Ayurvedic treatment in Kolkata

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Article published on April 21st 2012 | Fitness

The ancient holistic system for beauty and hair lies in ancient Ayurveda in India. It is the treatment and the prevention of ill health that is incorporated in the treatment of hair care and beauty. You can maintain healthy hair and also god health with the use of certain ayurvedic principles. These treatment procedures include the water based herbal infusions where five grams of the powder is added to water and then placed in a pan of simmering water on the fire for twenty minutes. The herbs and the mix should not evaporate and if needed a little more water can be added to the mix. When the herbs get fully mixed into the water, the mix has to be strained and then cooled. It has to be applied to hair and massaged gently into the scalp. The Ayurvedic treatment is available in the beauty parlour in Kolkata.

You can use Ayurveda to get healthy hair with the use of these types of Ayurvedic mixes. You can add this herbal mix to the shampoo and place it in a bottle of spray to freshen the hair up. You can mix these with vegetable oil like sesame oil, olive oil and leave them in the boiler for some time. You could use this mix as a pre shampoo treatment and also use an exfoliator and scalp oil.

You can also make hair masks with henna the hair colorant, bentonite clay and also add something to come out of the drying effects of henna. Ayurvedic treatment in Kolkata is done in the best treatment centers and that is through products like Gooseberry that prevents the loss of hair, reduces the premature greying of hair soothes the scalp and tones down hair and also promotes the growth of hair. Brahmi promotes the hair growth, helps to darken hair and also makes the hair roots very strong.

There is another Ayurvedic product that helps the improvement of roots and also clears dandruff, cleans the hair, cools the scalp and helps to get rid of infections in the scalp. Aritha or Shikakai as it is called is also good for washing hair. Bhringaraj is also used for preventing greying and also promote growth and improve the strength. The Ayurvedic powders are herbal powders have to be tested whether they are safe for use. These powders are very powerful and so they might not be suitable for people with itchy skin conditions or during lactation or pregnancy.

If you are going in for an Ayurvedic treatment in Kolkata, you can have the heavy grains like the legumes and cheese that should be eaten during mid-day. The system of digestion should be at its best then. You have to eat very light during dinner and breakfast. Ayurveda also requires you to be in a very positive bent of mind while you take food. You should not be angry as a lot depends on the passing of food into your body and your hair and skin benefiting from the food. You can also focus on the aromas, colors, flavours and colors of the food on the plate. It is important that you eat food in a healthy frame of mind. You can get all ayurvedic beauty advice in beauty parlour in Kolkata.

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Article Keywords:
Ayurvedic Treatment in Kolkata, Beauty parlour in Kolkata

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