

Abhyanga

Performed using hot Ayurvedic oil which is pored slowly over the whole body, this traditional massage stimulates the body's energy channels enhancing blood circulation and energy flow. The massage also strengthens your immune system and helps to remove the toxins. It is an exceptional way to relax the body, the mind and soul.

Abhyanga is a form of Ayurvedic medicine that involves massage of the body with Dosha-specific warm herb-infused oil. The oil is commonly pre-mixed with herbs for specific conditions. Traditionally, the base oil used is sesame

What is Ayurvedic Abhyanga Massage?

Ayurvedic massage is also known Abhyanga. It is a ayurvedic holistic, synchronized massaging of the body towards the direction of the movement of arterial blood, basically in the direction of hair growth. This massage is used for healing and detoxifying the body, mind and spirit. This is done to increase the blood flow towards the distant parts of the body and avoid overwhelming the heart with a sudden venous return.

Abhyanga may be done using oil, herbal powder, herbal pastes or ghee. Oil specific to the client's constitution or medical condition is chosen and heated to a comfortably warm temperature and used for massage. The massage strokes are long and flowing to keep the body warm for maximum absorption of the medicinal oil. This helps reduce your body fatigue and knots in the muscles.

Types of Ayurvedic Abhyanga Massages

Sarvanga

Full body medicated oil massage

50 Minutes

The entire body is massaged using medicated oils to relax and strengthen the body, improve blood circulation, tone up the muscles, alleviate sleep and relieve pain.



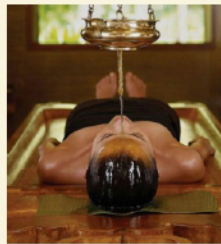
Shiro

The Third Eye Massage

also known as head massage

40 Minutes

This massage focuses on areas most affected by stress such as the head, shoulders, neck, nervous system, vision and hearing. Medicated oil is applied on the scalp and massaged gently till the oil is soaked in the skin. It relaxes the sense organs and nervous system. It's the fastest remedy for headaches and stress.



Padabhyanga

Foot Massage

30 Minutes

In this type of massage, the warm oil is applied on the soles of the feet and toes till it's soaked into the skin. This eases and relieves any pain in your legs.



It rejuvenates your energy levels and soothes the nervous system.

Why should you get it?

Abhyanga is done from head to toe in proper sequence so that all the body parts will get the benefits from the massage. Each person has an inherent balance of energies their mind and body. In harmony the body is healthy, but if the energies start shifting, you feel sick and/or suffer from diseases. As each person is different the oils and massage techniques used person will be different. This therapy will help your body regain the balance in its energy levels.

What to expect?

Ayurvedic Abhyanga Massage is performed using warm or luke warm medicated oils. Light pressure is applied on sensitive areas, nerve endings such as soles of the feet and palms and base of the fingers. After a healing massage, the oil is left on the body to do its magic. The longer the oil is on, the deeper it penetrates.

Health Benefits of Ayurvedic Abhyanga Massage

§ Reduction in Stress – This type of therapy helps restore the balance of the energies, thus calming and relieving stress from your mind and body.

§ Reduction in Heal Cracking, Roughness And Dryness – Abhyanga oil therapy helps your skin build resistance against the harsh environment, while maintaining smooth and supple skin. It also strengthens the fragile skin and increases skin's natural vibrant beauty helping skin to adapt the ageing process more gracefully and reduce wrinkles.

§ Relief of Chronic Back Pain – The oil massaged deep in to the skin relieves the muscle tension and stretches the muscles to reduce pain and aches in the affected areas.

§ Promotes better sleep – The sensation of Abhyanga is deeply nourishing to your brain, nervous system, mind, soul, skin and joints. It induces a sense of calmness and contentment.

Tips to keep in mind !

Abhyanga massages should not be done in the following conditions according to Ayurveda.

- § Fever
- § During menstruation
- § Bleeding disorders or blood clots
- § Hangover
- § In extreme emotional states
- § During chemotherapy



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Shirodhara

Hot Auverdic ois is poured in slow and expertly contolled manner to chakra then crown chakra to create relaxing and calming effects. The unique Ayuverdic oil benefits the central nervous system, eliminates symptoms of stress and treats insomania and headaches.

Shirodhara is a form of Ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in Panchakarma. The name comes from the Sanskrit words shiro and dhara.

What is Ayurvedic Shirodhara Massage?

Ayurvedic Shirodhara Massage is an ancient Ayurvedic technique of pouring oils or liquids over the forehead in a continuous and consistent flow. The warm and herb induced liquids or oil is poured on the forehead, specifically on the 'third-eye'. This is a chakra point just above and between the eyebrows, also known as the seat of the human consciousness. According to Ayurvedic philosophy, all ailments and diseases are caused due to imbalance in the energy levels in the body. Shirodhara therapy is helpful in soothing and healing an agitated nervous system.

