



method uses different pressures and rhythms to stimulate the senses, increase blood circulation and leave the body and mind completely rejuvenated. The massage activates deep centres of the brain, reflex points and facial circulation. The result is tension in the neck, shoulders and face are freed.

**OmShiro beneficial as a full-body massage**

Reviving lifeless, dulling hair, boosting the hair's strength, the **OmVeda Hair Oil** soothes irritated scalps and reduces scaliness with its traditional formulation of

**Expand your Treatment Menu with  
OMVEDA OMSHIRO  
Traditional ritual for hair, health & stress relief**

The **OmShiro Ritual** forms part of the **OmVeda Signature Treatments** for face and body or can stand-alone as a wellness therapy to relieve stress and tension and induce relaxation.

OmVeda has drawn on the ancient therapy and essential beauty concept of India ('Shiro' meaning head) and developed this exclusive Ritual integrating Shiro Massage (a combination of marma point technique and scalp massage) and specifically selected OmVeda Herbal Hair Oils suited to the client's scalp and hair condition. Herbalised Oils such as Neelini, Herbal or Brahmi contain specific Ayurvedic herbs to alleviate scalp and hair problems such as thinning, dryness or flakiness.

The OmVeda products and Shiro massage work in synergy to stimulate and nourish the scalp, promote circulation, encourage hair health while addressing stress and tension. To support and aid absorption of the oils, hair is wrapped in a warmed towel for 30 minutes and then it is cleansed.

The OmVeda OmShiro Ritual, with its combination marma point technique, targets the vital energy centres, encouraging the body's natural balance for overall wellbeing. It is also beneficial in relieving headaches and eyestrain, improving concentration and alertness. The technique focuses on areas where energy may be blocked, and the application of pressure to these points releases and encourages the breakup of stagnant energy in the body. Refreshing and energy-boosting, this traditional

Fenugreek, Shikakai, Amla and Dodder.

The **OmVeda Neelini Hair Oil** is a natural hair nourisher to prevent hair fall and dandruff, encourage growth, boost vitality and maintain hair health. It is enriched with the herb Bhringaraj (the 'lord of hair'), Neem for its antibacterial and antiviral properties, Hibiscus, Amla for its high antioxidant content, Belleric Myrobalam and Indian Lotus.

Known as the brain tonic by the gurus in India, rejuvenating Brahmi helps relieve many skin conditions and promotes relaxation. The **OmVeda Brahmi Oil** contains natural antioxidants and its key ingredient, Valerian, in addition to Gota Kola revitalises the nerves and improves stress levels, Aswaghandha, an all-round tonic that strengthens and rejuvenates, and Amla.

While clients can derive the most benefit if the oil is left on the scalp overnight, given their busy lifestyle hair can be shampooed and conditioned following the treatment. For those who experience thinning hair, the treatment can be followed by an application of the **OmVeda Neelini Hair Mask** for a further 30 minutes and then cleansed and conditioned. **API**



**Please call OmVeda on 1 300 662 383 or email info@omveda.com.au for specialised training in the OmShiro technique.**

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