



MAHARISHI AYURVEDA
HEALTH CENTER

Lancaster

Ayurvedic Garshan Massage

Garshan is a traditional ayurvedic dry massage with a silk glove. It is especially recommended for those who want to lose weight and those with a kapha predominance. By stimulating the connective tissues, metabolism and blood circulation are improved and impurities are removed more quickly and easily. It also helps in the prevention and reduction of cellulite.

Perform Garshan massage before bathing for about 3-5 minutes. Massage with the whole hand using fairly vigorous strokes (form the hand like a bowl and keep the thumb attached). Use circular strokes on the joints, and back and forth strokes on the arms and legs. Do not massage face, chest and heart.

Start with the neck, next massage the arms and move slowly from the shoulders downwards moving back and forth above the chest area. Massage stomach and back horizontally and diagonally. Use circular strokes on hips and abdomen and end with the legs and feet. Repeat the cycle several times.

The gloves are handmade of Bourett-silk according to ayurvedic recommendation. The gloves can be washed with a mild washing detergent.

Prevention

Rejuvenation

Relief