

SHIRODHARA



Shirodhara, wherein medicated oils are rhythmically poured(dhara) on the head(shira) in a calm and serene weather to nourish and enrich shira, which allows the body to enter a parasympathetic state of deep relaxation. It activates third eye centre which helps in regulation of all hormonal secretions.

Shirodhara is a kind of meditative state for

- **Ultimate relaxation, Calming of mind**
- **Nourishment to entire nervous system**
- **Regulation of hormones.**
- **Strengthening hair roots**
- **Medicated oils helps in curing diseased state of scalp**
- **Increases Immunity of scalp**
- **Nourishing Hair,**
- **Curing split ends**
- **Making hair smooth, shiny and strong.**

