

The Art & Science of Massage Therapy

Before explaining the need to have massage therapy, I would like to introduce the importance of touch. For babies, it's talk. For children, it is acceptance, comfort and love. Touch is one of the five human's five senses, which are extremely important for providing us with a rich emotional life.

It is proved that when a teacher pats students in a friendly way, they are likely to speak up more in the class confidently. When a doctor pats a patient on the back, the warm service helps in boosting the survival rates in case of even more complex diseases. This touch makes us feel appreciated, relieve tension, escape from conflicts and feel good.

Massage therapy is an art of healing that understands the importance of touch and encompasses the manipulation of soft tissues in improving the body health. It improves the blood circulation, stimulates the nervous system and a proved positive effect on muscles and internal organs.

There are many styles of massage techniques to alleviate stress and chronic pain in a person's body. The therapists know where the muscles are and what technique can help our body. It will be helpful for them and us if we can reveal our medical history to them and what exactly we are looking for.

Hard working people like us make our body to take strain on various parts particularly the back and shoulders. Indeed, low back pain is a huge health problem these days and it was scientifically proven that the massage therapy has very good results in reducing the pain. While massaging the pressure joints, body releases endorphins that reduce anxiety levels, which reduce stress levels and which then reduce the physical pain associated with the injury.

Massage promotes good circulation and allows blood to flow more freely through congested knots of muscle. The pushing and pulling of massage flushes out harmful lactic acid and improves the flow of lymph fluid, which carries waste away from muscles and internal organs. A recent study performed by the American Massage Therapy Association showed that therapy patients developed fewer migraines and had better sleep during the weeks they received the massage.

Massage also benefits pregnant women to reduce the pain caused by the pressure around the knee area. It eliminates headaches and the pain associated with the weight gain. As we know that the most medications are contraindicated for pregnant women due to the possible side effects and hence the physicians recommend alternative pain relievers such as massage.

Massage therapy can really help you stay relaxed and help you rejuvenate yourself. Do you agree? If not why, let me know your thoughts.

Wellness Tips

HEAL SKIN WITH OATMEAL

If you suffer from eczema, you can find a great remedy in your kitchen pantry: oatmeal. But instead of eating the oats, the trick is to add them to the bathtub.

"Oatmeal is one of the natural remedies that acts as an anti-inflammatory agent and soothes the itching caused by eczema," says Badreshia-Bansal, of the University of California, San Francisco.

According to Reed, of the Denver Skin Clinic, add 2 to 4 cups of finely ground rolled oats to a bath and soak for 15 minutes.

Then rinse your body thoroughly, because any leftover oatmeal on the skin might irritate as it dries. Moisturize after you leave the tub.

ALL NATURAL HAIR TREATMENT:

1/4 cup olive oil

1 tbs. honey

5 drops of rosemary essential oil

Squeeze lemon juice into a ceramic cup. Add olive oil and honey, and blend with fork. Warm mixture by placing the cup in a bowl of very hot water. While the mixture warms, place 5 drops of rosemary oil in your palms and rub hands together. Then massage your scalp for several minutes. Relax and breathe. Stir the warm mixture and apply evenly over scalp and hair using a brush, comb, or fingers. Wrap your head in a warm damp towel and sit back and relax for about an hour. Rinse and enjoy soft, shiny, renewed hair

QUICK ANXIETY BUSTERS:

Here are a few ways you can stop an anxiety attack in it's tracks!

1. When you are edgy, count backwards by 3's, beginning with 1,000. This requires focus, taking your mind off the frustrating thoughts and lowers your breathing rate, which reduces blood pressure.
2. Press your palms together, slide them back and forth rapidly for 10 seconds to warm them up and then gently press them over your eyes for 30 seconds. Your eyes will absorb the heat and induce relaxation. Great for eye strain too!
3. Always give yourself extra time!. Next time you have an appointment, leave at least 15 minutes earlier than you normally would. Missing deadlines is stressful; this is an easy way to ensure you bypass all that tension and anxiety.
4. Pick your own mantra- like "I can handle this" or "everything will work out". Then when worries arise, simply say it to yourself silently, over and over. This will subconsciously instill you with confidence while lowering your production of stress hormones. Plus, after saying a few times, your brain will start to believe it!
5. Eat a complex carbohydrate like whole wheat toast. This is a great way to boost your brain's levels of the relaxing hormone serotonin.

