

Living...

...in hope

Secrets of Ayurveda



Lotus Ayurveda Spa

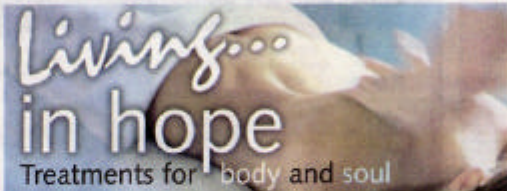
Stepping across the threshold of this spa is like stepping across onto another continent, because, once inside, you're in the heart of India.

Lotus is one of only a handful of ayurveda spas in the country and everything here, from the décor to the therapists, is authentically Indian.

Ayurveda, which means the science of life, is the ancient holistic medicine of India which treats the mind and the spirit as well as the body.

And Lotus is much more than a conventional spa, since every visit begins with a consultation with Dr Majosh Jolly, an ayurvedic consultant who trained in India for six years.

Dr Jolly will take a medical history



and conduct an ayurvedic examination - looking particularly at the palms of the hands and the tongue. These examination methods, he says, were worked out as a way of determining the health of the major organs in the absence of modern technology like X-rays and scans.

Dr Jolly will also determine the client's prominent dosha. Ayurvedic belief is that there are three doshas - Vata, Pitta and Kapha - which determine both our physical health and our personality traits and everyone features them at different levels. Next come the treatments - mostly in the form of herbs and oils imported from India which are massaged into the body by two therapists working together. There are four therapists at the spa - two men for male clients and two women for female clients - who are all from Kerala in India and trained there in ayurveda treatments.

The treatments

After a consultation with Dr Jolly, which seemed to be completely

accurate both in terms of physical weak spots and personality traits, two separate therapies were undertaken: Rejuvenation Therapy and Sirodhara.

Sirodhara is the more unusual since it involves having lukewarm, herb-infused oil poured onto the forehead in a continuous flow for forty minutes and is meant to help with problems like stress, anxiety, headaches and insomnia.

Rejuvenation Therapy is an all round booster package aiming to restore energy, relieve body aches, improve the skin and circulation, regulate the digestive system and slow down the ageing process.

What were they like?

Sirodhara began with a 30 minute massage by two therapists using medicated oils which Dr Jolly considered appropriate. One little tip here - don't expect to keep your towel on in that modest way of English massages - it doesn't happen in an ayurveda massage. Paper pants are supplied, everything else comes off. Then a piece of cloth is wrapped around the forehead, and eyes and

ears are covered to protect them and lukewarm oil poured onto the forehead from a brass bowl with a funnel in the bottom of it which is suspended above the client's head. The therapists move the bowl continuously from side to side so the flow moves across the forehead. The oil runs over the hair and is collected, reheated and poured into the brass bowl to flow over the forehead again.

Instead of feeling the stream of oil hitting the forehead it is more of a soft, soothing flow washing over the head.

Clients shower and wash their hair after this treatment and the oil leaves the hair in very good condition.

Rejuvenation Therapy lasts for two hours and begins with a head massage, which feels a bit like having the hair vigorously washed but using oil instead of shampoo. Then comes a face massage, a full body massage from the two therapists and finally a stint in the steam box. Only the head is left on the outside so it does feel a bit daunting at first, but the therapists stay close at hand and adjust the temperatures so the steam box doesn't get too hot. It is said to eliminate impurities, burn fats and increase circulation.

Where and how much?

Lotus Ayurveda Spa, Therp Arch Estate Weltonby, Tel. 01937 541177/580557, website: www.lotus-ayurveda.co.uk, e-mail: info@lotus-ayurveda.co.uk, Sirodhara is £65, Rejuvenation therapy is £60. Many other beauty and wellbeing treatments are available



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Sirodhara involves having warm, herb-infused oil poured on to the forehead

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