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## AYURVEDIC HEAD MASSAGE PRESENTATION

### Aet Sillaste

Vaikuse stuudio, Estonia

**A**yurvedic head massage is a part of very important ayurvedic oil massage abhyanga. It can be performed along with abhyanga and separately. Usually abhyanga starts with head massage. Our head is full of marma points and all marma points relate to our five senses: taste, smell, touch, visual and hearing. During head massage we activate those points and it means we also activate our senses as antennas and connect with world and universe. As good is our connection, this well and clear we can make our choices in our beautiful life. As much we enjoy head massage our antennas are getting more and more sensitive and our life is going to be more balanced and healthy. Head massage is excellent method as a part of the treatment of stress, depression, also sleeping problems, headaches, migraine, concentration problems, tinnitus, dizziness and different problems in head area. It sounds strange, but head massage is helping well against early wrinkles. Applying right oil, head massage is effective against wet or dry dandruff, hair loss and alopecia. In every day basis it is a perfect instrument to come out of tiredness and overworking. It can be applied daily. Traditionally we make ayurvedic head massage with big amount of oil. Ayurvedic head massage opens energy channels and energy can move in proper direction. After that you feel yourself fresh and you will sleep well-in conference I will make a presentation of ayurvedic head massage on model.

## BIOGRAPHY

Aet Sillaste is an Ayurvedic Practitioner in Estonia who has learned Ayurveda and Ayurvedic massage mostly in India. Her main teachers are Dr Sanjeev Gosavi from (Institute of Beauty, Health and Ayurveda in Pune) and Dr Vinod Kumar from Ayushkama Ayurveda Institute in Rishikesh). She is graduated ayurvedic massage therapist and beauty practitioner. She has also learned authentic marma therapy. Now she has her own little massage studio in Estonia, she is teaching different variations of ayurvedic abhyanga massage, giving ayurveda workshops, guiding meditations and giving ayurvedic facials, massages, shirodhara and health consultations.

[aet@heatuju.ee](mailto:aet@heatuju.ee)

