

# Vita Shakti Treatments



# Ayurvedic Lymphatic Treatment

A specialised massage with rhythmic strokes and over 200mls of Herbal Ayurvedic oil.

This treatment promotes muscle tone, stimulates circulation, increases lymphatic drainage and balances your immune system.

Ayurvedic Herbal oils have a base oil with a decoction of one or more Ayurvedic Herbs. It combines the nourishing and soothing qualities of the oil with the healing properties of the herbs.

## **Indications and Benefits:**

- during and post detox
- lymphatic drainage
- to strengthen the immune system
- to reduce pain and swelling
- when trying to conceive
- post- natal care and healing
- to reduce pre menstrual symptoms
- to give vitality and energy (great to reduce fatigue symptoms)
- as part of self care and healthy maintenance routine



# Ayurvedic Pinda Sweda

Ayurvedic Pinda Sweda treatment is a combination of massage and sweating therapy. A mixture of Herbs are fried with medicated oils and are tied in a potli. This potli is dipped into hot medicated oil and then applied slowly all over the body or the affected area.

Excellent for generalised or local back pain, stiff neck or frozen shoulder . It relieves body pain, stiff joints, back aches and similar ailments.

## **Indications and Benefits:**

- for bone and joint conditions such as Arthritis, Spinal problems, Spondylitis, Lower Back Pain, sports injuries
- Excellent to warm the body and joints, particular those who are affected by the cold season.
- Alleviates sore muscles and joints
- Relieves body pain and stiffness
- Enhances blood circulation
- Very relaxing and detoxifying





# Constitutional Hydrotherapy

Is a thermotherapy using hot and cold stimulus to the body in order to stimulate homeostasis (body internal balance).

A series of 3 short hot towel (5 minutes in total) are layered on to your abdomen and chest area . A cold towel is then applied left for about 10 minutes whilst the whole body is wrapped with a specially designed linen and woollen blanket.

This will warm up the cold towel and generate a thermodynamical balance by way of stimulating blood flow and circulation. The hot towels draw your blood to the skin and then the cold towel encourages the blood to move back into the deep tissues of the body, benefiting lymphatic flow, blood circulation, optimising the function of the organs.

The process is then repeated on your back.

Herbs and essential oils are used into the water to increase the effects of this treatment.

## Indications and Benefits:

- excellent pre menstrual treatment
- uterine tonic treatment
- facilitates conception
- enhances the immune response
- improves over all nutrition
- Alleviates sore muscles and joints
- promotes detoxification
- helps to restore nervous equilibrium
- improves circulation
- reduces inflammation
- reduces pain





# Hot Towel Hydrotherapy Treatment

The treatment involves rolling wet hot towel gently over the back. Using herbal and aromatic water specially designed to enhance the effectiveness of the treatment.

After hot towel hydrotherapy, a firmer massage with heated herbal oil is given to release muscle and deep knots.

## Indications and Benefits:

- for back pain, sports muscular tension, stiff joints
- to reduce muscular tension caused by bad posture
- excellent to release muscular tension after long flights
- promotes relaxation
- stimulates circulation and a sound sleep



# Therapeutic Bodywork

A specialised therapy focused on energy medicine and osteopathic techniques aiming to restore balance and muscular tension in very specific areas.

The treatment starts with a postural alignment case history followed by application of specialised techniques such as:

## **Neuromuscular technique (NMT):**

Application of pressure on soft tissue in order to release tension and assess tissue tone, fibrosity, soft tissue and structural changes.

## **Muscle Energy Technique (MET)**

Osteopathic manipulations that specifically direct and control patient initiated contractions, improving musculoskeletal function and alleviate pain.

## **Trigger Point Therapy (TPT) with a massage using heated oil blended with medicinal grade organic essential oils.**

Trigger points are hyper-irritable neuromuscular point that is painful when compressed. Because of this irritation the body misinterpret the nervous pain signal and the patient may feel as the pain coming from another area of the body; called message: referred pain. By using palpations, massage techniques, resistance and range of motion tests these spots are treated releasing muscular tension and pain.

