

Treatment of the month

Ayurveda

Ayurvedic practitioner Geeta Vara explains the history of Ayurveda and what a treatment involves

What's it all about? Ayurveda is a 5,000-year-old system of medicine and the sister science of yoga, born in the Indian sub-continent. Ayurveda addresses the health issues of an individual from a truly holistic stance with a focus on the preventative approach to wellbeing before 'dis-eases' arise.

What happens during a consultation?

This profound 'science of life' teaches us to live in harmony with nature and in accordance to our constitution (dosha type). A consultation will help you establish your dosha type, by assessing the pulse, tongue, eyes, voice, skin, nails, bowel and urinary habits. Assessing the digestive strength is a key part of the assessment as diseases are often a result of a digestive disturbance. Whether it's a specific health issue or you want to explore better wellbeing, ayurveda has something to offer everyone.

Based on your assessment, the holistic approach to treatment uses a vedic diet, nutritional and lifestyle guidance adaptable for any culture and climate, herbal remedies and therapeutic treatments. Practitioners will also use detoxification processes suitable for the season and the person's body type as well as breathing techniques, meditation, yoga, mantras, mudras, gem therapy and more.

How can it help me? Treatment and herbs are tailored to suit the person's constitution and address imbalances. There are extensive ayurvedic treatments available such as energy point (marma) massage, herbal powder massage for weight management, herbal poultice massage for deeper degenerative issues, shirodhara (oil pouring on the third eye chakra) and hot medicated oil massage (abhyanga). Ayurvedic treatment extends to deep cleansing processes (pancha karma) which include nasal errhines, enemas, emetics and purgation.

For more information visit www.geetavara.co.uk, and to find a practitioner visit www.apa.uk.com

Just for
YOU

Try this!

Applying facial oil or cream is probably a part of your daily routine – so why not take the opportunity to maximise its benefit by combining it with a facial massage? It doesn't take long and can be very calming, as well as boosting your skin's circulation to help you look younger and brighter.

- Begin by closing your eyes and cupping your hands over your face. Take three deep breaths in and out.
- Then, massage the temple pressure points slowly using small circular movements with your fingertips.
- Using firm finger pressure, sweep two fingers smoothly from the tip of the chin to the ears, from the nose along your cheekbones to the outer corner of your eyes, and finally from one side of your forehead to the other. Repeat until the oil or cream is fully absorbed.
- Finally, lightly tap your entire face with 'raindrop' finger movements to stimulate local micro-circulation.



The good life

Whether you're looking for a stress-relieving spa day, or a longer retreat to achieve some balance in your life, the new LIFE Regimen programme at Armathwaite Hall Country House Hotel and Spa in Keswick could be what you're looking for.

A LIFE Regimen Spa Day includes balancing and stress-relieving spa experiences, personal training, skincare treatments and a Life Regimen Workshop: prices from £125 per person. The two and three-day LIFE Regimen Retreats give you the chance to choose a range of workshops and treatments to suit you and what you want to achieve and improve in your own life.

The first retreats start from 1 September 2014.

● **For more information visit:** www.armathwaite-hall.com or call 017687 76551



Ayurvedic escape

If you feel inspired by this issue's Therapy of the Month (left) and would like to give Ayurveda a try, why not take a look at this idyllic retreat in Goa, India, which is happening this December? Ayurvedic practitioner Geeta Vara and yoga and pilates instructor Johnson Anand Saurabh are running this seven-day retreat at the Samata Holistic Retreat Center, and it's the perfect break if you want to enjoy daily classes, treatments and meditations while meeting like-minded people and making positive changes in your life.

● **For more information** visit www.geetavara.co.uk/retreat-in-go.html