

Ayurveda's most popular and unique therapy Treatment

The focus of Abhyanga is to improve circulation, eliminate toxins and boost immunity. The treatment should leave the recipient feeling revitalized. It is usually followed with a steam bath called Swedhana. This treatment involves a steady stream of warm, medicated oil flowing over your forehead or "third eye". The oil flows from a specially designed pot, covering your temples, forehead and hair. Ideally done after Abhyanga, Shirodhara relaxes the entire body and mind, allowing for significant stress reduction. Yoga and meditation forms essential components of Ayurvedic treatments along with the therapy. Yoga and meditation unifies man in his completeness, mind, soul and body. The acquaintance with yoga, leaves one with a new approach to life. All Ayurvedic herbs used are prepared by traditional way and hence unequivocal quality and result are guaranteed. Ayurveda has originally been created as a medical system. However, in modern circumstances, it is often used as SPA-therapy. Ayurvedic SPA procedures revive the skins elasticity, remove stress and tiredness, and improve the overall state of the organism and its ability to fight illnesses. Ayurvedic massage combines the effect of plant and essential volatile oil, manual manipulations, and also, energetic and emotional influence. The massagist works with the energetic canals and meridians, therefore great importance is placed on the expertise of the massager, who usually practices yoga and meditation. Sometimes oil is poured on the forehead, the head, or the body. For example, for Vatta people, in the SPA-program, there is more massage and less sauna and herbs. Seven procedures of Shirodhara is a cure for excessive anxiety, depression, and insomnia. For a Pitta type, who suffers from irritability, allergies, stomach problems, we use baths, which reduce emotional irritation and irritation of skin, procedures for clarifying skin, and various types of massages with healing oils and herbs. Please Purchase Online <http://ayurvedasbeautycare.com/>

About the Author

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