

# The elements of good health

By Sophie Bradley

I'M late and cursing the rabbit warren of roads round Thorp Arch Trading Estate. Trying to get to the Lotus Spa and watching the clock on the dashboard click past my 10.30am appointment, I can feel the muscles in my shoulders tightening up like piano wires.

I am on my way to find out about AyurVeda at a new spa opened by Millie Mylvaganam. I had heard of it and knew it was a form of alternative therapy practised in Asia but that was it. Added to my worries was the fact I am not someone who enjoys going to spas or beauty salons. I just find them a bit too clinical.

Having found the spa in the middle of the estate, I rushed in to be greeted by the most gorgeous reception area, divided in two by a water feature dotted with lotus flowers. To reach the other side and the waiting area visitors need to cross a small wooden bridge.

The spa, which only opened in March, is the result of a 15-year love affair with AyurVeda. Millie had first experienced the treatment in India and also in Sri Lanka, continued to have it whenever she could, finding it very beneficial.

During one trip to Sri Lanka, Millie had treatment for a neck and shoulder injury. "It really helped and when I returned to England I thought it would be nice to have a centre in Yorkshire."

While she found the site, Millie's Sri



**Above – Lotus AyurVeda Spa staff: Rosily Maialaparambil, Sreeja Aerummal, Millie Mylvaganam, Dr. Majosh Pekkunwel Jolly, Subish Vallath and Dilen John. (0804062c)**  
**Right – Sophie Bradley is given a massage. (0804062a)**

Lankan husband Ram started interviewing AyurVeda practitioners in Kerala, India.

There are five members of staff at the centre: Dr Majosh Jolly, Rosily Maialaparambil, Sreeja Aerummal, Sush Vallath and Dilen John, all highly qualified AyurVeda practitioners.

Dr Jolly explained that AyurVeda is an ancient Indian holistic system of healing. As the best way to find out about anything is to experience it

yourself, I went through for a consultation.

Dr Jolly asked me about my sleep patterns, any emotional problems and general health as well as looking at my eyes, palms of my hands and tongue. This, he explained, was because these areas of the body reflect the health of your internal organs.

From my answers Dr Jolly could recommend a treatment which would help.

Unsurprisingly, my main problem was tension which had the knock-on effect of headaches.

My treatment would be carried out by Rosily and Sreeja. The first part was a head massage – with oil. It was lovely, although I was slightly worried about how my hair was going to look at the end of it. This was followed by a face massage before a full body massage.

The therapists work in pairs, one on each side of your body. It takes a bit of getting used to, as does the paper underwear! The oils are warmed and smell wonderful, I was surprised at how many old injuries Rosily and Sreeja noticed during the massage and worked into the treatment.

The experience was finished by ten minutes in the herbal steamer before heading to the shower. Afterwards I was sat down with a glass of water before getting back into my car.

I felt more relaxed after my hour and a quarter treatment but not drowsy, as I thought I would be. Over the next few days I noticed a difference; niggling injuries I have picked up after years of falling off horses haven't been as niggly and instead of stressing over things I have been a lot calmer. On the downside I did get spots and a cold sore which Dr Jolly said was perfectly normal, as my body was getting rid of toxins.

● The Lotus AyurVeda Spa is at Unit 452, Street 7, Thorp Arch Estate, Wetherby. Tel 01937 541177/580657; www.lotus-ayurveda.co.uk.



## WHAT IS AYURVEDA?

● AyurVeda is an ancient Indian holistic system of healing.

● Ayur means life and Veda means knowledge or science.

It is based on the principle

that we are all part of nature and each person has a unique pattern of energy.

● AyurVeda recognises three "Doshas" Vata, Pitta and Kapha.

The five great elements,

Space, Air, Fire, Water and Earth, combine to make the three Doshas.

Every person has a unique pattern featuring different levels of the three Doshas.

A person's basic health

relies on the ability to keep Vata, Pitta and Kapha levels in balance – Tri-Doshas.

● Vata (Air+Space) is the energy associated with movement.

● Pitta (Fire+Water) is the

energy associated with digestion and metabolism

● Kapha (Water+Earth) is the energy associated with the body's structure

Balanced Tri-Doshas means good health and longevity.