

WELLNESS BY DRIFT

At Drift by Niyama, time is your own to rebalance and reconnect.

Cell Wellbeing Epigenetic Analysis

Single 30 MINS 240 USD | Couple 60 MINS 430 USD

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalized reading with our Balance Wellness Consultant on how to reverse your epigenetic expression and live a healthier more resilient life.

AYURVEDA

Abhyanga

60 MINS | 230 USD

An ancient herbal oil massage therapy for healing and detoxifying body, mind and spirit. Ayurvedic techniques are applied to work along the energy channels of your body to release toxins and restore the flow of vital energy, prana, where it has become blocked.

Abhyanga with Indian Hot Oil Head Massage (Champi)

90 MINS | 290 USD

An invigorating herbal hot oil massage therapy for the head precedes the application of Ayurvedic techniques to work along the energy channels of your body to release toxins and restore the flow of vital energy, prana, where it has become blocked

Shirodhara with Indian Hot Oil Head Massage (Champi)

60 MINS | 260 USD

An invigorating head, neck and shoulder massage sets the tone for the best of Ayurvedic treats. Shirodhara brings instant calm and rejuvenation. The name is derived from the two Sanskrit words: 'shiro' meaning 'head' and 'dhara' meaning 'flow'. Intensely relaxing, a consistent flow of warm aromatic oil is poured on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.

Chakra Balancing Massage

90 MINS | 290 USD

A relaxing massage with warm herbal oils is combined with the calming Vibrations of Tibetan singing bowls leaving you in a deep meditative state.

Abhyanga & Shirodhara Experience

90 MINS | 290 USD

An invigorating full body abhyanga massage is followed by an Intensely relaxing, a consistent flow of warm aromatic oil is poured on the forehead, directly above the third eye. A blissful sensation of calm is experienced.

Voyage of Ayurveda

120 MINS | 340 USD

A combination of an Ayurvedic Abhyanga massage, calming singing bowl vibrations and our signature Shirodhara treatment using warm, and herb infused oils to induce a state of ultimate calmness. A uniquely therapeutic treatment that restores sensations, revitalizes the central nervous system, and relieves mental tension.

Myofascial Release

90 MINS | 290 USD

Myofascial Release is hands-on therapy that is effective in helping eliminate pain and restore range of motion. A technique that loosens and relieves (fascia) connective tissue often associated with injuries and other sustained physical

YOGA & MEDITATION BY DRIFT

Tibetan Singing Bowl Meditation

60 MINS | 125 USD

Enter a deep meditative state as the vibrations of the singing bowl create Calming theta brain waves.

Candlelight Meditation

60 MINS | 125 USD

Clear the mind and move through a series of gentle sequences to ready the body for sleep.

Prenatal Yoga (Single)

60 MINS | 155 USD

If you're pregnant and looking for ways to relax or stay fit, you might be considering prenatal yoga

Private Yoga Session (Single)

60 MINS | 155 USD

Private Yoga Session (Couple)

60 MINS | 185 USD

Group Yoga Session (Per Person)

60 MINS | 35 USD

Yoga Per Additional Person

60 MINS | 35 USD