

Kurchini Madathapetti is a powerful massage technique from the Ayurvedic tradition which is believed to be thousands of years old. Ayurvedic massage is aimed at stimulating specific points of the body known as marma points which lie along energy channels, or chakras. Through massage, herbal medicines, and other unique treatments, Ayurvedic massage refocuses the individual's energies to achieve a more balanced state. The benefits of Kurchini Madathapetti include: - Relief from joint pain - Reduced fatigue - Improved flexibility and range of motion - Increased energy levels - Relief from stress and anxiety This massage is also known to help manage lifestyle disorders like hypertension, diabetes, and thyroid disorders, and also improve the complexion and softness of the skin, and strengthen the hair follicles, promoting hair growth. How it works: Kurchini Madathapetti uses synchronized pressing and rubbing of the muscles with the fingers and the palms, compressing and releasing tension from the connective tissues, which relieve strain and rejuvenate the body. The massage is done using herbal oils like Sesame oil, Coconut oil, Valarian root oil, and Ashwagandha root oil which are infused with herbs like gooseberry, Indian frankincense, turmeric, and lime, which are collectively known to promote nourishment, rejuvenation, and deep relaxation of the body and mind. At the beginning of the session, the massage consultant will discuss your specific needs and concerns and will decide on the most appropriate treatment and herbal medicine, tailored to your individual body type known as dosha. According to Ayurvedic philosophy, there are three primary doshas, which explain an individual's unique mental and physical characteristics, and physiological tendencies: 1. Vata - Controlled by air and space, this is characterized by nervousness, anxiety, and stress. 2. Pitta - Controlled by bile and stomach fire, this is characterized by anger and irritation. 3. Kapha - Controlled by the elements of earth and water, this is characterized by a lack of desire, inhibition, and laziness. Depending on your primary dosha, your massage consultant will tailor the massage to target any specific ailments you wish to treat, and rebalance your doshas, achieving optimum mind-body harmony. During the massage, you will be asked to lie on a specially designed, comfortable massage table. You will be carefully draped with towels to expose only the part of the body that is being treated while the rest of your body remains covered. You should wear loose, comfortable clothing as you will be able to remain fully clothed throughout the massage, with the exception of any necessary exposure of the area being massaged. Feel free to close your eyes and relax during the massage, or maintain openness to conversational silence with your therapist, should you wish to indulge in this opportunity for uninterrupted self-reflection. You may experience a variety of sensations during the massage, from pleasant warmth or tingling, to more intense sensations akin to soreness or fatigue. Note that these are all normal reactions to the massage and are considered part of the healing process. You may also experience feelings of emotional release which again, is a normal part of the process. After the massage, you may experience increased energy and a rebalancing of your dosha. It is recommended that you drink plenty of water to help flush out any toxins and rehydrate the body's tissues. Because Ayurvedic massage focuses on manipulating marma points to stimulate the healing process, it is considered a milder form of massage which isn't designed to relieve severe muscle soreness. In this case, a more intense massage technique may be appropriate as a follow-up treatment. To achieve the best results, it's advisable to undertake this massage treatment regularly, as this will help to maintain good health and activate your body's self-healing capabilities. When receiving Kurchini Madathapetti, it's important to be mindful that everyone's body reacts differently to massage treatments and that it may take some time for the body to become acclimatized to the healing process. It's also important to inform your massage consultant of any recent injuries or illnesses you may have, as well as any allergies, pregnancies, or other conditions which may impact your treatment. Enjoy a state of relaxed, rebalanced wellness, through the ancient art of Kurchini Madathapetti.