



# Chandra

*beauty in wellness center*

# WELCOME TO CHANDRA

BEAUTY IN WELLNESS CENTER  
OF QUEENS, NEW YORK

.....  
ELIXIR OF NATURE  
HERITAGE HEALING  
TIMELESS SERENITY  
.....

Experience the journey of optimum health, rejuvenation and relaxation.

Our mission is to dedicate ourselves in creating wellness, harmony and balance of well-being through our passion in herbal healing arts.

Come pamper yourself with our unique authentic Asian Herbal Therapy for most medical problems, injuries, sprains or relaxation and to refresh your body and mind.

## CHANDRA HERBAL THERAPY

**Herbal therapy** is a term broadly used to refer to any type of healthcare treatment using fresh or dried herbs.

At Chandra, we incorporate basic principles of traditional medical systems such as Ayurveda, and Chinese Medicine, as well as ancient Thai/Malaysian/Indonesian tribal herbalism. The use of herbs at our center takes the form of fusions or teas, topical creams and ointment, hot and cold compresses, poultices, and steam that is scented with various combinations of herbs. Fusions or teas are efficient ways to quickly introduce nutrients into the body, rejuvenate, and provide quick relief. Topical creams, ointments, compresses and poultices incorporated with massage are known to promote circulation and sooth the skin or ease swelling and inflammation of the joint and muscles. Herbal aromatherapy, utilizes herbs to restore the balance between the body and mind.

# HERBS USED AT CHANDRA WELLNESS CENTER

## 1. Camphor

Stimulates the circulatory and nervous system. Combats inflammation and eases spasms and pain. It has definite antiseptic, spasmolytic and analeptic properties. Used to treat sprains, joint and muscle pain and treat rheumatic pains and muscle sprains.

## 2. Cinnamon

High in antioxidants, it has a warming herb that stimulates the circulation, relieves spasms and helps to control high blood pressure, bleeding and indigestion. Treats colds and flu as well as arthritis and rheumatism. It has an astringent effect and helps to tighten loose skin.

## 3. Clove

A spicy and warming herb that relieve pain, control nausea and vomiting, improve digestion, protect against internal parasites, cause uterine contractions and are strongly antiseptic. It is used to help with rheumatism and myalgia. Also used to treat rheumatoid arthritis.

## 4. Coriander

Treats piles, rheumatism, menstrual disorders and painful joints. It helps to detoxify the body and to stimulate the spleen. Helpful with arthritis and rheumatism. It has a hormone balancing effect and helps with menstrual problems.

## 5. Galangal

Used for digestive problems, stomach cramps, nausea and vomiting, bronchitis, rheumatism, foot pains, liver and gall

bladder disorders, as well as a respiratory and heart stimulant and treatment for impotence. A specific herb for sluggish metabolism.

## 6. Ginger

Very high in antioxidants, contains anti-inflammatory properties, promote circulation, reduce cholesterol, relieve abdominal and menstrual cramps, helps intestinal problems, migraine headaches, motion and morning sickness, joint and arthritic pains and detoxification.

## 7. Holy Basil / Sacred Basil

Used for respiratory disorder, kidney stone, stress, headaches, the common cough and cold.

## 8. Jasmine Flower

An astringent, anti-bacterial and anti-viral. Useful for severe depression and especially for postnatal depression. Also useful during childbirth since it relieves pain and strengthens contractions and is also a hormonal balancer. Great effect to treat dry, stressed and sensitive skins and also helps to increase elasticity.

## 9. Kaffir Lime

It is anti-inflammatory and anti-bacterial. Acts as an excellent rejuvenator alleviates colds and helps regain energy and dispel tiredness. Treats hair loss and encourages healthy hair growth.

## 10. Lavender

It relaxes spasms, benefits digestion, stimulates peripheral circulation and the uterus

and lowers fever. It is anti-septic and has an anti-depressant effect. It has a soothing and calming effect on the nerves, relieving tension and is effective for headaches, migraines and insomnia.

## 11. Lemongrass

Helps the body recover after illness by invigorating the glandular system and boosting the digestive system. It eases muscle pain and cramps and helps to remove lactic acid and increase circulation. It has anti-depressant, anti-septic, diuretic stimulant and tonic properties.

## 12. Manjakani

Contain anti-bacterial agents. Used after childbirth to rejuvenate the womb and uterus wall muscles. It aids in healing, restore elasticity and tighten vagina and uterus wall. Help reduce vaginal discharged and prevent feminine odor. Help yeast infection.

## 13. Nutmeg

It has a psychotropic effect on the body and stimulates the mind. It is also an all-over tonic, especially so for the digestion and for helping with diarrhea, vomiting and nausea. Has a toning effect on the skin.

