



Adding Health to Your Life Naturally





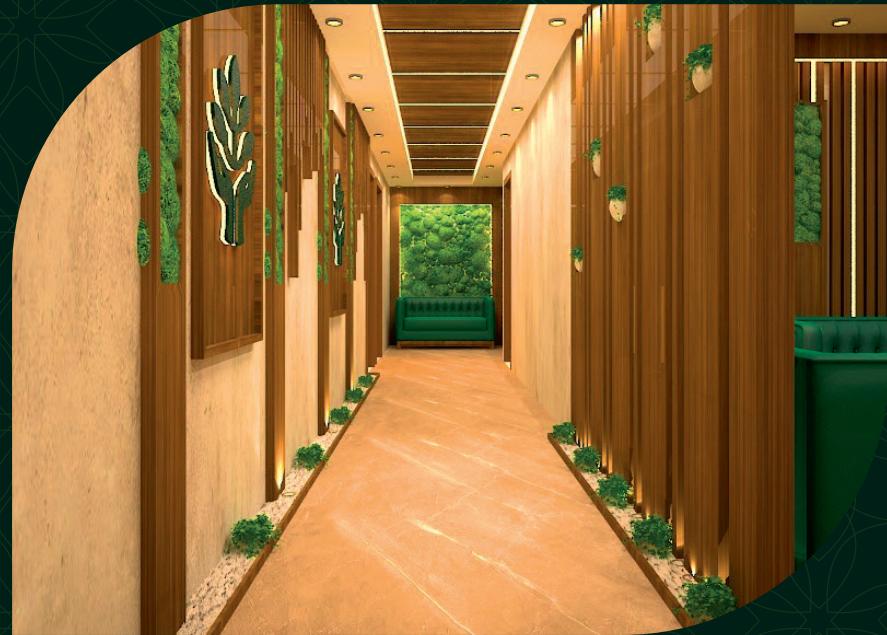
Ayurveda

Ayurveda is the oldest surviving holistic medical system in the world. It offers a rich, comprehensive outlook to a healthy life; its origin is in the Vedas which are known to be more than 5000 years old. Ayurveda describes the Vedic wisdom of how to live a healthy and peaceful life. Together with Yoga, it gives a detailed blueprint for a fulfilled enlightened life.

The Purpose of Ayurveda Treatments

The aim of this system is to prevent illness, heal the sick and preserve life. This can be summed up as follows:

- To protect health and prolong life
("Swasthyaya Swasthya Rakshanam")
- To eliminate diseases and dysfunctions of the body
("Aturasya Vikar Prashamanamcha")

