



VATA RELIEF!

OmVeda new Vatakizhi treatment is for Vata conditions such as dryness, joint and muscle pain, swelling and aches. The Vatakizhi contains a blend of Ayurvedic herbs such as anti-bacterial, relaxing dill seed, anti-inflammatory crown flower and ginger, Himalayan cedar and hogweed. The Kizhi; a small, hand-sized cloth bag containing medicines, herbs, seeds or rice, is warmed in a combination of OmVeda Herbal Oils such as sesame, karpuradi or raksha oils and applied using massage. Used in conjunction with OmVeda Arthroil, it offers speedy, relief from deep-seated pain and rheumatic arthritis, spondylitis, sprains, body and joint pain. Arthroil comprises traditional herbs such as castor, gudichi, a diuretic and anti-inflammatory used to treat rheumatism and skin disorders, bala, for its anti-asthmatic and stimulating benefits, five chaste tree to relieve stiffness and pain, and Indian camphorweed, for rheumatism, arthritis, dyspepsia, bronchitis and inflammation.

Contact: OmVeda 1300 662 383.

MUCH-KNEADED

Said to already be huge in Europe, Asia and the USA, Warm Bamboo Massage has now arrived in Australia. The technique involves using heated bamboo rods of various sizes to roll out knots and relax tense muscles. Greater pressure can be applied to the client without extra exertion by the therapist; reducing stress on your hands and wrists. The Australian Spa Group Bamboo kits contain an eight-piece bamboo set, electric heating pad, 125ml bamboo massage oil, training DVD and manual.

Contact: The Australian Spa Group 0406 787 582.

MAINTAIN AN EQUILIBRIUM

Germaine de Capuccini's Equilibrium Aromatic Salts Body Exfoliant contains a fine sea salt granule in a rich base of macadamia oil. As you add water, the salt dissolves and the skin is left feeling silky soft. Containing natural essences of nutmeg, sage, basil, mint, orange and grapefruit, it helps energise. Equilibrium Body Treatment Oil has a fresh, light texture and also contains the hydrating, nourishing essences of nutmeg, sage, basil, mint, orange and grapefruit. It can be used daily after a shower or added to a bath.

Contact: Germaine de Capuccini 1300 432 100.

Real deal peels

Heritage Healers' Papaya Enzyme Peel helps prepare the skin for their 'superceutical' facials. Harnessing the exfoliation action of papaya and pineapple, this non-abrasive treatment gently softens and clarifies the complexion. Their Grape Wine Peel is an alternative to harsh glycolic and salicylic acid peels. With over 20 per cent total acids derived from grape extract, melon and kiwi pulp, it gently exfoliates the top layer of skin cells and provides essential polyphenol nutrients and antioxidants to the skin. Then a combination of wine extract, orange flower water, aloe, panthenol, vitamin C, green tea, oat extract, cucumber extract and witch hazel is used to nourish and revitalise the skin. This three-part grape wine peel is a truly effective total anti-ageing treatment.

Contact: Heritage Healers 1800 685 050.

