**Beauty Therapies**

Ayurveda offers you the age old secrets of beauty care which were once followed

by royal families of India.

Beauty treatments are designed on the Vata, Pita and Kapha principles to bring out your inherent beauty.

Rejuvenation therapies are an integral part of ongoing self-care to help you remain beautiful throughout your life, involving not just the physical body but also your inner vitality.

Auraveda beauty care recipes are prepared according to traditional Ayurvedic formulas laid down in the scriptures. These are made from natural extracts, fresh fruits extracts and genuine, therapeutic Indian herbs.

**Facial Massage : Mukha Abhyanga**

In the Ayurvedic tradition, “*Abhyanga*” (massage) is considered essential to health and beauty. The *Mukha Abhyanga face massage* activates deep centers of the brain, reflex points and improves facial circulation. Tensions in the neck, shoulders and face are freed and energy is rebalanced from head to toe. Classical Ayurvedic oils may be added for their additional healing properties.

**Auraveda Facial Packs**

Our specially formulated Auraveda Special Herbal facial packs for different skin types contain natural ingredients with anti oxidant properties which are effective as moisturizers, deep cleansers with soothing and emollient properties. They also contain vitamin A, B6, B12 and E which are essentials for good skin texture and complexion.

The facial packages are an in house creation of Auraveda formulated after in depth research of ancient texts. They help remove pigmentations, acne, acne scars and smoothening fine lines.

Facials are customized by the doctor after thorough consultation.

The doctor also advices you on a suitable nutritional diet and on water intake for restoring and maintaining beauty and youthfulness.

Annual packages are available, customized according to your skin type and your body constitution.

**(Auraveda Clinics maintain the highest quality of cleanliness and hygiene).**