



Suwasahana Ayurveda Health Care Treatments

Dott/Dr. J.M.Neel Jayakody
VIA GIANNI RODARI, NO:
9/11, CORMANO, MILANO,
CAP 20032(MI) ITALY
+393299162490

Special Package Body & mind relaxation

Head treatment

A treatment for the head using specific medicinal oils according to your physical and mental nature.



Face treatment

A treatment that is performed using special medicated ointments that match your facial features

Abdomen treatment

This treatment is done to regularize the digestion and to control the protruding stomach.



Body treatment

It is a treatment that is performed using appropriate medicated oils for the body by pressing the neck, shoulders, neck area, arms and legs.

Steam bath

This treatment is to let the steam rising from the herbal decoction hit the body after the internal oil treatment.



It removes the toxic parts of the body and controls the body mass by burning the unwanted fat parts.

Special Package II Body & mind relaxation



Body treatment

It is a treatment that is performed using appropriate medicated oils for the body by pressing the shoulders, neck area, hands and feet.

Steam bath

This treatment is to make the vapor smoke rising from the herbal decoction hit the body after the internal oil treatment.



It removes the toxic parts of the body and controls the body mass by burning the unwanted fat parts.

Simple treatments

Abhyanga/ Body treatment)

This special type of oil body massage is given according to the different types of body.



It is very beneficial for general rejuvenation, loss of skin luster, obesity, body aches and pain.

The oil depends on the patient's body condition.

Shiro Abhyanga/ Head treatment)



Massage to the head increases prana, the subtle aspect of the Vata dosha energy of the body.

This helps to refresh both mind and body. Massaging the head will increase fresh oxygen and glucose supply to the brain and spinal cord. This treatment helps to prevent hair loss, strengthens the hair roots and skin of the scalp and premature graying.

Wakthra abhyanga/ Face treatment

The Ayurvedic Facial Massage sequences are part of a complete beauty treatment which include herbal steams, scrubs, masks and moisturizers, but may be given alone with excellent results.



This releases subtle tensions underneath the skin. Face massage activates deep centers of the brain, reflex points and facial circulation to totally soothe the body. Tensions in the neck, shoulder and face are freed and energy is re-balanced from head to toe.

Pada abhyanga /Foot treatment

While doing the foot massage, special attention is focused on the tender spots. Foot massage produces a reflected effect on the internal organs as well as creating a combined soothing and invigorating effect. It prevents and cures dryness, numbness, roughness, fatigue and cracking of the heels. This massage is wonderful for relieving acute pain, improving posture, as well as health of the organs.



Gathra Abhyanga/ Leg treatment



By leg massage stimulating the circulation, brings blood and nutrients to the legs. It helps to prevent varicose veins.

Before exercise people can use leg massage as a warm-up your legs. This treatment can help to reduce swelling in the legs.

Neck and shoulder treatment



During the process of this treatment special herbal oil is applied to the neck and shoulder.

This is supported to release muscular spasms, rheumatic pain and stress related conditions as the neck and shoulder area is so often stiff and tense. Having together with fomentation & Griva vasti are recommended to get best results for shoulder pain, frozen shoulder and carpal tunnel syndrome,

Special treatments

Kati abhyanga/ Back treatment



This treatment is performed with pain reducing herbal oils on the back and along the spine.

The benefits of a back massage relieves all kinds of back pain, enhances the well-being of the whole body, beyond simply relaxing the muscles. And it helps the entire nervous system. After having back massage do fomentation & Kati vasti helps to cure cervical problems such as spondylosis, cervical herniated, spinal stenosis, degenerative disk diseases ect.

Udara Abhyanga/ Abdomen treatment



Oil massage given over the abdomen is the way of this treatment.

This is effective for a wide variety of health concerns, especially those related to the stomach, such as digestion issues, constipation, and bloating, to reduce belly fat.

Udvardhana/ Powder treatment

This is a type of body massage done opposite to the orientation of hair in the body with special medicated oil or with paste.



This treatment is very effective for obesity, hemiplegia, alleviates vitiation of Kapha dosha, promotes excellence of skin, impaired circulation and skin diseases.

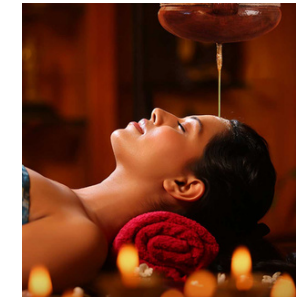
Kati Vasti & Griva vasti

Specially prepared warm medicated oil kept over the lower back or lower neck with herbal paste boundary is the way of this treatment.



This is very effective for any type of spinal disorders, such as cervical spondylosis, disc prolapse, sciatica, back pain, shoulder pain, carpal tunnel syndrome.

Shirodhara



Warm oil poured into the pot and will continuously fall on the forehead of the lie down patient.

Shirodhara is very effective for Insomnia, Headache, High blood pressure, Paralysis, Facial paralysis, Difficulty in speech, loss of memory and most Mental disorders. Different oils and herbal ingredients are used according to the disease condition.

Navarakizhi



This treatment is processed with bundles made out of medicated milk rice.

This is effective for pain, swelling and stiffness of joints, diseases of the nervous system and wasting of muscles.

Pinda sweda/ Fomentation

Oil applies on the affected area first and foment with bundles made with medicated herbals.



This treatment is effective for pain, swelling and stiffness of joints, diseases of the nervous system and wasting of muscles.

Lepanam



This is a process in which medicated herbal paste is applied on the affected area.

This is useful for various types of inflammatory conditions, skin diseases, joint pain and gout.