

Abhyanga: Ayurvedic Massage

Express self-love and self-respect by lovingly anointing yourself from head to toe with warm oil.

A daily abhyanga practice restores balance in the body and enhances wellbeing and longevity.

Abhyanga grounds, relaxes and substantially benefits everyone who undertakes this practice.

It is far more dynamic than your average moisturiser.



BLOOD CIRCULATION

Blood is effectively circulated all throughout the body and toxins in the blood are expelled.

INTERNAL LUBRICATION

These oils penetrate deep into the body to promote flexibility of the muscles, tissues and joints.

ACTIVATES MARMA POINTS

Promotes softness and luster of the skin as well as youthfulness.

It opens the flow of Prana (life force) by balancing the three doshas.

PACIFIES THE NERVOUS SYSTEM

The skin has more nerve endings than any part of the body! Ayurvedic massage calms and grounds the mind, releases stress, promotes proper sleep and provides a state in which the body can deeply rest.

LYMPHATIC SYSTEM

- **Stimulates** and strengthens the lymphatic system
- **Stabilizes** hormones and improves immunity
- **Improves** physical and mental states.

DETOXIFIES

When oil is massaged over the skin, being lipophilic it will attract other oils, heavy metals and environmental toxins and "pull" them out from the blood to the surface of the skin.

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Ayurveda - Aligning You With Nature.

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