

You Feel Relaxed yet Energized Continue Shirodhara

Shiro means “head” and dhara means “pouring of oil.” Herbalized oil is poured over the forehead at a specific temperature with a “dhara” or stream at a specific height and width for a set period of time in a body specific pattern.

It stimulates vital marma points to energize organs and tissues, while promoting overall blood circulation. It will relieve your tension, remove energy blocks throughout your body, and make you feel relaxed yet energized and vibrant at the end of each session. Shirodhara purifies the mental sheath, where patterns of behavior and emotional traumas can distract the mind, promoting relaxation and tranquility, and improves mental clarity and comprehension

[shirodhara](#) is the continuous flow of medicated oil through the head. The oil falls on the center of the forehead of the person. The oil will be comfortably warm and the process continues for 30 to 45 minutes. Shirodhara often comes after full body oil massage (pizhichil or Abhayanga). The environment that the practitioner prepares for the therapy will also be free of any noise and most suited for deep relaxation, which provides complete rest to mind. It allows one to overcome stress related conditions like insomnia, anxiety, chronic headaches, hypertension and asthma. It also strengthens hair and skin of the head. Please Purchase Online <http://ayurvedasbeautycare.com>

About the Author

Representing [shirodhara](#) in the website <http://ayurvedasbeautycare.com>

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