

Try this New Ritual...

The new OmVeda VataKizhi Body Spa Ritual using the Kizhi method of therapy combines massage, heat and the healing power of herbs chosen for Vata conditions, including dry skin, cracking or stiff joints, body pain, back aches and muscle pain. Kizhi literally means 'a small, hand-sized cloth bag' (cotton, muslin or calico) formed by wrapping medicines, herbs, herbal leaves, seeds or rice inside and tying a knot. It is then soaked in warmed herbal oils (that have medicinal properties) and massaged over the area to be treated. Treatment time is 45 to 60 minutes and a minimum of 6 sessions is recommended for maximum benefits. RRP \$100 per session. Call 1300 662 383 or visit www.omveda.com.

