

# Shirodhara Treatment



‘Shira’ means head and ‘dhara’ means the continuous flow of liquid. A continuous stream of medicated oil is poured on the forehead from a specially designed vessel. This treatment is unique to Ayurveda and is one of the most relaxing and divine therapies one can experience.

This deeply soothing therapy relieves stress, anxiety, sleeplessness, hypertension, migraine, slows the ageing process, premature greying of the hair, alopecia and ultimately strengthens the overall physical constitution of the individual. For maximum effect it is performed over a continuous number of days.

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## Shirodhara Preparation

- Bring an old towel to cover your car seat after treatment.
- Eat 1-2 hours prior to the appointment.
- Do not schedule any hairdressing appointments on the same day.
- Be prepared to have your entire head and scalp covered with oil.

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## What to Expect?

- Start treatment with a head massage.
- Lay on the table and start Shirodhara treatment.
- Listen to the sound of the singing bowls and rest your mind.
- Rest for 5-10 minutes afterwards.

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## After-care for Shirodhara

- Avoid travelling and busy shopping centres.
- Avoid going to beach, sun, wind and extreme weather conditions.
- Wrap your head in a scarf.
- Allow relaxation for 1-2 hours after your treatment for best results.
- If you have any concerns please contact us immediately.
- Do not day sleep or nap immediately after your treatment.
- Wash the oil out of your head before bed.
- Follow a gentle evening yoga routine.