



Medivan Wellness

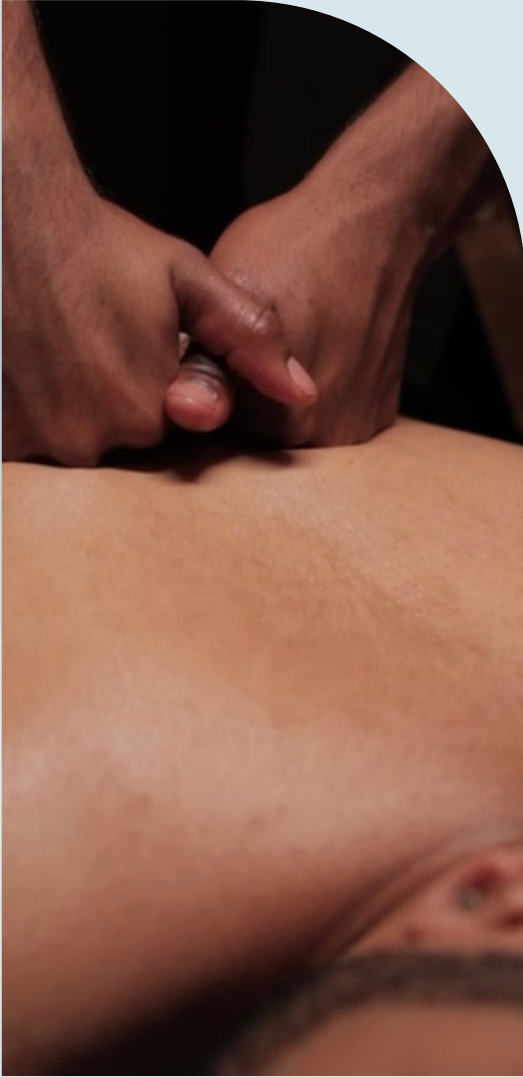
Rohtak-Sampla-Gurugram-Tehri



Medivanwellness



7299-345-345



Abhyanga

Abhyanga is a full body massage with warm oil that is designed to bring the subtle energies of the body into balance through the use of customized essential oil blends and touch techniques.

Benefits:

- Deeply revitalizing and relaxing
- Cleansing and detoxifying
- Balance the doshas
- Nourishes entire body
- Increases blood circulation
- Lubricates the joints
- Calms the nerves
- Soften and smoothens skin
- Pacifies vata and pitta





Udvartan

Udvartan means rubbing the body by Churna (coarse herbal powders), so it can be understood as powder massage (Medicinal herbal powders). This unique procedure is used for various health issues as well as for slimming & cellulitis. Massage of the body with some extra pressure in a reverse way i.e. from toes towards head is called Udvartan.

Benefits:

- Helps in losing weight
- Improves skin quality
- Relieves stress
- Removes blockage in vessels
- Balance vata & kapha dosha
- Beneficial in obesity
- Liquefies the fat
- Removes drowsiness
- Cleanse the body





Aroma Therapy

Aromatherapy uses aromatic essential oils to enhance physical and emotional health. It may help manage pain, ease digestion, boost relaxation, improve mood, and relieve menstrual symptoms, among other benefits.

Benefits:

- Manage pain
- Improve sleep quality
- Reduce stress, agitation
- Reduce anxiety
- Soothe sore joints
- Treat headaches
- Improve digestion
- Boost Immunity



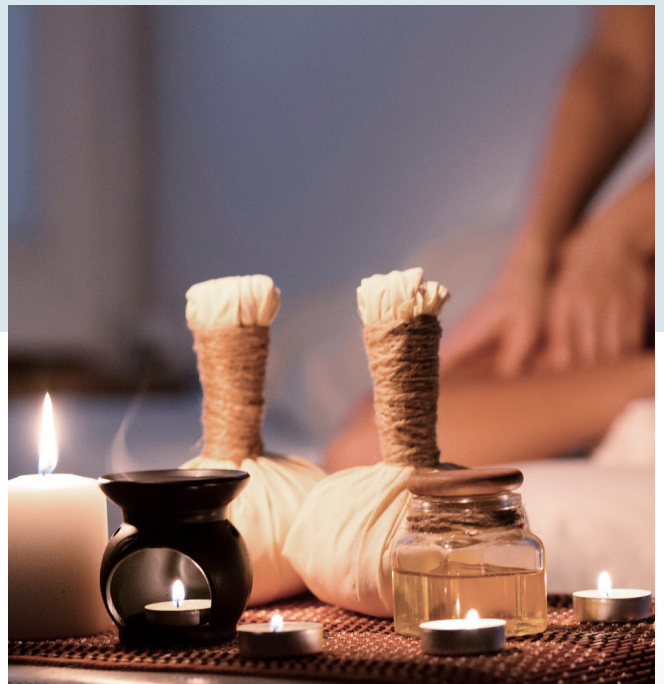


Pottali Massage/ Patra pind swedan

Patra means leaves, Pinda means bolus, Sweda is sweat. Swedana is sweat inducing treatment. Patra Pinda Sweda is a treatment in which leaves of medicinal plants having analgesic, anti-degenerative and anti-inflammatory properties are used for fomentation (sweat inducing) of painful parts.

Benefits:

- Relieve pain & inflammation
- Reduces swelling & stiffness
- Delays age-related degeneration of joints
- Improves blood circulation
- Soothes the nerves
- Improves the sensory & motor functions
- Reduce body weight





Thai Massage

Thai massage combines acupressure , Indian Ayurvedic principles, and assisted yoga postures, but with no use of oils or lotions. The recipient remains clothed during treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked.



