



AYURVEDIC ACCUPRESSURE:

Ayurvedic Acupressure Consultation combines the principles of Ayurveda with the traditional Chinese practice of acupressure to promote overall well-being and address specific health concerns.

Here's what it typically involves:

Key Aspects:

1. Health Assessment:

- The practitioner evaluates your physical, emotional, and mental health.
- Techniques like pulse diagnosis and dosha analysis (body constitution) are used.

2. Personalized Plan:

- Based on the assessment, a tailored acupressure plan is created.
- Specific pressure points are identified to address imbalances and enhance health.

3. Integration with Ayurveda:

- Recommendations on lifestyle changes, diet, and herbal remedies may be provided.
- The holistic approach ensures a comprehensive treatment plan.

4. Therapeutic Benefits:

- Relief from pain and stress.
- Enhanced circulation and energy flow.
- Improvement in overall vitality and well-being.

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