

AYURVEDIC RITUAL FOR *beautiful hair & health*

Shirobhyanga is a traditional hair and scalp ritual that has been continued from ancient Ayurvedic teachings, 'shiro' meaning head. It has been passed on through generations that massaging the scalp with herbal oils from childhood is vital to peace of mind, the intellect and good health for the hair.

Hair has always been an essential part of the daily beauty routine from birth to maturity and the practice also helps to release emotional and physical tension. It is as important today as it was 6000 years ago as it helps achieve long, lustrous and healthy hair. It is no surprise that this ancient ritual is growing in popularity in spas the world over.

The head is the centre of the nervous system and therefore a regular head massage is as good as a full body massage when done properly.

Head massage with nourishing oils during the first six to nine months of life is said to be excellent for the baby's eyesight and brain. It protects the brain from dryness and helps keep the brain stimulated and thinking, imagining and the day-to-day process of decisions.

When herbal oils are applied to the head of adults, they are absorbed by the hair roots, which are connected to nerve fibres that lead to the brain. Oil strengthens the hair and prevents the dryness which leads to dry brittle hair and many scalp disorders.

The benefits of head massage include ensuring a supply of oxygen and glucose to the brain, and in addition to relaxing the nervous system, it eliminates fatigue, improves circulation, increases pranic energy and helps with dryness and hair loss.

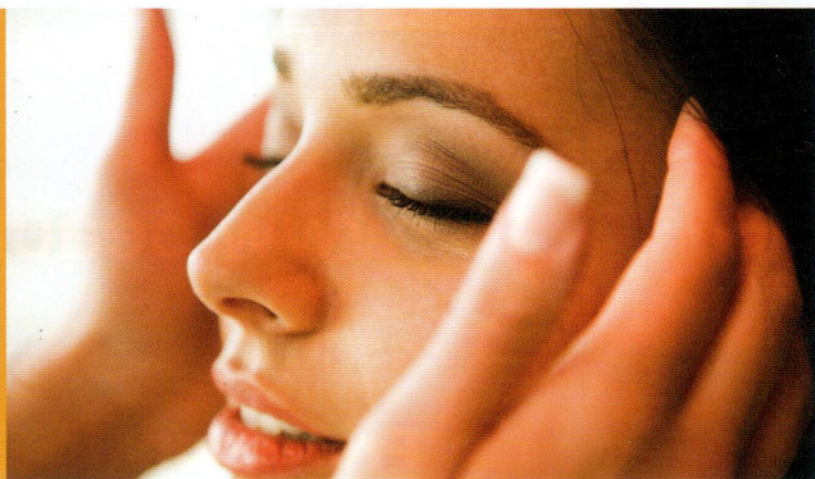
The choice of hair oil plays a major role in ultimate effectiveness. Oiling the hair is a highly regarded ritual in India and it is believed that regular oiling maintains the natural colour of the hair and prevents greying. Oil cools the head and promotes luxurious hair growth. Oil treatments benefit from the application of heat, as this opens the pores and allows better absorption. The hair is then washed with a natural plant-based shampoo, which includes shikakai, reetha and other precious herbs like amla, henna, brahmi, bhrigaraj. In ancient times, women burnt incense and dried their long hair and the scent would linger for days.

OmVeda has based its signature head treatment, Omshiro, on ancient traditional Ayurvedic principles. The OmVeda hair oils are made to traditional formulations and cater for varying hair disorders like hair loss, dry scalp and itchiness. OmVeda also has herbal shampoos, hair masks, tonics and natural hair colours that help enhance hair health. For more information contact: info@omveda.com.au 🍀

BY YASMIN SADIKOT

OMVEDA'S HENNA HUES

On the subject of great Ayurvedic hair products, Spa Australasia's Hari tested OmVeda's Natural Henna Hair Colours and wow! "Intense, rich colour and shine, hair that's soft, full and manageable - and the compliments! So thank you OmVeda, and thanks to all you flatters out there too!" OmVeda's new Henna Hair Colour Powders include natural Henna, Light, Medium and Dark Brown, Copper Brown, Burgundy, Wine Red, Black, Mahogany and Natural. Contact OmVeda on 1300 662 383, www.omveda.com.au.



OMVEDA'S HAIR MAGIC



OmVeda specialises in traditional ayurvedic formulations that naturally heal and rejuvenate. To achieve and maintain healthy hair OmVeda provides three oils to promote lustre, strength and hair health. Neelini Hair Oil is a natural hair nourisher. Herbal Hair Oil soothes irritated scalps and reduces scaliness with its traditional formulation of Fenugreek, Shikakai, Amla and Dodder. Rejuvenating Brahmi Hair Oil helps relieve many skin conditions and promotes

relaxation. Contact 1300 662 383, www.omveda.com.au.