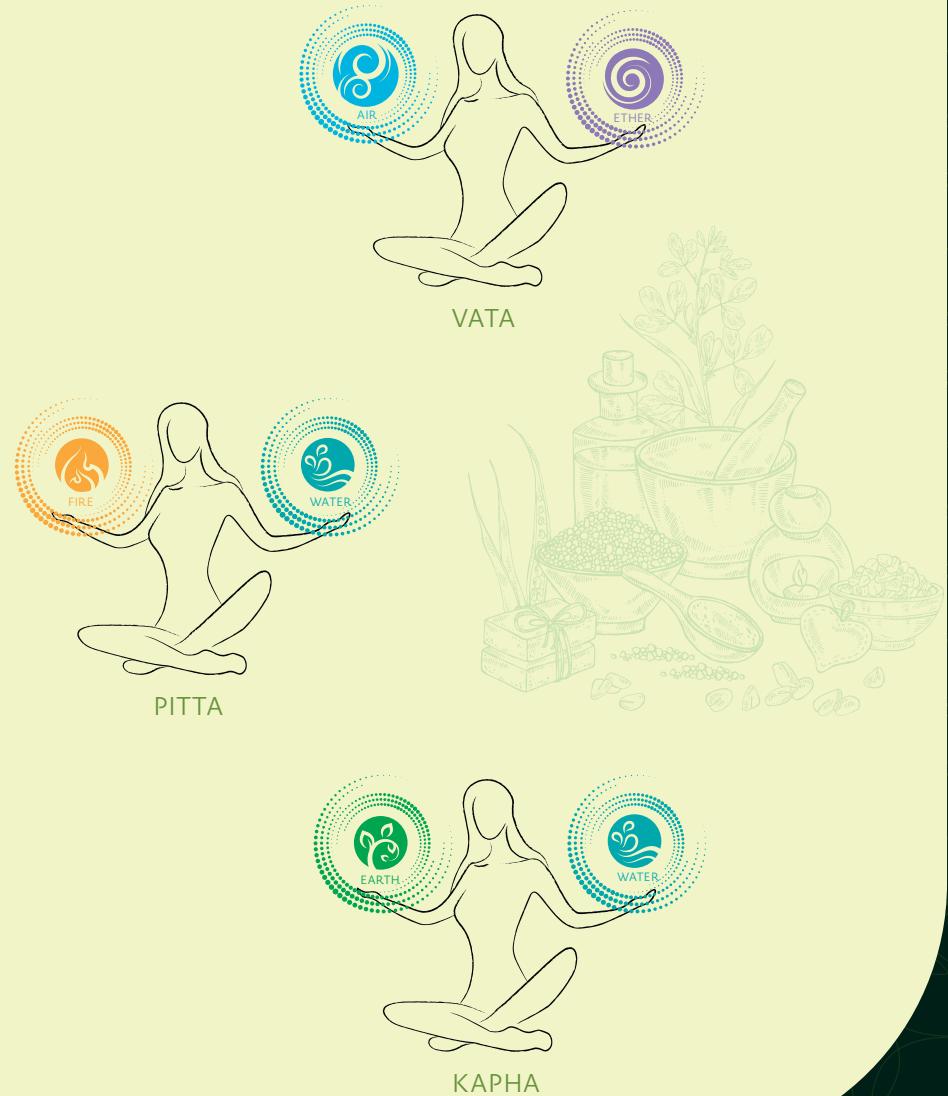


The Basic Principles of Ayurveda Treatment

Ayurveda is based on the premise that the universe is made up of five elements: air, fire, water, earth, and ether. These elements are represented in humans by three "doshas", or energies: Vata, Pitta, and Kapha. When any of the doshas accumulate in the body beyond the desirable limit, the body loses its balance.

Every individual has a distinct balance, and our health and well-being depend on getting the right balance of the three doshas ("tridoshas"). Ayurveda suggests specific lifestyle and nutritional guidelines to help individuals reduce the excess dosha.

A healthy person, as defined in Sushrut Samhita, one of the primary works on Ayurveda, is "he whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body, and spirit are cheerful"



Services

Health Concerns:

- Cervical Spondylosis & Neck Pain Problem
- Low back pain & Sciatica
- Disc Prolapse
- Fibromyalgia
- Joint Pain & Arthritis
- Gout
- Frozen Shoulder
- Varicose Vein
- Diabetic Care Management
- Psoriasis & Eczema
- Obesity Management
- Sinusitis & Allergy
- Dry Eye Syndrome & Eye Strain
- Digestive Disorder
- Stress Management
- Insomnia
- Polycystic Ovary Syndrome & Menopause
- Multiple Sclerosis
- Systemic Lupus Erythematosus
- Sports Injury
- Hair Fall & Dandruff

Doctor Consultation:

- Ayurveda Consultation
- Naadi Pareeksha
- Personalized Diet Program
- Lifestyle Recommendations

Pregnancy & Babycare:

- Holistic Pregnancy and Babycare
- Ayurveda for Childcare

Wellness & Detox:

- Slimming Therapies
- Detox Program
- Beauty Therapies
- Ayurveda Immunity Boost Program

- Insurance Accepted on reimbursement basis
- Member packages available

Treatments

Our Special Ayurvedic Treatments:

- Ayurveda Body Type Analysis
- Abhyangam +Steam (Therapeutic Massage)
- Full Body Podikizhi+ Steam
- Shirodhara
- Pizhichil
- Njavara Kizhi
- Nasyam
- Akshi Tarpanam
- Takradhara
- Kashaya Dhara
- Elakizhi (Herbal Leaf Compress Therapy)
- Naranga Kizhi (Lemon Bundle Therapy)
- Dhanyamla Dhara
- Ksheera Dhara
- Ayurvedic Head Massage
- Udwarthanam
- Kati Vasti
- Janu Vasti
- Greeva Vasti
- Lepam
- Thalapothichil
- Shiro Vasti
- Deep Tissue Massage
- Lymphatic Drainage Massage
- Foot Reflexology
- Herbal Face Care Therapy
- Thai Massage
- Hot Stone Massage
- Detoxifying Wrap
- Detoxifying Scrub



