# FEEL LIKE PHARMACEUTICAL DRUGS ARE MORE HARMFUL THAN HELPFUL?

COME TO **OMKAR AYURVEDA**

**Ayurveda** is a holistic healing science that treats the body & mind as a whole to create balance & harmony for a long healthy life

**Thorough Consultations**

Personalized herbal treatments

Ayurvedic nutrition & lifestyle guidance

Alignment of mind body & spirit



**Ayurvedic Spa Treatments**

Oil Massage

Full Body Steam

Herbal Oil Drip (Shirodhara)

**Nina Shah**
Ayurveda Practitioner
Certified Massage Therapist

619.572.9840
nina@omkarayurveda.com
3081 Madison St, Carlsbad, CA

Omkar Ayurveda