



# MAY ALL BEINGS EVERYWHERE BE HEALTHY HAPPY AND FREE

Specialized in indulgences that don't make you fat or broke

ANDREAEMMERICH.COM // 310 266 4000



ANDREA EMMERICH  
HEALING ARTS

## HEALTHY LIFESTYLE CONSULTATIONS & COACHING

- Integrate sustainable healthy lifestyle choices and routines for every day
  - Receive education and support for optimal health tailored to your individual constitution
  - Get a treatment plan including nutrition, herbs, supplements and more
- ➔ **Experience overall vitality, manage weight, immunity, boost metabolism and balance body, mind and emotions based on the wisdom of Ayurveda**

## CLEANSE AND DETOX PROGRAMS

- Get dietary instructions for an easy home cleanse preparation
  - During the cleanse receive nourishing and luxurious detox treatments designed exclusively according to your personal imbalances
  - Affordable 13 day programs based on the wisdom of Ayurveda
- ➔ **Create mental clarity, healthy bodily functions, increased energy levels and overall vitality**

## MASSAGE THERAPY

- Therapeutic massages tailored to your needs and preferences.
  - Drawing from various techniques and modalities incl. Thai massage, Swedish, Sports, Deep Tissue and Ayurvedic massages
- ➔ **Post exercise recovery, somatic relief, stress reduction, house calls available**

## SPA TREATMENTS

- Luxurious therapeutic body therapies
  - Exfoliation, body masks, Ayurvedic bliss therapies
- ➔ **Detoxifying, rejuvenating, nourishing for health maintenance**

## YOGA AND MEDITATION

- One on one instruction with undivided attention and adjustments for optimal bodily alignment
  - Individual and group classes for beginners and advanced practitioners at your home
- ➔ **Clarity, presence, life changing sustainable transformation**

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Andrea Emmerich is a Clinical Ayurvedic Specialist, a graduate from The California College of Ayurveda with continuous education from the Ayurvedic Institute.

She is a certified Yoga teacher and a Massage Therapist certified in various modalities. Andrea has lectured and trained therapists worldwide in the luxury spa industry for high end beauty brands and as an individual.

She brings more than a decade of experience with her working for Chiropractors, Luxury Hotels and in her personal practice in Hollywood, as well as on movie sets and music events.