

**Q** Why did you choose FHT accredited course provider Sunita Passi to train your therapists?

I came across Sunita in 2005, when I started researching ayurvedic products and services in the UK. She had just started her business, Tri-Dosha, which at the time was mainly selling ayurvedic massage oils. A while later, a friend of mine told me he'd met a lovely, vibrant lady at a wedding, 'who kept mentioning that 'A' word you mention a lot and when I told her about you, she said she'd love to meet up - here's her number'. It was Sunita.

We met in a local pub one night and immediately hit it off, chatting away in a corner, sharing our ideas. At the time, I was still thinking I would need to bring therapists across from India for the retreat and had lots of concerns: language barriers; immigration issues; how would they cope with the weather and being in a dark treatment room all day, away from their families, and so on.

Sunita immediately put my mind at ease. She had just started work on an ayurveda course, and suggested training English therapists for me, in not just the treatments, but the underlying principles of ayurveda. She explained communication with the clients is key and training therapists in this country would be much easier, so she managed to allay each one of my concerns.

In the March before we opened, Sunita came and trained therapists on site, at The Clover Mill. Together we created a bespoke menu, comprising ayurvedic facials (mukhabhyanga, shilajita mumiyo, and soundarya vardhini), and therapies to relax (marma abhyanga, padabhyanga, pregnancy massage, shiroabhyanga and shirodhara) and cleanse the body (pinda sweda and udvartana). All the products used in the treatments are supplied by Tri-Dosha and made from hand-blended, wild grown herbs.

Sunita also helped me to source some of the special equipment we needed, such



as the wooden massage tables (droni) and shirodhara oil pots.

**Q** How many therapists do you have?  
I have five therapists, three of whom teach yoga, and a further two yoga teachers. I also have two more therapists who have already been trained by Sunita, who are waiting until I can give them full-time positions to join The Clover Mill.

I'm also finalising details with a new therapist who specialises in chavutti thirumal - also known as Indian rope massage - which I'm very excited about. I experienced the treatment in India, and it involves the client lying on a mat on the ground, while the therapist holds on to a rope suspended above, using their feet to massage the body. The result is a fluid, sweeping massage, from the top of the neck all the way down to the toes. It's a very deep massage and particularly good for lengthening muscles and getting rid of deep-seated tension and emotional problems. It's also ideal for clients who are athletic and want to improve their performance, or simply prefer a deep, firm massage.