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Massage In Coimbatore

Massage therapy can be a rejuvenating and relaxing experience not just for the younger generation but also for seniors. Many seniors believe that massage therapy will not benefit them much. The truth is precisely the opposite. There are numerous health benefits of massage therapy for seniors. Massage therapy can help seniors with a lot of problems that become more common with age. In the longer term, massage therapy can reduce the need for relying on harmful medicines. Instead of ignoring the need for massage therapy, it is time that more and more seniors opt for the same. We will today highlight the top 7 health benefits of massage therapy for seniors.

Therapies,

Abhyanga - classical oil massage
PotaliSweda - sudation treatment bolus contain assorted herbal leafs or powders
Pizichil - continues pouring of warm medicated oil over body
Sirodhara - pouring thin stream of oil on fore head
Nasyam – administration of medicine through Nasal rout
AkshiTharpana - application and retention of ghee on both eyes
Vasthi – medicated enema

Our massage packages are one among the most comprehensive that you can find and visiting all the points of interest. Contact us to know more about how we operate and how we provide you an amazing experience! **Massage in Coimbatore**