

Prepare yourself for your Shirodhara Treatment- before and after

- When scheduling an appointment for Shirodhara, keep in mind that you may need additional rest following the treatment.
- Shirodhara cleanses the mind and senses. Make use of this time and avoid unnecessary stimulation after your treatment. Avoid large crowds (concerts, restaurants/bars, large gatherings) and make the remainder of your day peaceful. This is your time for mental rest.
- Eat lightly before your appointment. Shirodhara has an effect on the digestive system and a full stomach is not advised.
- Your hair will be saturated with oil. Dress appropriately and comfortably. Wear an old shirt, something you don't mind getting oil on.
- It is advised to leave the oil in your hair for at least a few hours following the treatment. I recommend to wash your hair after few hours. Other doctors recommend to keep it but there is risk that you get headaches or a cold.
- Prepare to cover your head after the treatment. If the weather is cool, windy or cold, bring an old warm hat, again something you don't mind getting oil on. An old scarf works well to cover the head and hair in warmer weather. A plastic shower cap also works well.
- If the weather is too windy or cold we might have to postpone the treatment.

Wash your hair like this

If your Shirodhara was done with oil and you have a lot of hair, the easiest way to remove the oil is to add the shampoo to your hair before adding water. The shampoo will grab hold of the oil so it can be easily rinsed out.

Avoid Caffeine For A Few Days

Caffeine creates disharmony in the body. It deranges all of the doshas and will have an immediate negative effect on your nervous system. If you are in need of a pick-me-up try juice or a piece of fresh fruit. Drink hot water instead of cold water or cold beverages.

Eating And Drinking

Keep a reasonably light diet and do not eat unnecessarily or in excess. Keep your colon clean with healthy food.

What To Avoid After Shirodhara

The person who has received Shirodhara should abstain from the following for at least the same number of days as the duration of the treatment. That is, if the treatment has been done for seven days, the restrictions should be followed strictly for at least the next seven days.

- Indulgence in sexual intercourse
- Getting sexually stimulated
- Strenuous physical exercises
- Excessive exposure to sunlight (use an umbrella or a hat)
- Forcibly withholding natural urges or reflexes like defecation, urination, hunger, thirst, sleep, sneezing, etc
- Exposure to cold or intake of cold foods

- Smoking
- Excessive sleeping
- Very high or low level pillows
- Exposure to strong winds or dust
- Emotions like grief or anger
- Late nights
- Walking for long distances
- Speaking or shouting in excess
- Speaking loudly
- Excessive and prolonged use of electronic gadgets

3 Tips For Continuous Self-Care

It is possible that for some people the effects of your Shirodhara may not be immediately known. Continue to care for yourself and over time you will notice a change.

If the effects of your Shirodhara were felt immediately follow the below three tips to maintain the peaceful qualities.

1. Keep A Proper Diet And Lifestyle

Eat well. A diet high in sugar, caffeine and refined products will eventually take its toll on the body and mind. Choose whole grains like rice, oats and whole wheat. Enjoy fresh fruit for a snack and eat vegetables daily. Choose high quality protein and dairy products. Avoid caffeine.

2. Keep A Regular Schedule For Eating And Sleeping

A regular daily routine maintains health of the doshas. Wake and sleep with the rise and setting of the sun.

3. Meditate

Meditation is the ultimate cleanser for the body and mind and provides the same mental benefits of shirodhara - relaxation, separation from thought, rest and renewal.

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