Ayurveda Consultation

Our set of health concerns vary from one person to another, which requires our specialists to thoroughly assess each and everyone of our patients. As we examine your health details that we gather using our detailed protocols, we can seamlessly customize a treatment plan that we deem essential for your well-being. Through Ayurvedic consultation, our experts will create diet and lifestyle modifications bespoke to your body's needs. On the other hand, curing diseases is as equal as preventing them. Our methods can also assess the potential health threats that our patients may contract in the future and provide them the necessary preventive measures as well. This is the start of your all-natural journey to get rid of impurities and ensure proper health.

Shirodhara (Blissful forehead therapy)

Lie down, relax, and let your stress flow out of your head with Shirodhara. Originated from the two Sanskrit words shiro(head) and dhara(flow), this revitalizing and relaxing therapy uses a smooth rhythmic pattern in pouring down medicated herbal oil onto your forehead, mitigating your anxiety, fatigue, and insomnia. Paired with light massages in between procedures, Shirodhara puts you into a calm, tranquil state. It activates your body's parasympathetic nervous system that mitigates stress and relaxes muscles. It also aids memory loss, psoriasis and other skin diseases, eye diseases, Meniere's disease, allergic rhinitis, sinusitis, hearing damage, vertigo, and other neurological disorders.



Ayurveda Consultation



Shirodhara



Netra tarpanam



Nasyam

Netra tarpanam

Indulge with your eyes closed with Netra Tarpanam and open them with a clearer and healthier vision. From the Sanskrit words Netra(eyes) and Tarpanam(nourishment), this all-natural eye therapy involves applying lukewarm medicated oil on the eye cavity to strengthen eye muscles. This treatment gives your eyes a refresh from air pollution and is also perfect for people whose jobs require them to stare at computer screens for a long period, which can stress their eye muscles everyday. Netra Tarpanam helps cure dry eye syndrome, glaucoma, refractive errors, optic neuritis, improves vision, mitigates eye strain, and prevents cataract formation.

Nasyam therapy

Nasyam is an all-natural treatment to cure head-related problems like sinusitis, migraine, headache, nasal congestions, and other allergies. The procedure is done by instilling medicated oil through the nasal route along with a rejuvenating facial massage and an herbal steam. The medicated oil will eliminate toxins in the ears, nose, throat, and head, awaking the senses and all intellectual functions. Nasyam's vast effects will run from the head to every part of your body as it improves skin tone, thus slowing down skin ageing, strengthens hair, prevents goiter and tonsilitis, and relieves anxiety, mental and emotional stress.

Udwarthanam (Cellulite and fat reduction massage)

Weight loss is everyone's struggle and sometimes, it drains out our confidence. But with the right herbs, medicated oils, and massage, it can be within our reach. Udwarthanam is a deep tissue massage that uses medicated oils and formulated herbal powder to stimulate lymphatic flow, reduce body fats, and flush out water retention. The warm herbal powder will be rubbed against your skin with a sufficient amount of force in an upward direction to breakdown unwanted body fats. At the same time, it detoxifies, tones, and purifies the skin, and exfoliates dead skin cells to give you that beautiful glow. Moreover, as Udwarthanam removes fats, it also strengthens and tones your muscles and boosts the mobility of every joint in your body. The herbal powder used in this procedure remedies sciatica, rheumatoid arthritis, multiple sclerosis, muscular dystrophy, hemiplegia, and motor neuron disorders.



Udwarthanam

Elakizhi (Herbal leaf compress therapy)

Ayurveda takes the normal warm compress to the next level through Elakizhi. A mix of chopped fresh herbal leaves, herbal powder, and medicated oil kept in place with a cloth to create a unique poultice will surely relieve you from body soreness and pains. Elakizhi is an Ayurvedic sweat-inducing method that will eliminate toxins and wastes from your body through perspiration. By applying the warm poultice onto the body through soft punches, it lessens the soreness in your joints and muscles, remedies body pains, stiffness, including injuries from sports or other arduous activities. Not only can it stimulate the nervous system, but it can also cure rheumatism, arthritis, improve muscle strength, slowdown aging process, and enhance blood circulation.



