Ayurvedic practices for headache treatment

Actually, massage oils are not exclusive to luxurious spas and massage saloons. You can easily cook them right at your home. All you will need is a fairly small quantity of the clear vegetable oil and some essential oils.

We are recommend to take 10 grammes of vegetable oil of any kind (it could be olive, corn or sunflower) and dissolve from 5 to 10 drops of essential oil or a mixture of essential oils in it. Stir the mix carefully. It is important to cook it immediately before the procedure to keep it was fresh.

Massage can be done with the assistance of another person or by themselves. Pour in the palm a medium sized spoon of the cooked massage oil and slowly rub the painful sites. And after that keep massaging all other parts of the body.

Rub your body until oil is not fully penetrate into the body. If you have inflammation of the skin somewhere, or have varicose veins - never press these zones too hard.

You can continue your treatment with the aroma therapeutic bath. Take a rest for at least two hours after the massage before bathing.

The bath should not be hot - water temperature should not exceed 40C degrees or 104F, otherwise it will be a very heavy burden for the body. Stay in the bath for a 15 to 20 minutes.

The recommended dosage of essential oils:

a full bath - 8 drops per bucket of water;
short bath - 4 drops per bucket of water;
if you are bathing just hands and feet - 4 drops per bucket of water.

The oils can be combined with a bath foam (only without a strong flavor), and sea salt. After the bath it is better to take a rest for at least an hour or just go to bed.

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