New Therapies in Pitanga (by Appointment)

1- Oil Massage (Abhyanga)
“Oil Massage (Abhyanga) should be resorted to daily. It wards to old age, exertion and aggravation of Vata.”

Throughly oiling the body by way of Abhyanga, loosens deep seated metabolic waste materials and brings elasticity to the body tissues it then moves these waste materials to the GI (gastrointestinal tract) for removal. It also promotes flexibility in the joints, a general sense of well being, warmth, comfort and also helps to balance the Dosha.

2- Reflexology

Reflexology is a form of bodywork (therapy) that envolves applying pressure in a “reflex areas” on the feet that are connected to specific organs and body parts, it can produce changes in pain and other benefits elsewhere in the body.

3- Lymphatic Drainage

Lymphatic drainage is a gentle, rhythmical massage treatment performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. Lymphatic massage can also aids in the prevention of swelling after injury or surgery. Lymphatic massage improves circulation, increases your metabolic rate and has the potential to improve your immunity.

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