Elakizhi



Kativasthi



Pizhichil

Kativasthi (Oil pooling therapy)

Time really heals with Kativasthi. This Ayurvedic treatment is dedicated to draw muscle and joint pains out of your lumbar area. This method is done by placing a small pool of medicated herbal oils on top of your lower back for a specific period of time, followed by a massage on the affected area. While the oils sit on the lumbosacral region, they improve blood circulation, lessen pain, inflammation, removes spasms and soreness, and give strength to the joints, including ligaments, connective tissues, and nerves. Kativasthi is extremely beneficial for people with degenerative conditions or spine changes, sciatica, strains, sprains, osteoporosis, disc prolapse, compressed spinal nerves and discs, and arthritis.

Pizhichil

This therapy was considered as a treatment only for royalties in the ancient times, thus citing it as the “King of Ayurvedic Therapies.” Pizhichil lives up to its appellation as it combines Snehana (oil massage) with Swedana (heat treatment), two of the superior Ayurvedic treatments, to help restore your physiological functions into their optimal levels by pouring lukewarm medicated oil onto the body while performing a relaxing massage simultaneously. This 2-in-1 treatment will remedy health conditions like hemiplegia, paraplegia, arthritis, muscle cramps, and ankylosing spondylitis. Moreover, Pizhichil speeds up the healing of fractured bones and develops muscles. It also detoxifies your body, prevents signs of ageing by giving you that youthful, radiant skin.

Njavara Kizhi

Weight loss is everyone's struggle and sometimes, it drains out our confidence. But with the right herbs, medicated oils, and massage, it can be within our reach. Udwarthanam is a deep tissue massage that uses medicated oils and formulated herbal powder to stimulate lymphatic flow, reduce body fats, and flush out water retention. The warm herbal powder will be rubbed against your skin with a sufficient amount of force in an upward direction to breakdown unwanted body fats. At the same time, it detoxifies, tones, and purifies the skin, and exfoliates dead skin cells to give you that beautiful glow. Moreover, as Udwarthanam removes fats, it also strengthens and tones your muscles and boosts the mobility of every joint in your body. The herbal powder used in this procedure remedies sciatica, rheumatoid arthritis, multiple sclerosis, muscular dystrophy, hemiplegia, and motor neuron disorders.



Njavara Kizhi

Ayurveda Detox & Immunity Booster Program

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Detox & Immunity Booster Program





Janu Vasti



Abhyangam

Janu Vasti

From the Sanskrit words Janu (knees) and Vasti (vessel), Janu Vasti is a type of Ayurvedic treatment that prevents you from getting weak at your knees. The patient will lie in supine position and a ring of bolus will be planted on top of each knee to serve as the vessel for the medicated oils that will be put inside. The two small pools of medicated oils will be left for a specific time to lubricate the joints and relieve the knees from inflammation, soreness, or pain caused by arthritis. For seven Janu Vashti sessions, your knees will be alleviated from stiffness, spasm, and bring its blood circulation back to normal.

Abhyangam

The most popular massage in Ayurveda that calms your entire body from head to toe. With the use of warm herbal oils, Abhyangam starts at your scalp then massages every inch of your muscles all the way down to your soles. This massage can increase heart rate variability, indicating relaxation, by applying different strokes and various pressure levels to specific body parts. Light pressure is applied to the forehead, face, eyes, neck, chest, and abdomen, while long and firm strokes are applied to the nape, waist, and the sides of the body. It nourishes the skin—decreasing the signs of aging, relieves muscle sprain, and improves blood circulation. Abhyangam can also help remedy spondylosis, eczema, psoriasis, and fibro myalgia.

Ayurveda De-stress Therapy

We all have a lot in our minds specially in these trying times. Ayurvedic De-stress Therapy will help you forget the stressful reality we are in, calm your senses, and give you a blissful escape by clearing your mind and body of negative energy. We have different sets of treatments that will free your mind from the pressures of life and at the same time give you noticeable health changes. The De-stress Therapy inspired by Ayurveda will present you a fresh start of having a peaceful mind through lifestyle modifications and teach you the process of maintaining your body's equilibrium.



