



The "Healing Room" at Ayurvedic Therapies offers a calming and peaceful setting that benefits clients during their treatments



"Tranquillity" tea made from home grown herbs is offered on arrival at the "Healing Room"



A unique blend of oil used for ayurvedic treatments is available to buy from Ayurvedic Therapies. Please ask for details.

AYURVEDA BELIEVES ...

.....that all human beings are meant to be cheerful ,happy and positive in order to improve health and general wellbeing both physical and mental and to strengthen the immune system against illness and disease.

Ayurveda and it's therapies have found to be beneficial for :

| | |
|-----------------------------------|--------------------------|
| Aches and Pain | Fibromyalgia |
| M.E. | Arthritis |
| Stress and Anxiety | Anger /Behavioral issues |
| Depression | Asthma |
| Epilepsy | Weight Loss (or gain) |
| Boosting Confidence / Self Esteem | |

SPIRITUAL AYURVEDA

Order and reason exist in life. According to vedic philosophy, life is divine and the goal of life is to realise our inner divine nature. Ayurvedically, the more a person realises their divine nature, the healthier they are. Ayurvedic Therapies can inspire and help awaken the clients to their own inner divine nature.

Positive thinking or love is the best medicine!



AYURVEDIC THERAPIES TRADITIONAL INDIAN HEALING



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AYURVEDA AYURVEDA AYURVEDA AYURVEDA AYURVEDA

AYURVEDA (pronounced aa-yoor-vey-da) is the oldest holistic healthcare system in the world dating back 5000 years to ancient India.

The very essence of Ayurveda is simple: By harmonizing Body Mind and Spirit will ensure long lasting health and happiness. This can be achieved simply by creating an awareness and changing one's lifestyle and diet.

You are unique and individual, so is Ayurveda. It's success lies in a personal approach.

There are eight branches of Ayurveda, mainly Medical and surgical, but I specialise in Rasayana (Rejuvenation Therapy) which deals with prevention of disease and promotion of a long and healthy life, in addition to advising how you can increase your health, intellect and well being.

Ayurvedic treatment involves establishing an individual's mind-body constitution and nature of imbalance initially and then seeking to return to a state of healthy balance.

The treatment consists of special Ayurvedic massage therapies, dietary / lifestyle advice and other aspects of treatment, tailor made for you as an individual.

To book a consultation or find out more about Ayurveda, please contact me.

I hope your experience will be a positive one and will broaden your outlook on holistic therapies.



Benefits of a Personalised Ayurvedic Diet

- Better health, youthfulness and better memory
- More energy, endurance and strength
- A gradual decrease in existing diseases
- Prevention of colds, flu and other diseases
- Greater ability to handle stress and anxiety
- Saves you money in the long run
- Improves sleep and concentration
- Better digestion, metabolism and elimination
- Healthier skin, complexion and slower aging
- Increases intelligence
- Healthy children
- Stronger immune system
- Weight loss or gain and better sense control

Other Aspects of Ayurveda

- Crystals and gems have qualities that can be utilized in Ayurvedic Medicine.
- Colours have healing properties –adding psychological harmony and peace of mind.
- Yoga is a natural, preventative measure to ensure good health. Ayurveda and Yoga are sister sciences.
- Meditation allows Ayurvedic therapies to be fully realized



Shirodhara Oil Flow Treatment



Massage Therapies



Nutritional and Dietary Advice