And finally....just breathe! We hold our breath when stressed. Take a nice deep belly breath(make sure you use the belly not the chest) and exhale slowly. Let your tension go....

CARROT MASK FOR PROBLEM SKIN!

A preparation of raw carrots, mashed to a smooth paste does wonders in helping clear a blemished complexion, when used along with regular good nutritional practices. The high vitamin A content of this red-gold vegetable no doubt explains its helpfulness. Here is how you prepare the mask..

Make sure your skin is clean and exfoliated before applying mask for better results*. Grate and mash the carrots to a paste (if you prefer to use the carrots in a softer form, try steaming the carrots till tender. mash to a soft pulp) apply all over the face and even the throat area. Relax for 10 to 15 minutes and then rinse off with tepid water. Finish with a toner and appropriate moisturizer.

HEALTHY SKIN IS ALIVE WITH WITH VIBRATING ENERGY

It's radiant, smooth, supple, elastic, and moist. It also has a slight flush to it from optimal blood circulation. This kind of skin shows lymph fluid is removing toxins and boosting immunity. All the while the skin is experiencing a constant state of renewal, turning over and shedding over a million skin cells an hour in a sort of healthful internal dance.

So, this is what healthy skin is "supposed" to look and feel like. However, most of us have never experienced this feeling because we are unaware how our daily routines can adversely affect our skin and bodies. The perfectly natural way to create beautiful skin, is to manage stress, eat healthfully and mindfully, get a good balance of physical activity and rest, stay hydrated, and avoid smoking.

And, naturally, follow a healthful skin-care regimen with pure products and only use the most gentle approach to your skin. Rough tugging, rubbing or abrasive handling of your skin with your fingers, hands, towels or machines can mechanically damage your skin.

Why natural skincare?

Natural skincare is a logical and relatively simple approach that holistically nurtures your skin's natural ability to maintain good health. It's about therapies that treat our skin from the inside out and from the outside in.

The primary goals of natural skincare are to encourage the regular sloughing off and turnover of skin cells and maintain the skin's natural acid mantle, which is a combination of sebum and perspiration that your body secretes to protect and moisturize your skin's surface. Achieving these goals can help rebuild damaged collagen and elastin (the chief protein in your skin's elastic fibers) in order to maintain skin strength, elasticity, and resiliency.

Natural skincare should be free of chemicals (most companies that claim to be "natural" actually still use chemicals) and use actual compounds found in nature. Pay close attention to ingredients, if you notice a ton of things you can't pronounce, and only a few that you can....walk away.

The selection of beauty and personal-care products is very important. Think of them as food for the skin. Products placed on our skin have direct entry to the blood stream, whereas the food we ingest is first metabolized by the liver. Ensure that the "food" for your skin is pure, natural and devoid of toxins as possible!

USE A MANTRA TO KNOCK OUT STRESS!

Sometimes the noise from inside our own heads is the biggest stressor of all. But here's the phrase that can turn things around for you: "My mind is calm."

Positive affirmations like this one may be key to stress-free health, according to Dr. ... Maoshing Ni, author of *Second Spring*. These affirmations can help offset the soaring levels of stress hormones produced by tens of thousands of other negative thoughts we have on a daily basis.

Stress Spiral

In his book, Ni writes that the average woman has 60,000 thoughts a day and that 80 percent of those thoughts are negative. Ouch. And negative thoughts are bad news for the body, since stress causes wear and tear on many physical health systems. But Ni recommends offsetting that stress by repeating calming, soothing positive affirmations to ourselves because the thoughts that bubble up from our consciousness affect our health, just as our diets and exercise habits do. Positive thoughts feed the body nourishing mental energy.

Make Your Own Mantra

Affirmative self-talk suppresses the release of cortisol from the adrenal glands. And that can help you feel calm and peaceful. So when negative thoughts crop up, imagine a big stop sign in your head, and tell yourself, "Stop!" Then, replace the downer thought with a positive, soothing message. Think of what it is you wish were true, and then state it over and over, as if it were true. Here are some examples:

When you exercise and feel tired, think, "I am strong."

