

# Nature Care Ayurveda Spa



## **Ayurveda Beginners Courses**

Duration	Contact Hours	Method	Price in INR	Non-Contact Hours	Price in USD
30 Hour	30 Hours (3 Hour a Day)	Practical	15,000 INR	9 Hour	180 USD
7 Days					

### **Included :**

- 1)Pen and Notebook.
- 2)Ayurveda certification fee.
- 3)Tea, Coffee & refreshment.

## 1. Abhyanga - Ayurvedic Oil Massage:

- **Purpose:** Abhyanga aims to balance the doshas, promote circulation, release toxins, and nourish the skin.
- **Procedure:** Warm herbal oils specific to the individual's dosha are gently massaged onto the body using long strokes and circular motions. The massage typically starts from the scalp and moves down to the feet, focusing on joints, muscles, and pressure points.
- **Duration:** The duration of Abhyanga can vary but usually lasts between 30 to 60 minutes.
- **Benefits:** Provides deep relaxation, improves sleep quality, relieves muscle tension, enhances skin texture, and boosts overall well-being.
- **Contraindications:** Abhyanga is generally safe for most individuals but should be avoided in cases of fever, acute illness, open wounds, and during menstruation.

## 2. Shiroabhyanga - Head Massage:

- **Purpose:** Shiroabhyanga aims to relieve stress, tension headaches, and promote mental clarity and relaxation.
- **Procedure:** Warm herbal oils or medicated oils are gently massaged onto the scalp, forehead, temples, and neck using circular motions and light pressure. Marma points on the head are also stimulated to release tension.
- **Duration:** Typically lasts between 20 to 30 minutes.
- **Benefits:** Calms the mind, reduces anxiety and fatigue, improves concentration, promotes hair growth, and enhances scalp health.
- **Contraindications:** Individuals with severe scalp conditions, infections, or recent head injuries should avoid Shiroabhyanga.

### 3. Padabhyanga - Foot Massage:

- **Purpose:** Padabhyanga aims to relax the body, improve circulation, and balance energy flow throughout the body.
- **Procedure:** Warm herbal oils or medicated oils are massaged onto the feet, focusing on reflexology points, pressure points, and energy meridians. Gentle stretching and kneading techniques are applied to the feet and lower legs.
- **Duration:** Typically lasts between 20 to 30 minutes.
- **Benefits:** Relieves foot pain, improves sleep quality, enhances circulation, reduces stress and anxiety, and promotes overall relaxation.
- **Contraindications:** Individuals with foot injuries, infections, or vascular conditions should avoid Padabhyanga.

### 4. Face Massage:

- **Purpose:** Face massage aims to improve skin tone, reduce wrinkles, and promote relaxation and rejuvenation.
- **Procedure:** Gentle pressure is applied to the face using fingertips or massage tools, focusing on acupressure points, lymphatic drainage, and muscle relaxation. Herbal oils or creams are used to nourish and moisturise the skin.
- **Duration:** Typically lasts between 15 to 30 minutes.
- **Benefits:** Improves circulation, reduces puffiness and dark circles, promotes collagen production, enhances facial contours, and leaves the skin glowing and refreshed.
- **Contraindications:** Individuals with skin infections, sunburn, or recent facial surgery should avoid face massage.

## 5. Shirodhara:

- **Purpose:** Shirodhara aims to induce deep relaxation, calm the mind, and balance the doshas through continuous pouring of warm oil on the forehead.
- **Procedure:** The client lies on a massage table while warm herbal oil or medicated oil is poured in a continuous stream onto the forehead (the third eye area) for a specific duration. The oil flows rhythmically, inducing a meditative state.
- **Duration:** Typically lasts between 30 to 60 minutes.
- **Benefits:** Relieves stress and anxiety, improves sleep quality, enhances mental clarity, balances emotions, and promotes overall well-being.
- **Contraindications:** Individuals with scalp conditions, recent head injuries, or certain neurological disorders should avoid Shirodhara.

## Why Choose Nature Care Ayurveda Spa?



### Expertise and Experience:

Led by renowned therapist Mr. Mukesh Verma, our team of skilled practitioners brings over 16 years of experience to every treatment. With over 23,000 massages performed and 18,000 students trained in massage therapy, Mr. Verma's expertise is unmatched in the field of Ayurvedic healing. Our practitioners undergo rigorous training and certification to ensure the highest standards of quality and professionalism in every session.

