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BODY BRUSHING WITH DRY MASSAGE POWDERS

RECENTLY, MANY of you responded to an article in *Spa Australasia* about the benefits of dry body brushing as a way to gain added therapeutic benefits within a treatment, to add value and an additional experience within a spa ritual and to profit further by the added service charge and the price of the brush being included in the overall treatment cost. The client taking home their body brush also opens the way for further body brush, and related retail sales.

What we didn't cover in the last article is the possibility of using dry massage powders with the body brush for another level of therapeutic benefit and added experience and interest. Dry massage powders can be either herbal or mineral based, they can help increase circulation, remove impurities, be anti-inflammatory, reduce skin disorders, tone skin, help move fluids and purify the body.

Dry massage powders have been used for hundreds of years by women in the East, it is one of the most luxurious and sensual body preparations, leaving the skin glowing, fragrant and soft. Clays mixed with fragrant herbal powders and spices leave skin fragrant and detoxified. When women in the harem were prepared for their evening with the Sultan, they would blend herbs and oil into a paste, roll the mixture over the body, massaging well into dry areas of the skin. If you use the technique yourself, the idea is to cover the skin with a very fine layer, then go back to the part of the body the treatment started with and brush the fine dust off with the pleasantly stimulating natural bristles. Any remaining paste can be washed off with a cloth, in a hydrotherapy or steam treatment. This practice is still common in places like Morocco, India and Thailand.

When mixing your own formula look for clays and powders with actions that suit the need of the body type and skin. In Indian Ayurvedic tradition OmVeda produces herbal based powders (Udwarthanam) that are prepared and ready with skin soothing and restorative benefits such as: Screw Pine for its stimulant and antispasmodic properties, Himalayan Cedar - which is aromatic and stimulates sweating, Madder reducing skin discoloration and our more common Vetiver - a stimulant which tones the skin and relieves muscular stress and tension.

The powder is sprinkled onto the skin, and then compressed with a massage movement; the skin generally has enough moisture on the surface from the sweat pores, to activate the powder's properties. Dry massage powders can also be used with oils. Oil is massaged onto the skin, the powders are sprinkled on top of the skin, and then the oil and powder are compressed into skin with a massage motion. Then dry brush off.

Clays and herbal powders are available from a variety of natural beauty supply sources, you can visit OmVeda on www.omveda.com.au or call 1300 662 383, and here at Bodecare I can help you with the best range of quality body brushes for treatment or retail.

Visit me on www.bodecare.com

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