

# STUDIO PRIVATO

tecniche manuali ayurvediche

## Suwasahana Ayurveda Medical Center



### Shirodhara

insomnia  
racing thoughts,  
anxiety  
stress  
dryness  
hair fall  
pain and aches  
anger  
irritability  
frustration  
burning sensation  
migraines



### Griva vasti & Kati vasti

relaxing therapy  
extremely  
soothing and  
healing effect  
on the skin  
muscles  
joints  
bones



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