

Therapeutic Ayurvedic Treatments

Acupressure Head & Face Massage

Treatment normally begins with a deep kneading and probing of the neck and shoulder muscles. The head is then worked with the scalp being squeezed, rubbed, gently tapped and prodded. The hair is briskly tussled and gently combed.

Pressure points are gently worked on and the ears are tugged and pressed. Lastly the practitioner moves to the face, working with acupressure points to help relieve any sinus pressure, stimulate the circulation and increase alertness. The face is also very gently stroked.

Dosha Massage (Backache)

Low back pain is one of the most common pain disorders today. It is a chronic condition characterized by a persistent dull or sharp pain per the lower back. It may be also associated with burning, stiffness, numbness or tingling with the pain shooting down the buttocks and the legs.

Treatment in Ayurveda is to bring the vitiated 'dosha' back to the state of equilibrium and thereby to the state of health. Ayurvedic Panchakarma treatments like oil massage, meditated enema are very much helpful in relieving backache and correcting abnormalities.

Full Body Massage

Relaxing and energizing oil massage for the whole body, head and foot with herbal medicated oil. The massage is done according to traditional ayurvedic techniques. This is good to reduce stress and fatigue and also improves blood and lymph circulation.

Synchrony Body Massage – Soft Massage
Intensive Body Massage – Hard Massage
Thermo Body Massage

Shirodhara

In Sanskrit language Shirodhara is composed of two words shiro + dhara, shiro means head and dhara means flow. In ayurveda the warm oil flow on head is known as Shirodhara.

It's a very simple and relaxing therapy; warm oil is poured on the forehead. It's a divine and relaxing method - a great rejuvenating therapy that gives a healthy glow, radiates from skin. This therapy is meant for 'Shodhana'- the eradication of the basic cause of the disease. 'Shodhana' or purification therapy is not only meant for elimination of disease-causing toxins but also to replenish the tissues with nourishment. Rejuvenate literally means 'to make young again'.

Muscle Disease

Treatment with a deep muscular massage that breaks up adhesions and improves circulation deep within the muscles.

Reflexology

Reflexology apparently grew out of traditional foot massage, which itself arose some 5,000 years ago in the Orient.

Problems helped by reflexology

Stress related conditions

- ☞ Anxiety
- ☞ Tiredness/lack of energy
- ☞ Migraines
- ☞ Irritable bowel syndrome
- ☞ Some skin conditions
- ☞ High blood pressure
- ☞ Some ear complaints
- ☞ Menstrual problems

Special Head Massage for Falling & Drain of Hair

The Head and Neck are given a relaxing massage with a special herbal oil, increasing blood supply to the scalp, relieving nervous tension and encouraging hair growth.

Face Massage

A fresh and radiant face means you feel beautiful and more confident in dealing with day-to-day work. It would not be incorrect to say that in most cases, the face is the index of the mind. These beneficial oils go deep into the tissues, relax the facial muscles, tone up the skin and even improve the eyesight and nervous system.

Face Packs are softer and more porous types of face masks. Very similar in action, they improve circulation as well as cleanse and tauten the entire face. Because they are soft, they allow the skin to breathe more and are gentler than masks.

Head Massage

When oil is applied to the head, it gets absorbed into the scalp through the roots of the hair. This nourishes, lubricates, and strengthens the hair roots and the skin of the scalp preventing hair loss and premature graying. It improves circulation to the head, relaxing the muscles and nerve fibers. This helps to refresh both the mind and the body, relieving tension and fatigue and improving the complexion.