

AYURVEDIC MASSAGE SYDNEY TREATMENTS

In order to regain/maintain health, Ayurvedic Massage Sydney offers a variety of external therapies to supplement lifestyle advice and medications. They have a multifaceted impact on an individual's well-being. Aside from the specialized results, all [Ayurvedic Massage Sydney](#) are extremely calming and provide complete wellness. Herbalized oils, created by processing roughly 10-40, occasionally even 80 herbs in sesame oil or coconut oil, are utilized for treatments when using oil. The oils are chosen based on the body type and/or health conditions. Having 3-7 sessions of the treatment in a row or on a regular basis produces long-term results.

1. Ayurveda Therapeutic Oil Massage (Abhyanga):

Abhyanga is a calming massage technique that uses herbalized oil. The majority of herbal oils comprise 10 to 20 herbs—some as many as 80-100—with sesame oil or coconut oil as the foundation. Each oil has unique advantages based on the plants and oils utilized. We will choose the best herbal oil for you. Massage is performed mostly using the palms and tips of the fingers. Abhyanga always starts with the head, the basis of the body. Then, while resting on the massage table, your stomach, soles, and back will be massaged. After that, the foot, front of the body, and face will be massaged. Cooling cotton pads are placed on your eyes while reclining on your back for increased benefit. Abhyanga will be followed by a session of steam therapy in which you will sit in a chamber filled with scented steam.

2. Ayurveda Marma Massage:

An Ayurvedic herbalized oil massage that treats marma/vital spots with pressure and various strokes. In comparison to Abhyanga/Ayurveda oil massage, Ayurvedic marma massage is a deep tissue massage. Ayurveda marma massage also employs herbalized pain oils, which are made by processing pain-relieving and anti-inflammatory herbs in sesame or coconut oil. Muscle stiffness, neck pain, low back pain, muscle strain, and other conditions benefit greatly from Ayurvedic marma massage. Abhyanga will be followed by a session of steam therapy in which you will sit in a chamber filled with scented steam.

3. Head Ayurvedic Massage Sydney (Champi):

Because the head is the base of the body, an oil massage to the head with appropriate strokes helps to relieve stress. Ayurveda head massage is indicated for migraines, hair loss, stress, emotional imbalance, neck discomfort and stiffness, and overall wellness. Massage of the head, neck, and shoulders takes 30 minutes.

4. Ayurveda Foot Massage:

There are numerous marma (vital spots) and pressure points in the foot massage. Hence a 30-minute foot massage provides total body wellbeing. Aside from foot health difficulties, foot massage is recommended in diabetes, neuropathies, and sleeping disorders.

5. Steam Therapies:

Here, steam from herbal tea is channeled to a room where you can sit. Instead, steam can be sent to your body or specified areas via a pipe. Steam therapies serve to increase circulation, dilate the channels

in the body, and open the pores in the skin, allowing toxins to circulate and be eliminated. Sweating itself is a method of eliminating toxins from the body. Steam therapies are an important part of Ayurveda detox procedures. Herb-infused steam therapies have specific advantages, according to the herbs. In addition, steam is highly recommended for aches and pains.

During a steam therapy session, you will be prepared for steam by applying oil or doing a brief massage with particular strokes. Then you'll sit in the steam room until you're hot and sweaty.

6. Griva Basti:

Griva basti is a cervical deep tissue treatment. A well is created out of pigeon over the cervical region and filled with heated herbalized oil, similar to kati basti. Good for neck issues and arm neuropathies.

These are very few [Ayurvedic Massage Sydney](#) we are offering to the people here. Reach us to know more and book your appointments.