Benefits:

- Better sleep
- Better relaxation
- Improved digestion
- Calm mind or increased mindfulness
- Helps in back pain
- Lowers stress
- Reduce headache





Deep Tissue Massage

Deep tissue massage targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

Benefits:

- Pain relief
- Better sleep
- Better relaxation
- Healing
- Calm mind
- Increased mindfulness
- Helps in back pain
- Lowers stress





Shirodhara

Shirodhara is the process of running a fine stream of warm sesame oil on the "third eye" area of the forehead, combined with head massage.

Benefits:

- Improves sleep quality
- Manage insomnia
- Reduce anxiety
- Reduce stress
- Pacifies vata dosha
- Reduce headache & migraine
- Helps in Depression
- Hypertension
- Reduce Hair fall





Nasya

Nasya is a nasal administration of medicated oils or liquid drops. The oils or drops can be of a calming nature that helps to promote sleep or relaxation, or more cleansing and stimulating in nature, or purely nutritive. Here we use liquid drops that are more cleansing in action.

Benefits:

- Clear sinuses
- Soothes the nasal passage
- Heals migraine & headache
- Improves voice
- Improves cold
- Promotes breathing
- Reduce pain in face, neck





Netra Tarpan

Netra Tarpan means washing the eye with medicated oils. It is an ancient treatment to relieve the tensions that are trapped in the eye socket that can result in poor eyesight, pain, fatigue, and that sunken, sallow look.

Benefits:

- Improve eyesight
- Nourish the nervous system via the eyeball
- Connects directly to the brain
- Gives lusture to the eyes
- Soothes away wrinkles
- Enhances color and depth perception
- Balances Vata & Pitta dosha
- Removes dark circles
- Gives strength to muscle & nerves of the eyes





Basti

Basti stands for retaining something inside, in this case mainly medicated oil. The procedure of applying heat to the region by retaining warm medicated oil within a specially formed frame in areas like kati basti (back), janu basti (knee).

Benefits:

- Relieve pain & inflammation
- Reduces swelling & stiffness
- Delays age-related degeneration of joints
- Improves blood circulation
- Soothes the nerves
- Improves the sensory & motor functions
- Reduce body weight





Cupping Therapy

Cupping is a type of alternative therapy that involves placing cups on the skin to create suction. This suction is thought to improve the flow of energy in the body and facilitate healing.

Benefits:

- Promotes the skin's blood flow
- Increasing pain thresholds
- Reduces inflammation
- Boost cellular immunity
- Increase the flow of lymph
- Prevent fluid buildup
- Resolves chronic muscle tightness
- Reduces anxiety





Mukhalepam

Mukhalepam is a kind of skin care therapy where, different types of herbs, medicated plants, oils, ghee, juices of plants, fruits are used. It is also known as Ayurvedic facial that includes 5 steps. Cleansing, herbal steam, scrub, facial, face pack.

Benefits:

- Improves skin quality & complexion
- Protects skin from wrinkles
- Prevents pigmentation
- Prevents aging of the skin
- Reduces discoloration of facial skin
- Reduces inflammation and pain
- Induces facial glow
- Tightens the pores





Body Scrub

A body scrub is a physical exfoliant, used to remove dead skin cells from your skin. The abrasive ingredients are worked into the skin and work as a natural exfoliant, clearing the skin of older skin cells so your skin feels soft supple and nourished.

Benefits:

- Gives you soft and supple skin
- Promotes cleaner and softer skin
- Soothe rough, dry skin
- Draws out impurities in the skin
- Removes excess dead skin cells
- Promotes good circulation
- Works excellently with moisturiser
- Helps prevent painful ingrown hair





De-tan

De-tan is the process of removing the pile-up of cells and skin which is tanned due to the exposure to pollution and radiation emitted by the sun. It is done to remove the tanned skin to counterbalance the skin tone.

Benefits:

- Gives you soft and supple skin
- Promotes cleaner and softer skin
- Soothe rough, dry skin
- Draws out impurities in the skin
- Removes excess dead skin cells from the skin
- Promotes good circulation and skin cell turnover
- Removes skin tan





RHM Therapy

Rose petals are loaded with skin-loving vitamins, minerals, and anti-oxidants, soothing fragrance. Milk has a ton of skin-nourishing properties, such as softening and cleansing. Honey is rich in antibacterial and antifungal properties, it will moisturize, soften and soothe dry skin. Preferred in summer because of its cooling effect.

Benefits:

- Smooth skin
- Anti- Aging
- Rejuvenating
- Relaxing
- Cooling effect
- Gives you soft and supple skin
- Promotes cleaner and softer skin
- Smoothens rough, dry skin





Foot Reflexology

Reflexology is commonly known as a holistic practice performed on the feet. There are meridian points on the feet that correspond with various organs in the body. This involves reducing stress and bringing balance to the body, energy, and mind.



Benefits:

- Release stress
- Promote relaxation
- Manage pain
- Improves digestion
- Reduce eyestrain
- Improves sleep



MEDIVAN WELLNESS



Medivan Sparsh

Medivan Sparsh is head massage, foot massage, shoulder massage with warm oils to relax & release the tension of muscles. It helps in connecting with Ayurvedic Wellness & the goodness of Ayurveda.

Benefits:

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- Cleansing and detoxifying
- Balance the doshas
- Increases blood circulation
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