## **Indications and Benefits:**

- for back pain,
- sports muscular tension,
- stiff joints
- to reduce muscular tension caused by bad posture



# Vita Shakti Massage Treatment

This signature massage is a holistic functional treatment that combines Aromatherapy, hot-stones and herbal heated oil, combined with exquisite massage techniques that will remove the deep knots, totally balance your energies and let you feel relaxed but yet with a boost of energy.

Marma points are also applied to tune in the body and to align the whole system. From head to toes and from toe to head.

## Indications and Benefits:

- when you need a total renew and restore treatment
- excellent after labour
- as weekly routine to prepare for conception
- to increase chances of conceiving
- as part of self care and healthy maintenance routine
- to boost circulation to deep tissues and organs
- to increase immune function
- to support in the treatment of anxiety and depression
- a fantastic healing treatment to boost vitality and overall wellbeing
- as part of self care and healthy maintenance routine





# Vita Shakti Holistic Facial Treatment

A complete facial based on ancient Ayurvedic Beauty therapy. The treatment starts by applying marma massage to open the energy channels, followed by a cleansing herbal powder using steam with herbal water.

After cleanse an invigorating massage using herbal oils is applied to nurture and stimulate collagen production.

A “made on the spot” herbal-clay mask is applied and left to do its work for about 10 minutes. Meanwhile a head or hand massage is given.

Once the mask is removed a lymphatic massage using another functional herbal oil is used together with Kansa wand to drain the toxins and stimulate circulation and lymphatic flow.

## Indications and Benefits:

- reduce wrinkles and fine lines
- excellent for overall health, confidence and well-being
- super relaxing
- enhance overall skin equilibrium
- increase circulation and reduces the effects of ageing
- reduces scar tissue
- promotes skin glow, nurturing and softness



# Vita Shakti Abdominal Treatment

A purifying and toning treatment that aids circulation, increases digestion and absorption. Naturopathic Abdominal techniques are used to align the internal abdominal organs, specially focused on uterine alignment.

[Vita Shakti Organic abdominal balm](#) is used for this treatment. This nourishing and soothing balm is specially formulated to aid in addressing imbalances in the reproductive system, relieving tension and stress, and tonifying soft tissue, removing scar tissue and internal adhesions

The abdomen and pelvis are the source of creativity, nourishment and intuition. But for all their strength and generative potential, the abdomen and pelvis are also vulnerable to injury from physical and emotional trauma, disease and dietary stress. Regular Abdominal Massage reduces pain, encourages healthy function of organs in the abdomen and pelvis.

Abdominal Massage has a deep impact in our holistic health as it connects mind, body and consciousness. Therefore, it not only addresses physical symptoms, but may also inspire a more caring relationship with the belly and all emotions it holds.

It starts with lymphatic pumps followed by techniques to align abdominal organs and to release soft and scar tissue. A specialised abdominal massage is given, first on the front of abdomen and then back. A heat pad is applied together with a Castor oil pack, this will stay for 15 minutes on your abdomen. Whilst the Castor pack is on the abdomen pressure points are applied on feet, hands or head. Then you are turned on your abdomen and a massage is applied on the back of your abdomen as well as marma therapy focusing on Kidney function.

## Indications and Benefits:

- Gynaecological pain
- when trying to conceive (enhances Fertility)
- reduces PMS
- reduces Urinary incontinence
- may reduce Painful intercourse
- reduces prolapse or displacement of pelvic organs
- reduces gas, bloating and constipation
- reduces Lower back and hip pain
- after natural labour and 6 months after c-birth



# Reflexology

An Ancient Chinese holistic therapy that applies pressure to parts of the feet, relaxing and promoting health by balancing the energy meridians of the body.

It balances and relaxes the whole body by way of treating its reflex points

## Indications and Benefits:

- it is excellent for every stage of the **Mother's Journey**: to help with conception, to relax during pregnancy, to promote labour, to restore after labour and to keep up during motherhood.
- to overall relaxation, it is a really relaxing treatment
- to aid sleep
- to reduce fatigue
- to support in the treatment of anxiety and depression
- as part of self care and healthy maintenance routine





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[www.vitashakti.com/expertsupport](http://www.vitashakti.com/expertsupport)

