What Is Ayurveda?

Ayurveda is a holistic system of wellness that originated in India over 5,000 years ago. Often translated as *“the science of life,”* Ayurveda views health as a state of balance between body, mind, and spirit—unique to each individual.

Rather than focusing on symptoms alone, Ayurveda looks at the root causes of imbalance and emphasizes personalized care. It recognizes that no two people are the same, and that factors such as digestion, sleep, stress, environment, age, and lifestyle all play a role in overall well-being.

Ayurveda teaches that we each have a natural constitution, made up of elemental energies (often called *doshas*), which influence how we feel, think, and function. Through simple, time-tested practices—such as daily rituals, mindful nutrition, herbal support, body therapies, and nervous system care—Ayurveda helps restore balance and support the body’s innate ability to heal.

At its heart, Ayurveda is about learning how to live in rhythm with nature and your own body, creating sustainable wellness that feels nourishing rather than overwhelming.

Ayurveda complements modern wellness and spa therapies beautifully, offering depth, intention, and a deeply restorative approach to self-care.