## 14. Peppermint

It is a decongestant, cooling, anti-septic and anti-spasmodic. Also used for indigestion, cramping, stomach ulcers, spastic colon and stimulates lymph nodes. It has strong analgesic properties and is useful for muscle pains, bruises, contusions and joints. Also used to ease

bronchial and upper respiratory tract infections and sinuses.

## 15. Prai

Used in the treatment for sprains, contusions, muscular pain, inflammation in the joint and abscesses. It is also a natural moisturizer for the skin.

## 16. Sandalwood

Wonderfully relaxing, reduces confusion and balances the mind. Helps moisturize and hydrate ageing, dry or flaky skin, relieving itching and inflammation. It also has sedative, antiseptic, astringent, diuretic and tonic properties.

## 17. Tamarind

Known for its antiseptic properties. It helps to speed up the absorbent of the herbal ingredients. Also used for constipation, liver problems, gallbladder ailments, nausea of pregnancy, stomach complaints and aid recovery of broken bones.

## 18. Tumeric

Astringent, anti-biotic, anti-inflammatory and anti-coagulant properties. It is used to simulate the uterus, digestive, respiratory and circulatory systems, normalizes energy flow and lowers cholesterol levels. Used for injuries and minor wound management.

# CHANDRA SERVICES & PRICE LIST

## 1. Chandra Himalayan Footbath & Detoxification

Time | 1 hr  
Price | \$55.00

A customized 1-hr detoxifying treatment to increase circulation, eliminate toxins, and relieve pain and tension. Following the Himalayan cleansing salt bath and exfoliating scrub, deep acupressure massage will be applied to all vital points to invigorate vital organs and awaken the entire being. The herbal mask wrap will soften and soothe your skin, and melt away all your stress and fatigue. We conclude with applying the conditioning herbal cream, leaving your feet very happy.

## 2. Chandra Herbal Therapy for Bell's Palsy

Time | 1 1/2 hr  
Price | \$100.00

Our signature Himalayan footbath will help eliminate toxins, followed by an invigorating deep acupressure and hot rock massage. The herbal oil facial massage will stimulate facial muscles and nerves. An intensive head, neck and shoulder massage, combined with hot compress will help awaken all nerve endings as well.

## 3. Chandra Herbal Therapy for Stroke

Time | 1 1/2 hr  
Price | \$100.00

This stress reducing 1 1/2 -hr therapy includes a stimulating head massage, full-body herbal oil and hot compress massage to help lower blood pressure and heart rate. Incorporating stretching exercise will improve your range of motion. Foot reflexology works to promote blood circulation, and restore equilibrium for a quick recovery.

## 4. Chandra Herbal Therapy for Sciatica.

Time | 1 hr  
Price | \$70.00

This is a 1-hr relieving and detoxifying treatment starting with our signature Himalayan footbath, followed by a full body herbal oil massage. The traditional cupping or stripping method is applied to withdraw dampness and toxins from the body. And, hot compress is used to stimulate the lymphatic system to increase blood circulation.

## 5. Chandra Herbal Therapy for Migraine Headaches.

Time | 1 1/2 hr  
Price | \$100.00

Followed by a Himalayan detoxification footbath, is an invigorating foot massage, and a nourishing treatment with deep pressure herbal oil massage on the head, neck, shoulder, back and stomach. Cold herbal compress and a Lavender-scented steam bath will help ease the pain almost instantly, bringing you to a relaxed state of mind.

## 6. Chandra Herbal Therapy for Carpal Tunnel

Time | 1/2 hr  
Price | \$50.00

A 1/2- hr pressure relieve treatment for the over-used hands. An herbal oil massage to your hands and hot compress followed by Chandra Herbal Wrap will reduce inflammation and swelling.

## 7. Chandra Herbal Therapy for Post Hair Implant Surgery

Time | 1 hr  
Price | \$70.00

This specialized treatment begins with our detoxifying Himalayan footbath and deep acupressure foot massage. It is followed by the incorporation of herbal oil massage and cold herbal compress on the face, neck and shoulders, to eliminate fluid, preventing facial bruising and swelling.

## 8. Chandra Herbal Therapy for Liposuction

Time | 1 hr  
Price | \$80.00

A 1-hr detoxification session to enhance your recovery period. Our herbal oil massage stimulates lymphatic drainage, greatly lowering the risk of infection, and improve circulation, preventing build up of scar tissue. A hot compress massage follows, relaxing tight muscles due to trauma. We conclude with Chandra herbal tummy wrap to reduce swelling and bruising.

