



EASTERN
ANTI-AGERS
YOUR 3-PAGE
GUIDE

THE AYURVEDIC APPROACH TO AGEING

You've heard of Ayurveda and its personalised approach to health, but what does this ancient system teach about ageing?

"Ayurveda takes a curative attitude to health when necessary but the key focus is on personalised and preventative wellness," explains Geeta Vara, ayurvedic practitioner and author of *Ayurveda: A practical guide to optimal health, healing and vitality*. "A whole branch of Ayurveda is dedicated to rejuvenation therapy known as rasayana – the maintenance of health for longevity. Based on the principles of Ayurveda and how it teaches 'living with vitality', it would aim to prevent the adverse effects of ageing, and would prolong life." Here's how to follow the ayurvedic approach to ageing.

- **Gracefully accept the natural process of ageing and don't fear it.** Instead, use this profound wisdom to stay healthy throughout the year and maintain the quality of a good life.

- **Focus on food and lifestyle as medicine.** The outer signs would reflect this, as your attitude and thoughts about ageing also impacts your physical ageing process. Positive thoughts such as forgiveness, compassion, love and contentment invoke a happier mind and therefore a healthier body.

- **Look at the constitution of your individual needs.** This includes diet and lifestyle recommendations that are suited to your dosha type. This will help you stay within a balanced state.

AYURVEDIC LONGEVITY TIPS

- Eat foods that are easy to digest, and only do so when you're genuinely hungry
- Follow a routine and add regularity to your day
- Keep your body's tissues hydrated (inside and out) with water and oils
- Get a good night's sleep and have bedtime routine
- Adopt morning cleansing rituals – this is called *dina charya*
- Practice meditation, breathing exercises and embrace nature
- Keep moving your body – gentle exercises such as try walking, swimming, yoga or tai chi

HOW CAN YOUR DOSHA AFFECT AGEING?

"Many fall into a dual dosha type, but you may see stronger outward signs of one dosha type in the skin," says Geeta. "For example, vata skin is thin and dry, with prominent veins and protruding joints, whilst pitta skin is sensitive, likely to be reddish or with freckles, and kapha skin is soft and oily. How balanced you are according to your body type will impact how

you protect your body from premature ageing, your strength to fight diseases and enhance the quality of your body tissues. As you mature, you move into a naturally more vata phase of life, meaning that signs of vata may present themselves. For example, dry and thin skin, dry hair, prominent veins, disturbed or light sleep, dryness in the colon (leading to constipation), as well as less elasticity in the skin.

TREAT YOURSELF TO AN AYURVEDIC FACIAL MASSAGE

"Ayurvedic facial massage helps to harmonise the doshas to promote physical, emotional and spiritual growth," explains Joanna Davies (star-treatments.co.uk). "They work as a natural face lift, helping to smooth fine lines and boost radiance by reducing muscular tension, encouraging lymphatic drainage and increasing circulation to your skin. They differ from conventional facials as they consider your dosha type and work to rebalance it. The therapist will assess your dosha type by asking questions relating to lifestyle and observing physical traits. Then, using a specific dosha oil blend, the therapist applies pressure in a circular motion to stimulate the 37 marma points around the head and neck, which helps to rebalance the five elements that make up the three doshas – vata (space and air), pitta (fire and water) and kapha (water and earth)."

Visit the Federation of Holistic Therapies (fht.org.uk) for more information. Treatments cost around £45 per hour."