

Healthy life the Shirodhara Treatment

The word shirodhara breaks down into two ideas: "shiro," meaning head, and "dhara," which means flow. Together they form a concept that aims to bring physical and emotional balance by rejuvenating the spirit and preserving health. During a treatment, covers the patient's eyes with a warm, wet cloth doused with the scent of rosewater. "This is good for the eyes without having too much heat accumulate," "Shirodhara is a very simple, yet profound, treatment that can be learned in a couple of weeks," Chase's nursing training has given her ample opportunity to put her diagnostic skills to work training the many therapists at the spa, as well as rigorously maintaining her own expertise.

Shirodhara brings in several benefits including improved blood circulation to the brain, provides nourishments to hair and scalp, reduces nervous tension, and helps in sound sleep. There can also be different conditions of head, throat, eyes, ears and nose. Fits and epilepsy are two main conditions for which shirovasthi is suggested.

It improves the functioning of sense organs and central nervous system. Shirodhara also improves your mood and fights depression Shirodhara, an element of Ayurvedic medicine, has been used for 5,000 years in India but has only recently been "discovered" by Western massage therapists eager to expand their knowledge and client base. Fittingly, shirodhara today combines ancient Ayurvedic wisdom with modern health-and-beauty techniques in a winning spa combination.

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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