## 9. Chandra Herbal Therapy for Sprain Ankle, Tennis Elbow, Knee Pains

Time | 1/2 hr  
Price | \$50.00

This is a localized treatment with herbal oil massage, and hot and cold herbal compresses to activate the circulation of the lymph, eliminate toxins and bruising, helping to reduce swelling. We conclude with bandaging with Chandra herbal blend.

## 10. Chandra Herbal Therapy for Asthma

Time | 1 hr  
Price | \$70.00

Combined with a therapeutic herbal oil back massage, the hot compress massage and traditional cupping technique is used to draw out dampness, eliminate toxins and reduce mucus build-up around the lungs. We conclude with an aromatherapy steam bath to help clear congestion and sinuses and ease muscle tensions around the lungs.

## 11. Chandra Herbal Therapy for Constipation

Time | 1 hr  
Price | \$70.00

Following a Himalayan footbath, the deep acupressure reflexology will help with the stimulation of the intestine, colon, and other corresponding reflexes to aid with elimination. A full body herbal oil massage focusing on the abdominal area will further ease any discomforts. The hot compress will assist with lymphatic drainage.

### 12. Chandra Herbal Therapy for Arthritis, Rheumatism & Rheumatoid Arthritis

Time | 1 hr  
Price | \$70.00  
Our signature Himalayan footbath and detoxification will help eliminate toxins, followed by an herbal oil massage and hot compress to promote circulation and relaxation of muscles. To relieve pain and reduce swelling, Chandra herbal wrap is applied.

### 13. Chandra Herbal Therapy for Auto Accident Injuries

Time | ½ hr  
Price | Insurance  
Herbal oil deep tissue massage and hot and cold compresses are incorporated in this treatment. To relieve pain and reduce swelling, Chandra herbal wrap is applied.

### 14. Chandra Deep Tissue Massage

Time | 1 ½ hr  
Price | \$115.00  
Our signature Himalayan footbath and detoxification will help eliminate toxins, followed by an invigorating deep acupressure and hot rock foot and hand massage. Herbal oil massage and Bare Foot massage using strong, deep, intense pressure, and cross fiber technique will release muscle tension and pain. Hot compress will help reduce the stress hormone level and put you into total relaxation.

### 15. Chandra Baby Massage (Instruction)

Time | ½ hr  
Price | \$40.00  
The baby massage combines rhythmic movements and an affectionate touch, providing not only comfort and security, but also aids in proper growth development and relieves discomforts from colic to constipation. The massage will also help regulate baby’s sleep and most of all, establish a bond between parent and child.

*Note: Baby massage is offered to babies 1 month and older only.*

### 16. Chandra Prenatal Herbal Therapy

Time | 1 hr  
Price | \$70.00  
A stress relieving therapy using Swedish massage to help relax muscle tension, and improve lymphatic and blood circulation. It is a wonderful way to help alleviate many discomforts of pregnancy, as well as promote a sense of well being during a period of added physical, spiritual and emotional stress.

At Chandra, we offer side-laying and semi-reclining positions for our prenatal massages. Both positions are considered the safest, most comfortable and increase blood flow to the heart.

(Mothers-to-be with normal, low-risk pregnancies can benefit greatly from our prenatal therapy offered by our professional licensed massage therapist. However, if you are in your 1st trimester or have a high-risk pregnancy, you should consult your physician before coming in for a treatment. If at any time during the prenatal massage you experience discomfort, inform your therapist immediately.)

#### DISCOUNTS

Buy 3 or more sessions of any treatment and receive 5% discount. (Does not apply to Chandra Jamu Postnatal Herbal Therapy)

*\* Prices are subject to change without prior notice*

### 17. Chandra Jamu Postnatal Herbal Therapy

Time | 2 ½ hrs  
This is a 5/10/15-day intensive treatment program, combining traditional Malay massage techniques, herbalism, and abdominal binding to restore the well being, energy, and pre-pregnancy bodies of new mothers.

Therapy should commence 5-7 days after normal delivery, and 4-6 weeks after caesarean delivery. Confinement therapy is highly recommended for caesarean delivery. In confinement therapy, our therapists will offer treatments in the comforts of your home.

In-Center Packages		Confinement Packages (Transportation cost not included)
5 Days	\$ 1,185.00	\$ 1,425.00
10 Days	\$ 2,250.00	\$ 2,700.00
15 Days	\$ 3,375.00	\$ 4,050.00

(All packages include Tummy Binder, Bath Herbs, Feminine Wash, Body Scrub, Baby Colic Oil, Baby Massage Oil, Baby Massage Instruction & Nourishing Tea – A \$195.00 value)

### Postnatal Treatment Plan

#### Herbal Bath & Feminine Wash

Helps regain energy, cleanse, soothes, heals and tighten the vaginal muscles.

