



WELLNESS IN VILLA AYURVEDIC MASSAGE

DESCRIPTION

Ayurvedic massage is a traditional practice from India. Key techniques include Abhyanga, a massage with heated oils; Shirodhara, the continuous pouring of oil on the forehead to calm the nervous system; and Pinda Swedana, the application of heated herbal poultices to relieve muscle tension. Benefits of this massage include reduced muscle tension and pain, improved sleep quality, increased energy and vitality, and emotional and mental balance. Additionally, the massage can stimulate immune and digestive functions. It is recommended to drink water and rest after the session, avoiding extreme temperatures and intense physical activity.

TIME

60 Minutes.

EQUIPMENTS

All the necessary equipment for the activity will be provided by the teacher.

