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OIL OF LIFE

OmVeda has recently launched a natal massage Oil based on the tradition of Kerala.

Women in Kerala have taken more care in their natal period as a protective measure to their pregnancy and health. The oil, containing a wealth of herbal ingredients, should be used from the sixth month of pregnancy to get relief from cramps, pains, lumbago, varicose veins and stretch marks. It can also be used as post-natal care from the third day of natural delivery to help with post-delivery fatigue. In addition to the natal care oil, OmVeda also has a baby massage oil, which can be used to nourish and moisturise baby's skin and protect it from dryness and infections.

Contact: OmVeda 1300 662 383.

Welcome Relaxation

The PRANAMAT is a great acupressure tool for self-healing, relaxation and revitalisation that restores the body's energy flow. The Pranamat is created for personal use with 100 per cent natural materials, such as linen and coconut fibre. All the materials of the Pranamat are

