

## Why Ayurvedic(Herbal) medicines?

Ayurveda is the traditional Indian system of treatment diseases. Pure Ayurvedic or herbal medicines cannot be harmful though It may be less active depending on concentration, mixing, manufacturing duration or other some reason but in some times taking the advantages of Ayurvedic medicines some fraud manufacturer may uses harmful chemicals for quick results. So it is good to know what medicines you are taking.

## How Your Body Benefits from Massage?

Massage is becoming one of the most well known, well understood and popular complementary therapies day by day. Due to various techniques and styles available in massage, we can find how good massage is for us.

## Physiological Massage Benefits

Massage has a strong effect on the body physically, or physiologically, and you will be surprised to know how much it can be of helpful to us. Some of these benefits include:

- \* Improves waste removal processes in the body.
- \* Encourages sleep, thus helping with insomnia and other sleep issues.
- \* Helps to relieve stiff and aching joints.
- \* Encourages lymph drainage which can help to reduce swelling.
- \* Improves the blood circulation through the body.
- \* Helps to encourage deeper breathing.
- \* Improves skin tone and colour.
- \* Relaxes and relieves sore and tired muscles.
- \* Can either help to stimulate or sedate the nervous system
- \* Helps the body to relax
- \* Can help to limit scars forming after injuries and can also help to break down existing scar tissue.
- \* Massage can help to release muscles that are pressing on nerves, therefore relieving pain or tingling in arms and legs.
- \* Can improve muscle tone and balance, thus giving better support to the skeletal system.
- \* The relaxing properties of massage can help to decrease the heart rate.

Regular massage can actually increase white blood cells, strengthening your immune system. By relaxing the respiratory muscles, massage can improve lung capacity improving and stimulating digestion.

## Psychological Benefits of Massage

As well as the physical effects on the body, massage can also help us psychologically. Ways that you can psychologically benefit from massage include:

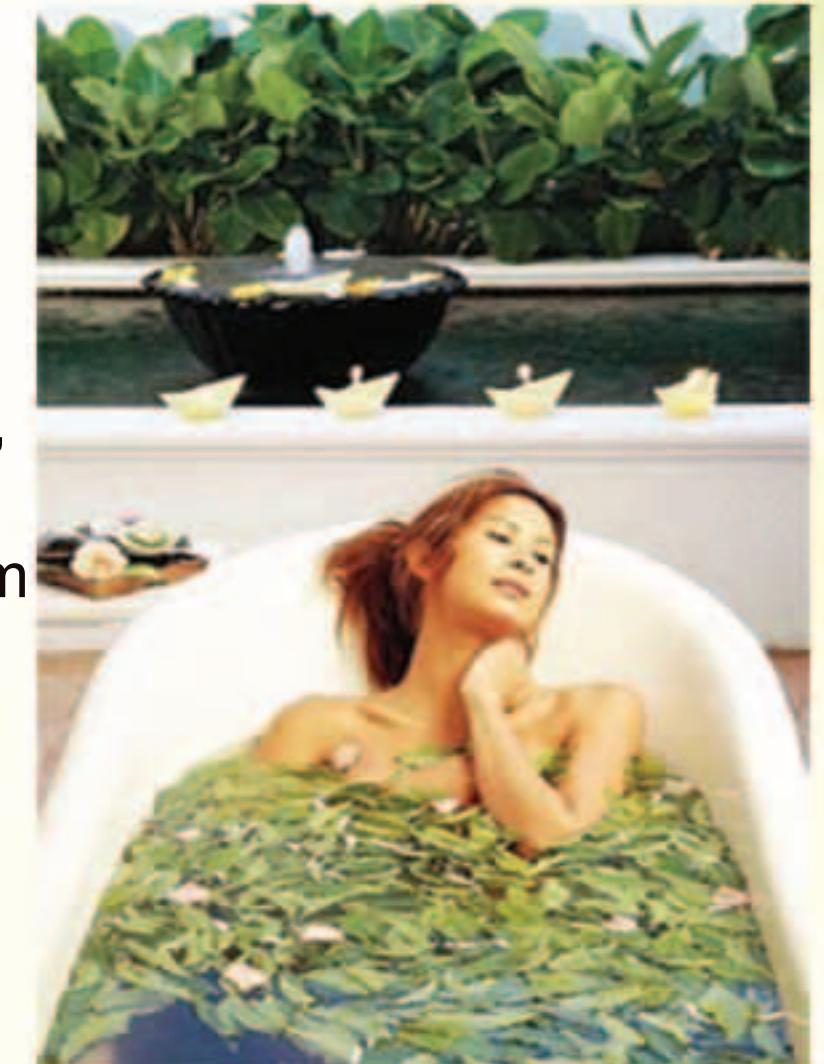
- \* Overall relaxation, which is very important for reducing stress, tension, anxiety and their effects.
- \* It helps to ease the mental distress that is caused by being in pain.
- \* Massage can help to improve your self-confidence and self-esteem.
- \* It releases endorphins, which are the body's natural "feel good" chemicals, giving you a natural high.
- \* Massage creates an overall feeling of wellbeing.



## Why Herbal bath?

Herbal bathing is a great way to relax, heal and support healthy skin function. The skin is the largest organ in the body. It contributes to many important functions such as secretion, absorption, excretion, temperature regulation, immune function, and sensory reception. The skin has receptor sites that transfer information through the nervous system to the spinal chord and brain. It not only provides a boundary between us and the rest of the world, but because of its millions of receptor sites, is a major player in how we perceive, experience, and interact with the world. The skin is also a major organ of elimination just like our lungs, kidneys and colon.

It plays a key role in helping our body to eliminate toxins, heavy metals, and carcinogenic substances. Herbs have many healing benefits for the skin and there are many simple herbal bathing treatments that can help our skin do its job of keeping us healthy. Many cultures throughout the world use herbal bathing as a primary healing modality. Herbal bathing can be powerful preventive medicine. The healing benefits of the herbs can be absorbed directly through the skin and many herbs stimulate and enhance healthy skin metabolism and secretion. Herbal bathing can help us relax, feel renewed, fight off colds and increase detoxification.



## Why steam bath?

Steam bath gives a lot of benefits and advantages. The most common and obvious reason is to relieve tension buildup and various forms of stress. Steam bath will definitely give people a soothing and relaxing effect most especially after a hard day's work. It does not only relax our muscles but most importantly it will keep our emotional mood more stable and happy.



- \* Various ailments such as arthritis, muscle pains can be relieved because of its warm effect to the body.

- \* Old people will surely benefit from this since joint pains and other body pains can be relieved.

- \* It can also help reduce weight for those who are fat and in need of losing fats.
- \* Steam bath due to its heat effect make our sweat a lot thus your body will eventually release toxins and other negative energies.

- \* It will also regulate and stimulate the flow of our blood and make your metabolism works faster.

- \* It also makes our skin looks fresh, young looking and truly healthy.
- \* It can give us a lot of self-confidence due to the good effects it will cause to your personal appearance.

## Why we need Meditation?

Meditation offers innumerable benefits to our body, mind and spirit. The rest we gain in meditation is deeper than the deepest sleep.

- \* Meditation prevents stress from getting into the system.
- \* Meditation releases accumulated stress that is in the system.

Both of these happen simultaneously, leaving one refreshed and joyful.

