

WHAT IS SHIRODHARA?

Shirodhara, one of the great purifying and rejuvenating therapies of Ayurveda*, consists of the continuous flow of warm oil onto the head and scalp. It is one of the most profoundly relaxing therapies one can experience.

Recent research shows that Shirodhara leads to a state of alert calmness similar to the relaxation response observed in deep meditation.

It is also therapeutic for many specific conditions, including:

- Disorders that affect the neck, eyes, ears, nose, sinuses and nervous system
- Chronic headaches (including migraines)
- Depression & Anxiety
- Chronic Pain
- Emotional & mental disturbances
- Insomnia
- Skin conditions, especially psoriasis
- Hair loss (strengthens the hair follicles)
- Fatigue and lack of vitality
- Hypertension
- Vertigo
- Asthma
- Rheumatism
- Jet Lag
- Post-Traumatic Stress Disorder



Benefits are optimized when Ayurvedic principles are also integrated into your daily life. Upāsana can help you make adjustments to diet and lifestyle that are appropriate for your unique constitution to achieve balance and optimal health and well-being.

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