



**AyurvedaGram**<sup>TM</sup>  
*The Heart of Healing*

## *Beautiful Ayurveda*

### *The Hair Care Program*

Princely Indian families, followed very elaborate beauty rituals to look after their skin and hair. Maximum benefits in grooming could only be obtained if the ritual itself was enjoyed in a totally relaxed state of being.

All products were not only natural, but freshly made. From reading and experimenting with various natural options, Ayurvedagram is finally ready to offer a luxurious experience of hair and scalp care- the Ayurvedic way.

#### **THE PROGRAM - 2 hours**

After evaluating the hair and fixing the dosha type, a gentle massage is administered using oil specially selected for you.

The massage is a soothing experience. A very light oil application is accompanied with the finger tips gently stimulating the scalp and stroking the hair from the roots in firm caressing motions.

You are coaxed into lying back with your eyes closed, keeping your mind focused only on the movements of the finger tips.

Thirty minutes later, a paste of curry leaves, amlaki and other herbal ingredients is applied to your hair strand by strand. This application takes a full 20 minutes! Curry leaves help prevent hair fall and strengthen the hair shaft itself.





The hair is then wrapped with banana leaves in a special Ayurvedic ritual called the thalapothichil. The banana leaves are useful for their cooling properties.

Ten minutes later the banana leaf wrapping is removed and the ritual moves to hair cleaning.

Hair cleaning involves a special traditional shampoo, totally free from chemicals, made from the red hibiscus plant. This lies at the root of the beautiful hair of many ladies in Kerala. It delivers the properties of the hibiscus: strengthening the roots and controlling greying and dandruff .



Fifteen minutes of meticulous cleaning with the hibiscus shampoo should leave the hair squeaky clean.

You will now leave the Ayurvedic grooming space and sit just outside in the comfortable seating there, so that the fresh air and sun can dry your hair. This will be helped by the gentle towel rub administered to the hair. Care will be taken to see that the strands are not broken in the rubbing. The motion will be a combination of stroking and patting.

Once semi-dry it is time to finally dry and perfume the hair as has been done in Indian aristocratic homes from time immemorial. Sambrani dhoop a traditional powder with a sweet aromatic smell, is burned on charcoal in a special sambrani pot aimed from a distance at the nape of the neck. As the smoke rises over the next 15 minutes, it coils through the hair and touches the scalp. This naturally perfumes the hair, an aroma which is said to last even the next day!



**This program is for both men and women. It costs -**

**INR 3200 - If your hair is shoulder length or less**

**INR 3700 - If your hair is longer than shoulder length**