#### Sauna “Mandi Wap”

For the elimination of toxins, and relaxation. (Not available for Confinement Therapy at this time)

#### Full Body Scrub

Detoxify, revitalize and smooth the skin.

#### Deep Acupressure & Hot Rock Foot & Hand Massage

Stimulates circulation, soothes and calms.

#### Herbal Full Body Massage

Promotes blood circulation, release water retention, and help tone the body, especially the abdominals.

#### Herbal Paste

For migraines or headaches.

#### Breast Massage

Relieves breast engorgement and promotes lactation.

#### Hot Rock Massage

Helps break down fat and shrink the womb to help regain pre-pregnancy body. Contract

the uterus wall and vaginal muscles. Drains waste from body and help sooth sore muscles and promote general health.

#### Herbal Tummy Wrap

A firming herbal paste is applied on the belly and bound with a binder. It helps to push up the uterus, shrink the uterus, align the spine, and keeps the “wind” out.

#### Baby Massage

Comforts baby, promotes proper growth development, eases colic and constipation and helps baby sleep better.

#### Postnatal Rice Tea

An original Chandra recipe to help replenish nutrients and rejuvenate.

### CAREGIVER REFERRAL SERVICE

It is also important that while you are undergoing our postnatal treatment plan, that you avoid physical activity and try to get plenty of rest, as it will greatly speed up your recovery. We offer a caregiver referral service, that will help you find an experienced caregiver who may care for your infant, prepare healthy meals, and clean and tidy your home while you receive treatment.

# GUEST POLICIES

## Etiquette

As courtesy to other guests, we respectfully request that all visitors keep noise to a minimum and turn off your cell phones.

## Reservations

Call in advance to secure your reservations. A credit card number is required to hold your reservation. For expectant mothers, it is recommended for you to schedule an appointment for a free consultation 3 months before your due date.

## Preparation Before Treatment

We advise that guests shower before coming to your appointment, as we recommend avoiding a shower or bath 3-4 hrs after therapy to enhance the benefits of the herbs. Mothers receiving postnatal treatments are required to take a bath with the herbs provided before your session.

## Disclosure

Guests with conditions such as high blood pressure, heart conditions, or are pregnant are advised to consult your doctor before signing up for any therapy. Please make your therapist aware of any medical conditions.

## Minors

All guests under the age of 18 must be accompanied by a parent or a guardian.

## No Shoes Policy

Upon arrival, all guests and staff are required to remove their shoes at the door and to soak and sanitize their feet. In our Asian culture we are not allowed to wear shoes in households for hygiene purposes. This custom also aids in the relaxation of the tired feet, and increases vitality and mental clarity. Medically, walking barefooted will improve gait and arches, that will prevent knee, ankle and back pain.

## Check In

Please check in at least 15 minutes prior to your scheduled appointment to allow time for a foot-bath and to complete our guest intake form.

## Late Arrivals

If you are late, we can offer you the time remaining on your treatment or reschedule you with a 100% charge for the missed appointment.

## Cancellation Policy

Cancellation notice MUST be given at least 24 hours prior to your scheduled appointment to avoid charges equal to 100% of your intended treatment. Cancellations can be made calling 718.888.7822 or via email: info@chandrawellnesscenter.com

## Payment

We accept cash, Visa, and MasterCard. Most no-fault treatments are covered by your auto Insurance. Please have your attorney contact us in advance.

## Gift Cards

Gift cards are available to be purchased in person, by phone or on our website at chandrawellnesscenter.com

## Refund Policy

Treatment packages and Gift Cards are non-refundable. We are happy to except returns on unused products with a valid receipt within 14 days.

## House Call Services

Transportation fees are not included in service charges.

## Gratuity

If you are pleased with your therapy, it is customary to leave 15%-20% gratuity for your therapist, however, the amount is at your discretion. Gratuities may be paid in cash or credit card.

## Pets

We love your pets, but sorry, pets are not permitted in the facility.

## Miscellaneous

At the end of your therapy, a cup of hot herbal tea will be offered to conclude your journey to ultimate health, relaxation and rejuvenation.

## Our business hours

Monday - Sunday  
9am - 6pm

Closed on Tuesdays  
& Public Holidays

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*"It is with great pride and passion I share my knowledge and the healing secrets of traditional Asian herbalism, bestowed to me by my heritage. As I devote to heal all in mind, body and soul, I wish you inner tranquility and wellness in health.*

*With love,  
Suzzane*  
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**Business Hours**

Monday through Sunday | 9am – 6pm  
Closed on Tuesday and Public Holidays