, and unlike any other treatment they've received.

Through her work at *The Beauty of Ayurveda*, Lisa is passionate about collaborating with salons and spas to offer elevated, intentional wellness experiences that nurture both body and mind.