

SHIRODHARA



Price RM 100.00

External URL http://www.dvasayurvedic.com.my/

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Shirodhara theraphy involves a stream of warm oil steadily dropping over your head. Shirodhara brings about an unexpected sense of calmness, an immense feeling of relaxation and a wonderful stillness of the mind. The theraphy is often used for the treatment of headaches, extreme migraines, insomnia, hypertension, stress and nervous disorder. Shirodhara is based on the principle of invigorating the mind and bringing oneness in the body. The treatment can help relieve symptoms of anxiety, stress, fatigue and hypertension. Shirodhara relieves fear, tension, worry, headaches and can help in easing depression. Post-Traumatic Stress Disorder (PTSD), and also helps those suffering from insomnia, hypertension or jet lag.



SUPPLIER

AYURVEDIC TREATMENT

Address NO.9, JALAN LEMBAH 17, BANDAR SERI ALAM, MASAI

Contact Person DR.LETCHMY Mobile Number 6073862856

Email dvasayurvediccentre2017@gmail.com

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