

# Shirodhara

*“When people get up from this therapy, a healthy glow radiates from their skin. People look 20 years younger. Eyes gleam with tranquillity while lips wear a smile of serenity.” - Tirtha, Swami Sadashiva*

**Shirodhara** is a form of Ayurveda therapy that involves gently pouring liquids over the forehead (the 'third eye').

The name comes from the Sanskrit words shira 'head' and dhara 'flow'. The liquids used in shirodhara depend on what is being treated, but can include oil, milk, buttermilk, coconut water, or even plain water.

Shirodhara is one of the most powerful therapies for rejuvenation of the nervous system in ayurvedic medicine.

Traditionally, the patient or client lies on the table and warm medicinal oils are poured over the 3rd eye, forehead, and hairline. The rhythm is chosen based on the constitutional type and imbalance.

Vata types receive oil poured mostly over the 3rd eye.

Pitta types receive oil poured horizontally back and forth.

Kapha types receive oil poured vertically and horizontally.



## ***Benefits of Shirodhara***

- Heals the mind
- Reduces anxiety
- Rejuvenation
- Headache relief
- Reduces vata, pitta, & kapha
- Enhances concentration
- Reduces Insomnia

**Shirodhara is an important treatment for the nervous system. After your therapy it is important to:**

- Keep the head warm and covered.
- Avoid stressful situations.
- Rest for 30 minutes or more after your treatment.
- Avoid electronics, computers and phones.

To book a shirodhara experience at Hamsa which includes abhyanga and herbal steam [follow this link](#).  
\$195 for 90-minute treatment