Types of Shirodhara treatments

Different types of liquids are in the treatment of Shirodhara it may consists of various oils, coconut milk, buttermilk, decoctions and milk which a Herbal Infusion are used. The process is almost the same but the treatment differs with different health benefits, below is some of Shirodhara therapy known by different names

Taila

30 Minutes

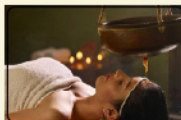
This is also known as "Thyla dhara" which means "flow of oil". Various oils are used in this type of dhara.



Dugadha

30 Minutes

This is also known as "Ksheer dhara". When milk is used as the main ingredient in Shirodhara is called "dugadha dhara" means "flow of milk".



Kwatha

20 Minutes

Decoctions made from various herbs as per condition and bodily defect or dosha of the person are used in this type of dhara.



Why should you get it?

Shirodhara has a profound impact on the nervous system. It regulates mood and acts to calm and relaxes your mind. The oil saturates the skin and scalp and has a cleansing effect on your nerves. The nervous centers in the brain control the senses; Shirodhara will make your head region so strong that your body will work smoothly.

What to expect?

In Shirodhara, warm oil is constantly poured over the head for about 25 minutes or more. It reduces fatigue, stress and induces sleep. It initiates a soothing effect on brain cells, stabilizing the mind and gives it a serene and calm feeling. It is a form of restorative therapy for stress, anxiety, depression and all other psychosomatic diseases.

Medicinal Oils used in Shirodhara

Generally Ksheera Bala Taila is used in Shirodhara. But other oils can be used as per the condition of the person. Below is the list of oils used in Shirodhara with the list of ingredients that are used.

- § Ksheera Bala Taila
- § Narayana Thailam
- § Karpasasthyadi Thailam
- § Chandanadi Thailam
- § Dhanwantharam Thailam

Health Benefits of Ayurvedic Shirodhara Massage

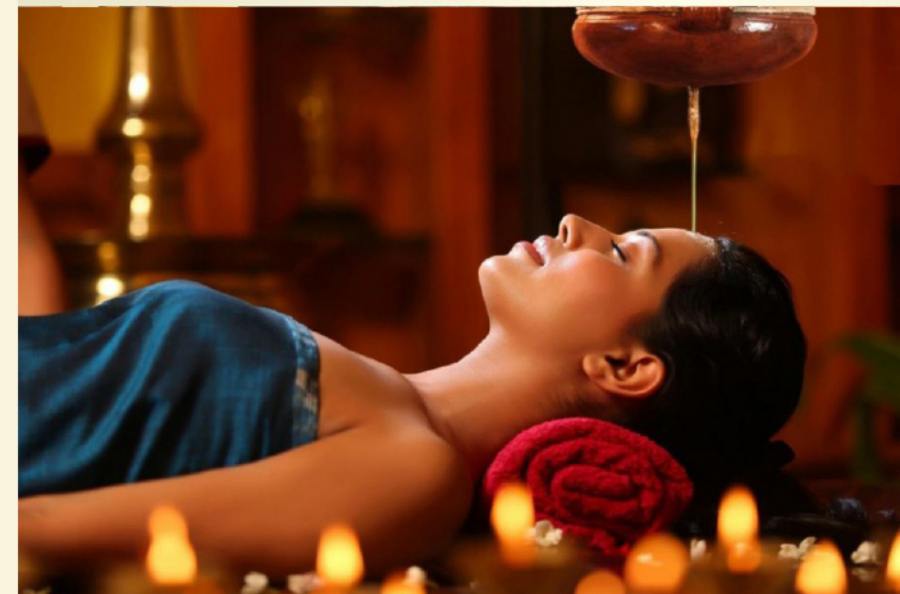
- § Relief from insomnia and sleep disorder - Shirodhara is traditionally known for its ability to reduce sleep problems. The therapy stimulates the pineal gland which produces melatonin, the regulator of the wake-sleep cycle. It calms an unquiet mind and induces rest.
- § Relieves anxiety and mental stress - This therapy helps increase energy in the mind and body, and makes people feel fitter and more active. It has a positive effect on your mood and helps relieve stress and anxiety.
- § Reduces headaches and migraine - Shirodhara has a good effect on mood and reduces stress, which can help cope with headaches and migraines. It also helps maintain a relaxed mind and induces good sleep and prevents migraine attacks.
- § Reduce and/or treat hair loss - the flow of oil on the scalp will nourish and cure hair loss problems. Regular use of oil on scalp can make your hair follicles stronger and promote new hair growth.

Contraindications of Shirodhara

Shirodhara massages should not be done in the following conditions according to Ayurveda.

- § Conjunctivitis or glaucoma,
- § Fever
- § Scalp or forehead injuries
- § Inflammatory diseases
- § Third trimester of pregnancy
- § Severe weakness
- § Fever/chills or spontaneous sweating
- § Acute illness, nausea or vomiting
- § Any specific herbal allergy

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Magic of Oil - Ayurveda

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