

# DETAILS OF AYURVEDA TREATMENTS

## SHIRO ABHYANGA (HEAD MASSAGE)

Deeply relaxing head massage using herbal oil can help to de-stress the whole body and aid sleep, increase of the flow of cerebro-spinal fluids, thus strengthening the nervous system, disperse toxins from tense and knotted muscles and improve blood circulation.

## SARVANGA ABHYANGA (FULL BODY MASSAGE)

Abhyanga is a full body massage is done with medicated herbal. The number of strokes and pressure vary with the condition of the individual. It increases the metabolism, which leads to better tissue respiration and circulation, causing the body to flush out its waste products more efficiently.

## PADA ABYANGA (FOOT MASSAGE)

A special oil massage of feet, legs and knees focusing on reflex points. Very efficient therapy helping to maintain or restore proper functioning of all parts of your body including internal organs.

## VASHPA SWEDA (SAUNA)

Steaming of body without medicine The heat from the sauna relaxes the body's muscles, improves circulation and stimulates the release of the body's all-natural "feel good" chemical (Endorphins) and provides a truly wonderful.

## AVAGAHA SWEDA (HERBAL BATH)

Sedating by way of immersing the whole body up to neck in a tub which is filled with herbal decoctions of Daruharidra (Tree Turmeric).

## SHIRODHARA (OIL POURING INTO THE FOREHEAD)

In this process, certain herbal oils, medicated milk etc. are poured in a continuous stream on the forehead, while receiving a gentle massage on the head. Sirodhara rejuvenates and revitalizes the body and mind.

## PINDA SWEDA (MEDICINAL BOLUS FOMENTATION)

Whole body or any body parts are slightly massaged with boluses of chopped and fried leaves of some specific medicinal herbs after dipping in particular medicated oils. Helps to relieve joint pain, muscle cramps, stress and arthritis.

## BASTI; KATI/GREEVA/JANU (JOINT THERAPY)

Basti is an Ayurvedic rejuvenation therapy using hot oil or herbal decoctions. Reduces pain and inflammation, deeply purifies and improves blood circulation, removes rigidity and spasm of muscles. It nourishes and strengthens the bones, connective tissues, ligaments & nerves muscles of the lumbosacral region (Kati), cervicothoracic (Greeva), knee (Janu).

## UDVARTANA (WHOLE BODY EXFOLIATION)

Body is scrubbed and applied with prescribed herbal powers that toning and strengthening the skin.

## VAKTRALEPA (HERBAL FACIAL PACK)

Application of herbal packs in respect to skin types and following a face massage that removes facial toxins, reduces the appearance of wrinkles, revitalizes the facial tissues.

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## KUTI SWEDA (SAUNA)

Steaming of body without medicine that will remove skin acne by cleansing and dilating the pores and washing out accumulation. Helps to slow down aging process and drooping the skin by stimulating it.

## VIRECHANA (PURGATION)

Virechana is medicated purgation therapy which removes pitta toxins accumulated in the liver and gallbladder, completely cleansing the gastro-interstitial tract.

## VASTHI (ENEMA)

Vasthi defined as medicated oil or herbal decoctions is given as enema to clean the colon. This vasti procedure, applied to the anus, may be niruha vasti (the use of decoction of appropriate drugs) or anuvasana vasti (the use of oily substances).

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## NASYA (NASAL TREATMENT)

Nasya involves administration of medicine or medicated oils through the nasal passage. This considered the best and most specific procedure for diseases of the head.

## YOGA AND MEDITATION

### HATHA YOGA FOR HEALTH AND BEAUTY, WITH

Proper breathing (PRANAYAMA)

Proper exercises (ASANAS)

Proper relaxation (Physical, Spiritual and Mental)

Proper Diet

Positive thinking and meditation

### YOGA CURE FOR COMMON DISEASES

Diabetes

High blood pressure

Heart diseases

Asthma

Pregnancy

Beauticians and Models

### SPECIAL YOGA FOR BACK PAIN AND SHOULDER PAIN.