

Vana, Malsi Estate

WELLNESS GLOSSARY

- Abhyanga - a traditional ayurvedic massage with oils potentiated with herbs
- Acupuncture - a traditional chinese/tibetan healing practice of applying fine filiform needles at specific points on the body to balance energy flow
- Amla drava swedana - a stream of warm herbal decoction poured over the body to induce mild sweating
- Anuvasana vasti - enema of medicated oil/ghee to reduce the effects of vata imbalance
- Aroma massage - a therapeutic massage using a chosen blend of essential oils
- Avagaha swedana - an ayurveda therapy of soaking in a bath of warm herbal decoction
- Ayurveda consultation - a one on one interaction with an ayurveda specialist to understand one's unique constitution according to ayurvedic principles
- Body brushing - brushing the body with dry natural bristle brush to stimulate lymphatic drainage
- Choorna swedana - an ayurveda fomentation therapy with herbal powder tied up in bundles
- Chu lum - a tibetan medicinal bath of warm herbal decoction
- Classical swedish massage - a classic form of massage using five distinct types of strokes
- Cupping - a traditional tibetan/chinese healing practice of applying suction to the skin using copper or glass cups to mobilise blood flow
- Deep tissue massage - a slow and methodical therapeutic massage to focus on deep seated muscle tension
- Dhugs - a tibetan therapy using compression with bundles of medicinal herbs
- Dinacharya - an ayurvedic term for personal health practices in one's daily routine
- Dinacharya treatment - a series of ayurveda therapies to cleanse and revitalise the five senses describe
- Dosha - there are three dosha or the three bio-energies representing the five natural elements in an individual, namely vata (combination of ether and air elements), pitta (combination of air and fire or fire and water elements) and kapha (combination of water and earth elements). One's unique characteristic or personality is governed by a specific proportion of these three doshas, whose imbalance may create health concerns.
- Enema - introducing liquids to cleanse the colon through the anus
- Gom - tibetan meditative practice to develop mindfulness, insight and wellbeing
- Head and feet massage - a relaxing massage targeting specific pressure points
- Kati vasti - an ayurveda treatment where medicated oil is retained over the lower back to nourish underlying tissues
- Ku nye - a traditional tibetan therapeutic massage
- Lekhana vasti - enema of medicinal decoction for weight reduction
- Manual lymphatic drainage – a therapeutic massage to support natural lymph drainage in the body
- Matra vasti - herbal oil enema of a small quantity to strengthen the body and balance Vata dosha
- Moxibustion - a traditional chinese/tibetan healing practice of applying direct/indirect heat to specific points on the body using 'moxa' made of dried herbs to balance energy flow
- Nadi swedana - a herb infused steam focused on a specific part of the body
- Niruha vasti - herbal decoction enema to cleanse the colon and reduce the effects of vata imbalances
- Panchakarma - an ayurveda detoxification process
- Patra pinda swedana - a fomentation therapy using fresh herbal leaves tied up in bundles
- Private fitness - a one on one fitness session with a fitness trainer
- Pichu - application of a warm medicated oil over a specific area with the help of a cotton cloth pad
- Pizhichil - streams of warm medicated oil poured over the body with a simultaneous soft massage
- Raag therapy - a private flute session with a specific raag relevant to one's wellness needs
- Sadhyo virechana - mild purgation
- Sansarjana karma - a specific diet for the restoration of digestive fire
- Sarvanga lepa - an exfoliating fomentation therapy using herbal paste

- Shamana nasya - an ayurveda treatment that introduces a small amount of medicine to the nostrils to clear and detoxify nasal passages and sinuses
- Shiroabhyanga - a head, neck and shoulder massage
- Shirodhara - an ayurveda treatment where a steady stream of herbal oil is poured over the forehead
- Shiropichu - application and retaining of a warm medicated oil over the center of the head using thick cloth pads
- Shodhana nasya - introducing herbal oil, herbal extract or powder into each nostril at increasing dosage for purification, along with a head massage and steam
- Snana - shower with a herbal powder to cleanse the skin of the impurities
- Snehana - an oil application therapy
- Snehapana - an ayurvedic detox regimen where medicated ghee is consumed for a specified number of days
- Sthana vasti - an ayurveda treatment where medicated oil is retained over a particular area to nourish underlying tissues
- Swedana - a fomentation therapy to induce sweating
- Tratak - practice of steady and undisturbed gazing of a particular object to improve concentration
- Udwartana - a specific ayurvedic treatment where dry herbal powder is rubbed on the body
- Urdhwanga - a rejuvenating massage of the upper half of the body
- Vamana - inducing controlled emesis through medicated milk for elimination of kapha dosha
- Vana synchronised massage - a Vana signature massage skillfully performed by two therapists
- Vashpa swedana - a steam therapy using fresh herbs in a cabinet
- Virechana - inducing controlled purgation through the internal administration of medicated powder/oil/ghee for elimination of the pitta dosha
- Yoga - means union of mind body. It is a practice that combines meditation (dhyana), breathing (pranayama) and physical postures (asana)
- Yog vasti - a combination of oil and decoction enemas administered in sequence to eliminate toxins from the body