

# Abhyanga Treatment



A full body oil massage using specially selected medicated oil to suit your needs. Different to other massage techniques, this massage is done with downward strokes which removes fatigue and stress, promotes sleep, heals and prevents nervous system disorders, strengthens the immune system, skin becomes soft, lustrous and deeply nourished. The massage includes herbal steam in an authentic Ayurvedic steam chamber.

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## Abhyanga Preparation

- Avoid eating immediately before the treatment. Eating 1-2 hours prior to appointment time is advised.
- Urinate prior to the start of the treatment.
- Wear old clothing in case of oil remnants. We have a shower on premises if you prefer to shower after your treatment. Bring a scarf or hat to wear after your treatment during winter months.

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## What to Expect?

- If you are a new client, you will fill in the treatment case sheet upon arrival at the clinic. If you are a returning client, please inform us of any health changes since your last visit.
- The massage will start in the sitting position with a back, head and neck massage.
- You will then move to the massage table for the full body oil massage.
- Upon completion of the massage you will sit in the steam bath for a few minutes. Be aware that the steam chamber is much stronger than the typical sauna or steam so the time required is shorter in duration.

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## After-care for Abhyanga

- Avoid travelling and busy shopping centres.
- Avoid going to beach and extreme weather conditions.
- Do not lie in the sun with the oil on afterwards!
- Eat when properly hungry.
- Shower the oil off before bed and avoid hot water for the head.