

Ayurvedic Massage & Facial Energy Centers

Ayurvedic massage stimulates special energy centres located on the face and body. Gentle massage of these areas can greatly benefit your wellbeing, through unblocking energy and enhancing your vitality prana.

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Massage Technique

When you have applied your oil, serum or cream press your chosen energy centre with your index or middle finger for 10 seconds, then relax and repeat. You can slowly rotate or pulse the pressure of your fingers at each location for deeper effect.

The area between your eyebrows is known in Ayurveda as 'the place of stillness'. Gentle massage in this area regulates kapha, calms the mind and relieves stress.

Relieve Stress

Balance Emotions

Brighten Complexion

Soothe Tired Eyes

Tone Skin

Boost Alertness

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