



Benefits of reflexology

- Creates relaxation:
- Reduces pain:
- Ameliorates health concerns
- Improves blood flow: Reflexology work increases blood flow to the feet, brain, kidneys and intestines.
- Aids post-operative recovery: Reflexology work aids recovery after surgery, reducing pain and lessening the use of post operative analgesics.
- Impact on physiological measures (e. g. blood pressure and cholesterol; measurements by ECG, EEG, and MRI)
- Enhances medical care: Reflexology helps where nothing else can for many: phantom limb pain sufferers, neuropathy patients, and dialysis patients to name a few.
- Benefits mental health: Research demonstrates that reflexology can reduce depression and anxiety.
- Complements cancer care: Pain, nausea, vomiting, and/or anxiety eased for chemotherapy patients.

In general terms, the benefits of reflexology have to do with the reduction of stress. Because the feet and hands help set the tension level for the rest of the body, they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.



Panchendhriya Ayurgruham

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*Unwind your
soul on
our fingers*



by Panchendhriya

 **YOGI HOTELS**
The Boutique Hotel

Plot No.31A, Sector-24, Opp. Mafco Market,
Vashi, Navi Mumbai - 400 705.

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Revitalize & Renew

A large range of treatments are on offer in this uniquely serene setting. They have been designed to transport you to a state of deep relaxation. Draft away with one of the many soothing relaxing body massages or enjoy a cleansing sauna. Be pampered with one of the spa's unique beauty therapies, or enjoy a body scrub or Body Polish all designed to make you feel like a million. Our professional staff at the Healing Touch will smooth away the stresses of everyday life.

Our Bouquet offerings

We offer you a list of wonderful spa experiences. Take a look at what we offer at the Healing Touch

Relaxation Massages

This Ayurvedic massage includes an herbal oil application using various medicated oils as per the person's body condition. Abhyangam is an excellent relief for muscle pain, improves muscle tone, removes the fatigue and relaxes the entire body. It also keeps the skin well toned.

The Aroma Massage included Abhyangam with aroma oil. Other options offered are Olive Oil, Almond Oil and Sandalwood Oil.

Body Scrub

This treatment involves a full body scrub which helps detoxify the body by removing the dead skin cells by cleansing and purifying the skin with Red Sandal powder and Coffee Scrub.

Body Polishing

This treatment includes a full body polish with white Sandal and Red Sandal which brings out the glow in the skin while reducing signs of aging.

Shirodhara

A deeply relaxing treatment, it involves the running of a fine stream of warm herbal oil, milk or butter milk on the forehead or on the third eye position. This helps relieve anxiety, tension, headaches, insomnia and migraine.



REFLEXOLOGY

Reflexology is the practice of applying pressure to the feet and hands utilizing specific thumb, finger and hand techniques without the use of oil, cream or lotion based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change in the body.