



## A treatment for Detoxification & Glowing Skin

This time of the year is the opportune time to prepare the body for the coming warmer months with a traditional cleansing and detoxification procedure that is guaranteed to improve energy levels, as well as release a vibrancy and smoothness to the skin.

The body, when functioning correctly, will activate its own detoxification processes through the kidneys and the skin. However, due to environmental toxins, poor diet and stress we often retain impurities that compromise our health. As the skin is the largest organ in the body and is in constant contact with the environment it often harbours toxins beneath its surface. While diet, exercise, sleep and healthy living are of utmost importance in helping to keep the body healthy, detoxification through an appropriate body treatment can assist in relieving impurities and toxicity from the body and giving it a new lease in life.

The most effective procedures to induce detoxification include the following five elements:

- **Heat inducing** – stimulate perspiration for the release of toxins
- **Exfoliation** – to eliminate dead skin cells and facilitate excretion of impurities
- **Clay-based vehicles** – these have a drawing action and aid in the absorption of impurities
- **Active herbs** – medicinal-grade herbs that release nutrients and minerals to replenish the skin and body
- **Hydration** – rebalancing the skin's hydration levels will aid in retaining the minerals and nutrients into the skin and restore a healthy-looking glow to the skin making it look more youthful.

To kick-start your detox program OmVeda offers an intensive and highly effective yet gentle treatment that is as pleasurable as it is beneficial.

The **OmVeda Body Detox** is an intensive treatment that produces heat and induces sweating. It begins with ang marma

point massage, using warm to hot herbalised oils with persuasive and active movement. This helps to increase circulation and begin the process of dilating the capillaries to begin the process of detoxification. There are several herbalised oils in the range and they should be chosen for the individual needs. These include:

- **Karporadhi** for congestive problems
- **Pinda** for dry skin
- **Calming Massage Oil** for inflammatory conditions

### HERE IS THE FULL PROCEDURE

#### STEP1: Snehana (oleation)

Oil massage is an important treatment in Ayurveda. It involves a therapeutic massage of about 45 minutes' duration. The massages are done with two therapists working on either side of the patient/client with special attention paid to the feet.

#### STEP2: Swedana (fomentation)

This refers to the remedy that involves practices involving heat to make the patient sweat. It can be administered to part or the whole body depending on what requires balancing. Swedana is effective by inducing sweat through heat. There are a number of ways this can be done: eg Steam of medicated herbs, covering the body with blankets or hot towels. This procedure dilates the capillaries and sudorific glands and aids in the removal of toxins.

#### STEP3: Sprinkle OmVeda Udwarthanam Powder on

the oiled body and follow with a firm massage using circular motions to help increase heat, stimulate circulation and break down congestion in areas where the lymph flow has become sluggish and where toxins have collected. The combined action of massage and herbs aids in improving surface circulation, keeping pores open and encouraging elimination of metabolic wastes. This increases nutrients and oxygen to the skin for improved blood flow, promoting perspiration and thereby aiding the overall cleansing process.



The Udwarthanam Powder comprises traditional Ayurvedic herbs specifically chosen and used for their unique properties, helping to help balance and purify the body. These include:

- **Pandanus Odoratissimus** – an aromatic herb that is known for its stimulant and anti-spasmodic actions
- **Himalayan Cedar** – Aids in increasing circulation and treating skin disorders such as eczema and psoriasis
- **Nut Grass** – An astringent that also stimulates metabolism
- **Rubia Crodifolia** – For its anti-inflammatory and anti-bacterial properties
- **Vetiver** – Helps to remove excess heat from the body and also has anti-bacterial properties

Alternatively, you can perform the massage with Udwarthanam in conjunction with a brush.

OmVeda recommends eco and skin-friendly fibres such as sisal, coconut or jute. Start with gentle circular motions then longer, smoother strokes, gradually building firmer strokes as skin becomes accustomed to the sensation.

**STEP 4:** Steam or apply hot towels to make the body heat and perspire. Alternatively the body can be wrapped in a thermal blanket. Excess powder and oil is removed with a hot towel.

**STEP 5: Apply the pre-made OmVeda Body Mask.** The Mask is a combination of purifying herbs like turmeric (decongestant and antibacterial), Neem and orange peel. The powder is made into a paste with room temperature yoghurt and applied over the whole body. The body is then wrapped with a natural cotton like cheesecloth or thin linen and the mask is left on the body for 25 minutes.

**STEP 6:** Using the palm of the hands roll off the mask with firm movements. Any excess remaining on the skin can be brushed off with a rolled dry towel or with a natural fibre brush.

**STEP 7: Apply OmVeda Turmeric Cream** to complete the treatment. The skin will look brighter as many toxins from under the skin will be eliminated and the skin will feel hydrated and soft.

The client should continue a daily massage with herbalised oil, weekly scrub with **OmVeda Udwarthanam powder** and apply **OmVeda Rehydrating Body Lotion** or **Honey Body Lotion** daily. Daily maintenance will help to keep the skin smooth, soft and minimise the appearance of cellulite.

An intensive salon treatment is encouraged regularly particularly when seasons are changing and the body is adjusting itself to climatic fluctuations. A simple tea can help to keep the system in balanced.

### SIMPLE DETOXIFYING TEA

Sipping warm teas throughout the day is also a highly effective way to flush out accumulated toxins from the body. Simply place the ingredients in a medium saucepan with 4 cups filtered water, bring the water to a boil for 5 minutes, and then steep for 2 to 5 minutes. Always add the lemon while the tea is steeping. Strain into a tea pot or thermos. This is an excellent tea for individuals who are trying to lose weight.

### Kapha Tea

*to aid detoxification and weight loss*

- 1 teaspoon cumin seeds
- ½ teaspoon coriander seeds
- 1 cinnamon or liquorice stick
- 10 fresh basil leaves
- Squeeze lemon juice



For more information please call  
OmVeda on 1 300 662 383 or visit  
[www.omveda.com](http://www.omveda.com).

TRUE  
BEAUTY  
AS  
NATURE  
INTENDED



Unparalleled experience  
and knowledge in  
Traditional Ayurvedic Beauty.

Over 50 exclusive retail products  
Traditional Signature Treatments  
for face, body and hair.

Leading the way in  
Traditional Ayurvedic  
Face, Body & Hair Care.

1300 662 383

[INFO@OMVEDA.COM.AU](mailto:info@omveda.com.au)

[WWW.OMVEDA.COM.AU](http://www.omveda.com.au)

OMVEDA IS 100% AUSTRALIAN OWNED