



## KIZHI THERAPIES

– A body treatment that takes you from Pleasurable Wellness to Therapy

Winter is a wonderful season to introduce warming body treatments that improve circulation and offer relief from stiffness and pain, while nurturing the skin to a healthy glow. With the new trend in wellness it is wise to consider some ancient traditional therapies that offer relaxation, skin improvement, pain relief and beyond.

A new treatment has just been introduced to the Australian Spa and Beauty industry known as Kizhi Therapy. If you love exotic organic aromas that heighten pleasure, while spilling into the pores to deliver healing properties to the skin and body, then you will love this new therapeutic modality.

A first in Australia, this treatment has been launched by OmVeda bringing to the beauty therapist the innovative and customised Kizhi method of therapy that is highly specialised and time-honoured in the world of Ayurveda.

Traditionally, the Kizhi is used to bring relief to numerous ailments, while improving the tone and condition of the skin due to its wonderful organic ingredients. Kizhi literally means a small, hand-sized cloth bag (cotton, muslin or

calico) formed by wrapping medicines, herbs, herbal leaves, seeds or rice inside and tying a knot. It is then soaked in warmed specific oils and massaged over the entire body or the area to be treated.

The Kizhi works in conjunction with specific massage and the pressure techniques that vary according to the nature of the ailment and the condition. Kizhi is helpful in the treatment of rheumatism, arthritis, muscle pain, joint pain and sports injury, while also offering rejuvenation and anti-ageing benefits.

### The new Kizhi therapy includes:

**VATAKIZHI THERAPY** — an exclusive selection of herbs chosen for Vata conditions such as skin dryness and brittle bones, as well as muscle pain, swelling and aching joints. Vatakizhi therapy contains an exclusive blend of Ayurvedic herbs, such as dill seeds with their mild anti-bacterial and relaxing properties, Crown Flower recognised in the Ayurveda world for its ability to treat inflammation, joint pain and reduce swelling, Ginger, Himalayan Cedar and Hogweed for their calming and anti-inflammatory properties.



For the Vatakizhi therapy the herbs are warmed in a combination of Omveda Herbal Oils such as Sesame, Karporadhi or Raksha Oils and applied over the body or the specific area to be treated for approximately 45 minutes to one hour.

The **OmVeda Kizhi treatments** should be performed on a regular basis for best results and used in conjunction with OmVeda Arthroil for home care.

**New to the OmVeda range is Arthroil.** This is a potent massage oil for speedy and effective relief from deep-seated pain and rheumatic arthritis, spondylitis, sprains and joint and body pain.

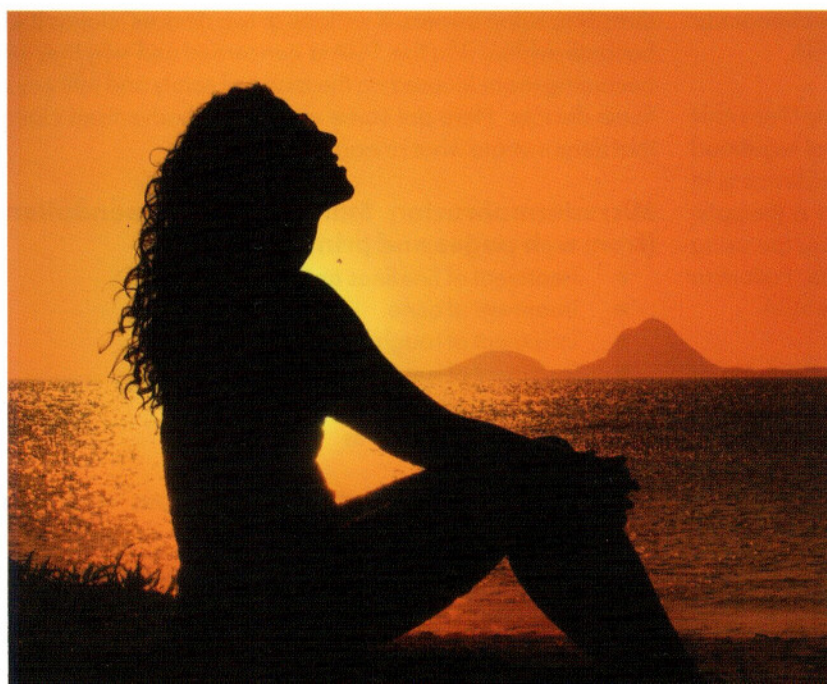
Arthroil comprises traditional herbs such as Castor oil and Gudichi - a diuretic and anti-inflammatory herb that is used extensively in the treatment of rheumatism and skin disorders. It also contains Bala, for its anti-asthmatic and stimulating benefits, the leaves of Five Chaste Tree that contain properties to relieve stiffness and pain. Additionally it contains Indian Camphor weed, widely used in the treatment of rheumatism, arthritis, dyspepsia, bronchitis and inflammation.

This incredible new treatment offers spas and beauty therapy salons a wonderful new addition to their treatment menu. A time-honoured therapy, Kizhi offers a unique treatment experience that not only supports skin renewal, but delivers further benefits for stiffness and pain.

**Ayurveda therapies are a stand-alone modality** that can be incorporated in a spa or salon menu. They are based on ancient healing principles that support wellbeing as well as beauty. Rich in organic herbs, oils and spices, they offer the therapist the opportunity to customise treatments to suit their individual client's skin and body needs.

OmVeda is the leading skincare company in Australia that offers authentic Ayurvedic remedies and skincare solutions. Their products are formulated in line with Ayurvedic principles and offer the Australian salon a point of difference in both skin and body treatments as well as product formulations that are uniquely different to other products on the market.

**For more information on this new modality and treatment dimension please call OmVeda on 1 300 662 383 or visit [www.omveda.com.au](http://www.omveda.com.au)**



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