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According to ayurvedic principles each marma point is linked to specific internal organs, which means that massaging these points can help stress-related conditions, poor circulation and eczema.

Four more types of massage

Marma therapy manually stimulates the marma points. Before treatment, the practitioner will take your pulses (Ayurveda recognises several different pulses) and look at your tongue. You then lie on ...

The massage treatments that can reshape your body

In 2021, travel trends forecasted more traveling with intention: a focus on health and wellness with an emphasis on authentic, local experiences. Meaning, we're eager to go on trips that nourish our ...

Your Guide to Recharging, Staying Fit & Supporting Local in Scottsdale
I enjoyed the way certain points were pressed at the nape and ... and let the oil soak in completely. Uzichil and Marma ayurvedic therapies are also on offer here. With some really replenishing ...

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New Delhi: 5 Great Spa Experiences

Indian head massage Indian head massage is an ancient practice of Ayurveda that involves rhythmic movements on the acupressure points which are traditionally called Marma points. Neck exercises ...

Exercises for Hair Growth: 7 Techniques to make your hair lush and beautiful

I was the first journalist to visit the Art of Living Foundation's Sri Sri Ayurveda Panchakarma campus ... therapists are qualified to perform marma, and whereas their Swedish massage and ...

Detoxification with Panchakarma treatment

It's Australasia's largest health retreat, with the biggest spa in the Southern Hemisphere. It counts celebrities among its regulars, including Hugh Jackman, who was so impressed that he's now a ...

Australia holidays: Gwinganna Retreat - wellness and luxury in

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Abu Dhabi based Tablez to expand upon investment in India's toys sector with its proprietary brand ...

Dr Pravin Patil was awarded with Excellence in Panchagavya & Ayurvedic Research in 5th edition of Indian Health Professionals Awards in Mumbai

Padabhyanga foot massage is an ancient healing therapy to promote wellness by massaging the vital points on the feet. Do you know that weight loss could be causing feet pain? There are a lot of ...

Feet Care

There was only one person in the history of the world who could ever truly say It is finished None of us will be able to say that when we die because none of us are able to say it while we live ...

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Pregnancy is not just about carrying a life in your womb it is also about its welfare both inside and in the outside world Time and again

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your elders would guide you to discard unhealthy habits or ...

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Eyebrow Pinching Is the Lymphatic Drainage Massage You Need to Try

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