When you pass by a mirror, think, "I am the perfect weight for me."

When you set to work on a hard task, think, "I can accomplish anything."

When you feel overwhelmed, think, "I trust in the process of life"

Spa Wellness treatment facilities provided by Chateau's wellness resort Malaysia

Located on Berjaya Hills in the state of Pahang, Malaysia, The Chateau rises majestically amidst a lush tropical rainforest and is inspired by the 18th century medieval 'Haut Koenigsbourg' castle in Alsace, France. Offering a complete organic experience, this breathtaking and picturesque destination spa and resort offers impeccable service coupled with unsurpassed hospitality standards.

Boasting 128 elegant rooms and suites, each one is tastefully appointed and environmentally friendly with organic bed and bath linens as well as room amenities.

The Chateau caters to a discerning clientele in search of a destination spa which provides the ultimate in health and well-being enrichment.

La Santé, the Organic Wellness Spa

La Santé is the jewel in The Chateau's crown. A sanctuary of healing and wellness, La Santé is the first European concept spa in Asia. Combining the best of European spa expertise with renowned Asian hospitality, well trained spa personnel deliver tailor-made and individualized therapies and programmes which include stress relief, weight loss, beauty & body pampering as well as pre and post natal care and men only programmes.

Some of the Unique features of the La Santé Spa include a herbal infused sauna chamber, salt grotto and a Aquaveda heated bed.

A Salt pool and Aroma Hydro pool adds to the holistic experience. Utilizing the finest organic spa products, the mission of the spa is to incorporate a fitness regime and a well-balanced diet into the everyday lives of their guests and inspiring them to start their journey toward total well-being

Spa & Health Facilities

reatment Rooms, Herbal Bath, Salt Grotto, Aquaveda Bed / Soap Brush Treatment, Changing Rooms with integrated sauna and steam areas, Deluxe Treatment Room with Whirlpool, Outdoor relaxation pavilions, Fitness Gym, Spa Cafe, Hair Salon, Nail Studio, Mind and Body Studio, Aroma Hydro Pool, Consultation Rooms, Spa Boutique.

Giwa Spa Bali

The emphasis in Giwa Spa is on water and aromatherapy treatments with a selection incorporating ancient Indonesian traditions and rituals. Giwa Spa's signature treatment –Ocean Flow – combines elements of rhythmic strokes of acupressure, akin to the movements of ocean waves. The luxurious spa facility, enclosed in a secluded compound at the resort, has seven treatment rooms each with a massage bed, a deep soaking tub and shower cabinet. A couple's treatment room holds a freestanding, black granite soaking tub for two, overlooking the water gardens.

With five spa pavilion and two spa villas flank a 25-metre outdoor pool. Each private villa encompasses indoor and outdoor treatment areas for two, overlooking the water gardens, with an ocean or garden vista. A separate relaxation theatre opens out onto a pavilion dining area with outdoor Jacuzzi and steam showers. Giwa Spa also includes a Wellness Studio, reflexology centre, and a salon which offers a full range of beauty services, including hair care cream baths, manicures, pedicures and waxing. Before or after therapy, spa guests may relax in a subtly lit lounge.

The Wellness Studio complements Giwa Spa and offers a choice of exclusive mind, body and soul therapies including yoga, pilates, meditation and stretching exercises. The extensive Wellness Studio has a variety of programs, fitness club, meditation room and two flood-lit tennis courts. For children of eight years of age and above, a special spa menu can be custom designed so children and parents can enjoy the spa adventure together. The varied treatments available include a 30-minute massage, foot bath and mask, coconuttangerine hair cream wash and a special children's 1000 Bubbles bath play menu with tempting flavours such as Double Chocolate Fudge, Banana Split and Milk Bath.

10 Reasons to visit Fitness Centres

While having lunch this afternoon, one of my colleagues laughed at me when I told him I am going to visit a spa this weekend. The point he was trying to make was look spa is a costly affair and only rich people are supposed to visit one. Really? I don't think so.

Let me explain point by point why I visit a Spa.

Get Relaxed: yes you read it right. Every day your body and mind go through lots of pressure and get tired. Visiting a Spa will just help your body and mind get relaxed. Its going to help you forget your worries for some time.

