

OMVEDA BODY DETOX THERAPY

MOVING INTO winter, unless you are in tropical climes, it's important to honour the seasons. OmVeda's Body Detox is a specialised heating therapy treatment to stimulate the lymphatic system releasing built-up toxins and impurities. Active herbs in conjunction with Ayurvedic massage promote circulation, reduce fluid retention and enhance blood supply and nutrients to the tissues. Including a stimulating marma point massage using warmed Raksha Oil, a body steam and an application of OmVeda's herbal mask of Neem and Turmeric mixed with fresh organic yoghurt. The body is cocooned in a thermal blanket, or warmed towels for 20 minutes to enhance body heat. The mask is quickly rolled off the skin using quick massage strokes. The combined action of the herbal powder and massage boosts the cleansing process and significantly improves blood flow. The Detox Treatment ends with a massage using Turmeric Cream, rich in antioxidants to improve skin tone and reduce the appearance of cellulite and stretch marks. A series is recommended for best results. Take home care includes weekly in-spa or self-massage using a combination of OmVeda Raksha Oil and Urdwardthanam Powder and the OmVeda Rehydrating Body Lotion after showering. Contact OmVeda on 1 300 662 383. www.omveda.com.au





Traditional Hair Health Relaxing Ritual

Exclusive to OmVeda, OmShiro integrates the OmVeda Signature marma point technique and warmed herbal oils to stimulate and nourish the hair shaft and scalp - promoting circulation, hair health and releasing tension. Neelini, herbal and Brahmi oils help alleviate problems such as dryness or flakiness. For thinning hair, the treatment is followed by OmVeda's Neelini Hair

Mask. Call OmVeda on 1300 662 383, www.omveda.com.au for OmShiro technique training.