



Available at Holistic Therapies 4 Life:

Ayurvedic Body Treatments

Abhyanga

Abhy (rub) Anga (limbs) Abhyanga is a full body massage performed in a specialized manner using warmed “organic” herbal oil. This treatment is designed to deeply penetrate the skin to break up impurities and stimulate lymphatic and arterial circulation for overall health and well-being. May also be done synchronized. May combine abhyanga with shirodhara.

Benefits :

- Reduces Anxiety, Fatigue, and Stress
- Boost Immunity
- Alleviates Gastrointestinal Irregularity
- Ameliorates Migraines
- Soothes Joint Pain
- Enhances Skin Tone
- Improves Energy, Vitality, and Life Longevity
- Promotes Mental Clarity
- Build Strength

Shirodhara

Shiro (head) Dhara (flow) Shirodhara treatment consists of warm oil gently poured on the forehead in a continuous soothing stream.

Benefits :

- Calms the Mind
- Enhances Deep State of Relaxation
- Reduces Neurological Disorders (i.e. memory loss)
- Promotes Restful Sleep
- Hair becomes Lustrous
- Diminishes Symptoms of Meniere’s Disease (i.e. ringing in ears and vertigo)
- Balances the Right and Left Hemispheres of the Brain
- Suppress Allergy Symptoms
- Aids in Controlling Skin Diseases (i.e. psoriasis)

Pinda Sweda or Pottali

“Natural Botox” Specialized treatment using dried herbs or leaves (of specific plants) combined with sterilized sand and made into a cloth wrapped bolus. This cloth ball is then heated and applied to the skin. Other variations may include cooked rice mixed with herbal powders. Indications for this treatment include: Sciatica, frozen shoulder, cervical spondylitis, back pain, Vata related complaints, arthritis, osteopenia, osteoporosis, and other joint issues.

Benefits:

- Reduces Wrinkles
- Increases Muscle Tone
- Relieves Joint Pain and Swelling
- Improves Joint Mobility
- Reduces Muscle Spasms
- Lowers Spine Rigidity
- Diminishes Pain
- Improve Mobility
- Strengthens Bone Tissue to the Area
- Facilitates Recovery of Sciatica

Udvartana

Specialized treatment in which medicated herbal powders are massaged onto the skin providing friction and an exfoliating effect

Benefits:

- Remove Fat Cells to Diminish Weight
- Reduces Pain at the Joints
- Aids in Dissolving Subcutaneous Fat
- Tones and Firms the Body
- Improves Skin Texture
- Enhances Skin Glow
- Reduces Body Odor



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Ayurvedic Body Treatments Cont'd

Marma Point (Head, Face & Foot Massage)

What are Marma Points? Marma points are anatomical sites where muscles, veins, arteries, tendons, bone joints and nerves meet. By stimulating the marma points through massage the therapist can bring healing effects to specific areas of the mind-body system. Marma's effect the chakras, physical health and one's constitution body constitution (dosha).

General Benefits

- Prevents Headaches
- Subdues Hair Loss, Strengthens Hair and Helps it Grow
- Strengthens Cranial Bones
- Brightens Facial Skin (provides a glow to it)
- Promotes Sound Sleep

Benefits of Marama Foot Massage

- Prevents Hardness, Stiffness, Roughness, Tiredness, and Sensitivity to Touch
- Increases Foot Strength for Lengthened Standing Tolerance
- Prevents Cracks in Foot and Clogging of Blood Vessels
- Improves Vision
- Promotes Sleep
- Aphrodisiacal Effect
- Increases Stamina

Benefits of Marma Ear Massage (Head and Facial Massage):

- Prevents Ringing in the Ears / Improves Hearing
- Keeps Neck Muscles Supple



Mandy Lubas

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Holistictherapies4life.com

Kati Basti

Medicated oils are applied in a "dough" of black gram powder built around the lumbosacral area (lower back).

Benefits:

- Reduces Muscle Spasms
- Lowers Spine Rigidity
- Diminishes Pain
- Improve Mobility
- Strengthens Bone Tissue to the Area

Nabhi Basti

NABHI BASTI (Treatment for abdomen) – Reduces Flatulence. Nabhi Basti involves placing a coating of oil on the abdominal area and is extremely effective in eliminating digestive problems.

Benefits

- Alleviates Menstrual Cramps
- Improves Digestion
- Relieves Constipation, Diarrhea, Nausea, IBS, Crohn's Disease and other Abdominal Disturbances
- Assists with Weight Loss
- Disposes Harmful Substances from the Body

Additional Services

Additional services available through these therapists include: Udvartana, Cranial Sacral, Polarity, Reiki, Massage Therapy, Ayurvedic Wellness Counseling, Holistic Occupational Therapy and more...

Prices Range from \$60-\$120

For More Information or to schedule and treatment please call or email

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