Health: Visiting a spa can help your body and mind stay healthy

Weight Check: Visiting Spa will ensure you are maintaining that perfect and balanced weight. When you see other healthy people around, you get motivated and will keep it under control. They will also guide you on your food habits.

Detoxify: You can get rid of many toxins like Alcohol, Stress and environmental pollutants too.

Food and Drinks: You will love all those delicious food and drinks that they offer in spa. This not a reason, you ask. Yes for me it is

Reconnect: It gives me opportunity to reconnect. I am still a bachelor, but you can visit a spa with your spouse or your girl friend (if you have one)

Exercises: Learn some useful and easy to do exercises that you can even practice at home

Yoga and Meditation: Visiting a Spa or a fitness centers will help you learn yoga and meditation that again you can practice at home

Stay Younger: Visiting a Spa can help you stay younger and avoid aging. They can offer tips and advise after checking your skins, which is not possible otherwise.

Feel Great: When you visit a spa it gives you lots of additional pleasure depending on the kind of spa you visit. Like you could go to a day spa, a foot spa, or a resort spa.

All right. That's all from me. But I really wonder, even today people feel that spa, fitness centers and beauty salons are costly affair. Trust me its not. For some one who loves his/her body, occasionally visiting a spa should be in your things to do list.

Why Medical Tourism India?

India has among the best qualified professionals in every single field, which fact has been realized the world over. Regarding Medical Facilities India has got the most competent doctors and world class Medical Facilities. With many competitive charges for treatment, India is an extremely lucrative place to go for people attempting to undergo management of certain medical conditions who don't need immediate emergency treatment.

India offers World Class Medical Facilities, comparable with the western countries. India has advanced Hospitals and also the most qualified doctors. Using the best infrastructure, the perfect Medical facilities, associated with probably the most huge discounts, you will get the therapy completed in India at the smallest charges. Someone can come to India where he'll undergo treatment and together with that people can have him the Indian tourist and pilgrim destinations, whenever advised through the Doctors. Everything would save him lots of money and that he can get to find out India simultaneously. We ensure that we offer the very best medical and travel facilities during for you personally in India.

Get the treatment completed in India in a fraction from the cost where to control your emotions abroad - in Europe or America. Besides offering you treatment, we'll also demonstrate different holiday destinations in India. The entire package can cost you less than what you will need to pay for that medical charges alone, in other European, Middle East or American countries.

Why India

India is really a leading player within the medical tourist/healthcare Facilitation industry. It's increasingly proving itself to be the destination preferred by an array of surgical procedures. There are many benefits of likely to India for treatment. A few of the benefits of likely to India for treatment are:

Benefits of likely to India for Treatment

Internationally accredited medical facilities while using latest technologies Highly qualified Physicians/Surgeons and hospital support staff Significant financial savings when compared with domestic private healthcare Treatment costs in India are lower by a minimum of 60-80% in comparison with similar procedures in North America and also the UK No Wait Lists Fluent English speaking staff Choices for private room, translator, private chef, dedicated staff on your stay and several other tailor-made services May be easily coupled with a holiday / business travel Within India, we've partnered with world-class private care hospitals, which offer quality medical services at reasonable prices for the clients. We've caused these facilities to make sure that they'll deliver something which will meet our high expectations.

Alternative Therapies in India for Treatment

India is recognized for ancient alternative therapies for example Ayurveda, Yoga and Meditation, and Massage therapy. India is definitely an exotic tourist destination offering from beaches, mountains, cosmopolitan cities, quaint villages and pilgrimages to match every palate. Rich in culture and history, India has been proven as an oasis nowadays in this world, providing complete well-being and health, while supplying the latest in technology.

Indian Corporate Hospitals

Indian corporate hospitals possess a large pool of doctors, nurses, and support staff ensuring individualized care. The highly trained personnel, with wide experience and international exposure succeed in Cardiology and Cardiothoracic surgery, Orthopedic surgery, Bariatric or Obesity surgery, Gastroenterology, Ophthalmology, Dentistry, and Urology, for starters. Our hospital partners have exclusive Cosmetic/Plastic surgery departments. Our alliance partners have Centers of Excellence within their speciality areas.

All medical investigations are conducted while using latest, technologically advanced and leading edge diagnostic equipment. Stringent quality assurance exercises consistently ensure reliable and quality test produces a timely manner.

