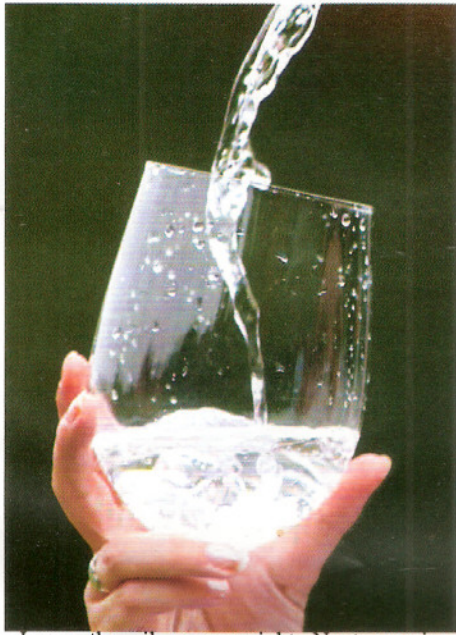


Traditional Health Practices



Leave the oil on overnight. Next morning, apply the juice of a lemon on your scalp, and wash your hair after half an hour.

Add five drops of Rosemary essential oil to 50 ml rose water. Shake well and keep in a glass bottle with a tight fitting lid. Apply this on your scalp after shampoo and leave it on.

Grind one tablespoon of methi seeds coarsely and soak it in two cups of cool water. Leave it overnight. Strain and use the water as a last rinse after shampoo.

Seasonal Acne:

Mix one tsp pure glycerin with 100 ml rose water and keep in a bottle with a tightly-fitted lid. Apply a little of this mixture after cleaning face, or whenever the skin feels dry.

For oily and acne-prone skin, mix one teaspoon each of honey and yogurt. Add a little turmeric. