

June 2009

Summer's Here...do you have your SPF?



Upcoming Events:

**Face & Body
Conference 2009**
July 12th and 13th

San Jose McEnery
Convention Center
San Jose, CA

Priya Arora is an
invited speaker at the
convention. She will be
presenting on Sunday
July 12 in room A8 on
**Psychology of the Skin
Through Ayurveda!**

**REFER A FRIEND AND RECEIVE A
COMPLIMENTARY FACIAL!**



We at Spa La'Vanya realize that these are economically challenging times. We also know that because of that, stress levels and anxiety are high and you need pampering and nurturing more than ever but may have a limited budget. We have created an opportunity for you to receive a complimentary facial service when you refer a friend! It's that simple. We sincerely believe that by giving, everyone receives and our primary goal and desire has always been to help people find balance, radiant health & beauty and peace of mind through Ayurveda.

**FREE
FACIAL!**
(\$90.00 Value)

You will receive a complimentary facial when you refer a friend! Once that friend books and receives their facial treatment, bring in this coupon and receive your complimentary facial as a thank-you for your referral!

Your Name: _____

Friend's Name: _____

Offer Expires: August 1st

Yummy Summer Recipes to Keep You Cool!

In Ayurveda we recognize that being in harmony with nature is vital to our health and well being. We are moving into Pitta season which is governed by fire. During this time temperatures rise causing fires and droughts not only in nature but also in the body since both are connected. Heat-related inflammations and dehydration can increase rosacea, exzema, acne and rashes so it's very important to keep the body and mind cool in summertime. Eating a diet that consists of herbs, spices, fruits and vegetables that are Pitta-pacifying (cooling) will make a big difference. Some cooling spices and foods to enjoy are fennel, mint, coriander, turmeric, cardamom, fully ripe sweet juicy fruits like melons, cherries, grapes, pears and mangoes, and vegetables such as cucumber, broccoli, zucchini and asparagus. We hope you'll enjoy these tasty recipes to keep you cool on hot days ahead!

Cooling Summer Drinks

Cooling fruits and spices make refreshing and nutritious summer beverages. Look for sweet mangos and young coconuts at farmer's markets.

Watermelon-Mint Smoothie

- 2-3 cups diced seeded watermelon
- 4-5 fresh mint leaves, washed 1 sprig of fresh mint for garnish

Blend the watermelon and mint leaves to a smooth puree and serve cool, garnished with the sprig of fresh mint.

Spiced Coconut Smoothie

- Water and meat from one young coconut
- 2-3 Medjool dates, pits removed and chopped roughly 1/8 tsp ground cardamom

Blend all ingredients to a smooth puree.

Fennel-Laced Mango Milk

- 1 sweet ripe mango, peeled, pitted and diced
- 1-2 cups milk, boiled and cooled
- 1/8 tsp fennel Sugar to taste (optional)

Blend all ingredients to a smooth puree.