

# SARVANG SWEDANA

This therapy involves steaming any part or whole body through hot medicated water.



- Relaxation
- Detoxification
- Muscle Pain / Sprains / cramps
- Joint Pains
- Neuralgia
- Vertebral Disc Problems



- It helps improve blood circulation in the body
- Swedana helps open pores of skin which allows easy administration of active constituents of herbs to reach deeper layers and bring balance to muscles, joints & bones.
- It promotes Sweating which removes toxins from body.
- It lowers oxidative stress & thus relaxes whole body to subtle levels.
- It improves collagen levels in skin so prevents ageing process & tightens skin.