De-stress Therapy

Lepam

A healing paste for the entire body. Lepam is a treatment wherein the patient's body is lathered with medicated herbal paste that is left until dry. The amount of paste applied will depend on the patient's condition. Lepam acts like a scrub that rejuvenates your skin, healing skin conditions from pimples, dark pigmentations, to acne, eczema, and psoriasis. Its high anti-inflammatory and analgesic properties go deeper than just the skin's surface as it nourishes the tissues, relieves arthritis, muscle stiffness, joint and back pains, and can even induce sleep. On the other hand, Mukhalepam is a facial treatment version that tones the skin to avoid wrinkles and minimizes discoloration and pigmentation.



Lepam



Naranga Kizhi



Takradhara

Naranga Kizhi (Lemon Bundle Therapy)

We all know that lemon is a great source of vitamin C. It also hydrates the body, improves digestion, skin quality and more. The citrus fruit's numerous health benefits are squeezed into this therapy by mixing lemon slices with chopped medicinal herbs inside a bolus. The bolus is then warmed before repeatedly dabbing it all over the patient's body for an hour. Number of sessions may vary depending on the patient's condition. Naranga Kizhi relieves joint pains and stiffness, swelling, and improves muscular strength. It is beneficial for people who have osteoarthritis, cervical spondylosis, bursitis, rheumatoid arthritis, and other musculoskeletal disorders.

Takradhara

Compared to Shirodhara, this treatment uses buttermilk (Takra) to pour onto the patient's body in three different types. First is the Ekanga takradhara where buttermilk is poured onto a specific body part, e.g., a limb with psoriasis; second is Sarvanga takradhara where buttermilk is poured onto the entire body; and Shiro takradhara where buttermilk is poured onto the head only. Aside from the relaxation you get as it eases the mind from stress and improves blood circulation to the brain, there are tons of benefits that this treatment can offer. Takradhara remedies mild to chronic diseases and conditions like headache, hypertension, insomnia, fatigue, low immune system, urinary disorders, anorexia, depression, paralysis, psoriasis, eczema, and more.

Ayurveda Foot Massage and Reflexology

Many may not be aware of it but foot massages do wonders to one's body. According to Dr. Vasant Lad, an Ayurvedic expert, a simple act of foot massage can heal our mind, body, and consciousness, stimulate our immune system, and lessen stress. As the feet work together with the legs, knees, up to the hips and back, the pain felt on our soles will create a ripple effect that can spread all throughout our body. An Ayurvedic reflexologist has the knowledge of accessing every reflex point of the feet that affect other body parts. Furthermore, massaging the seven chakras of the feet will balance the patient's chakra energy, giving the patient's mind, body, and spirit balance as well.



Foot Massage and Reflexology

Ayurvedic Lymphatic Massage

The lymphatic system is composed of lymph nodes, lymph vessels, thymus gland, spleen, and other organs. All together they remove excess fluids from the tissues and circulate them into the bloodstream and fight infections that enter the body as well. However, there are moments where the lymphatic system is not able to drain the fluids completely leading to liquid retention during pregnancy, for example. Ayurvedic lymphatic massage will wake the lymphatic system up and make sure that every organ is doing its job. This therapy will eliminate wastes and toxins, strengthen metabolism, boost immune system, and drain the excess fluids in the body.



Lymphatic Massage



Pregnancy and Babycare



Beauty Therapies

Ayurveda for Pregnancy and Babycare

An Ayurvedic treatment that will help mothers go through their entire pregnancy journey and take care of their newborn babies as well. A healthy regime and a positive view in life affect the baby of the mother as they are psychologically and physiologically interconnected. Surrounding the mother with her loved ones, reading fine literature, marveling over beautiful landscapes, and other optimistic habits can greatly affect the child's health and future. These are just a few recommendations that follow Ayurvedic principles. Moreover, we have herbal oil massages that are extremely perfect for babies as they strengthen their bones and muscles, and regulates their blood circulation.

Ayurveda Beauty Therapies and Skincare Programs

Mother nature is beautiful and so are you. There is an entire field of organic practices, herbal extracts, and natural products that Ayurveda has proven to give anyone that glowing, ageless skin. After assessing both your body's needs and your goals, we can create a holistic solution with treatments that will improve every inch of your body. No syringes or harmful chemicals. Just nature and pure Ayurveda. In addition, each of our treatments have dozens of health benefits that will not just beautify you but also improve your well-being. Leave every judgment you've heard at the door because our safe therapies and programs will surely bring out the best version of yourself.



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