Despite the fact that India has numerous different languages, English is widely spoken. All hospitals have excellent English speaking staff and language or communication is extremely easy. If English isn't your native language, we are able to arrange translators in many major international languages to get along with you on your Indian tour.

India has kept pace using the latest in technology and it is application continues to be widely felt within the health industry. Moreover, India's strong pharmaceutical sector has gained international recognition.

Brief Profile of India

India is among the oldest civilizations within the world having a kaleidoscopic variety and rich cultural heritage. It's achieved multifaceted socioeconomic progress over the last 58 many years of its Independence. India is becoming self-sufficient in agricultural production, and it is the tenth industrialized country within the world and also the sixth nation to possess gone into space to overcome nature for that advantage of the folks. It covers a place of 32,87,263 sq km, extending in the snow-covered Himalayan heights towards the rain forests from the south. Because the seventh largest country within the world, India is distinguishable in the remainder of Asia, marked off because it is by mountains and also the sea, which provide the country a definite geographical entity. Bounded by the great Himalayas within the north, it stretches southwards and also at the Tropic of Cancer, tapers off in to the Indian Ocean between your Bay of Bengal around the east and also the Arabian Sea around the west.

Lying entirely within the northern hemisphere, the mainland extends between latitudes 8°4' and 37°6' north, longitudes 68°7' and 97°25' east, and measures about 3,214 km from north to south between your extreme latitudes and about 2,933 km from east to west between your extreme longitudes. It features a land frontier of about 15,200 km. The entire entire coastline from the mainland, Lakshwadeep Islands, and also the Andaman and Nicobar Islands is 7,516.6 km.

Ayurvedic Beauty Care

Beauty is indeed more than skin deep. It is the physical manifestation of the spiritual and mental wellness of a person. According to Ayurveda, caring for and maintaining one's natural beauty is a task that must be undertaken by any civilized human being. The Ayurvedic beauty treatments are absolutely natural, thus providing the best results without causing any side effect. Ayurveda has been in practice for centuries now and Ayurvedic beauty products today are available in beauty care salons and in departmental stores.

How is Ayurvedic Beauty Care so Effective?

Natural ingredients – Extracts of herbs, vegetables, spices and flowers are used to prepare Ayurvedic creams and lotions. These natural ingredients not only ensure removal of skin blemishes and dark spots permanently, they provide relaxation of the mind and body, which cannot be achieved from the use of cosmetic products.

Inner beauty – Results may not be immediate from the use of Ayurvedic products. However, the Ayurveda potions work to improve the internal beauty of the user so that the skin ailment may not reappear in the near future. This is unlike cosmetic products that work only on the skin surface.

Better human personality –

The use of Ayurveda products will not only better your skin quality, it will take care of all aspects of the body, mind and soul. Ayurvedic beauty treatments help in releasing harmful amatoxins, they completely eliminate the 'doshas' or harmful elements in the body and restore cellular nutrition. This rejuvenation therapy in Ayurveda makes possible the development of a better personality of the user.

Self realization in Ayurveda –

According to the traditional principles of Ayurveda, sadness, happiness, gloom and relaxation are directly related to ailments in the body. Hence an Ayurveda practitioner insists on a person first identifying his state of mind, also known as 'self realization'. The treatments and therapies begin after self realization so as to provide medication that will lead to both external and internal beauty. Ayurvedic experts say that a person who is self realized is beautiful inside out; he does not need any cosmetic product or expensive clothes to look good.

Prakruti or body type –

The best part of Ayurvedic treatments is the fact that a practitioner will first determine the 'prakruti' or body type of a patient and then start medication. This ensures that only such medicines which are suited to the skin type of that patient are administered. Side effects are minimized and best results are ensured in this way. A 'Vata' dominant person has dry skin; a 'Pitta' dominant person has skin prone to sunburns, acne and moles; a 'Kapha' dominant person has skin with large pores, is prone to sweating and oily skin.

Different forms of medicines –

Ayurvedic medicines come in the form of creams, lotions, face packs or even tablets. Therefore, a person can choose his preferred form of medication. If you are constantly on the run, you can opt to pop a tablet having composition similar to creams or lotions that are also serving the same purpose.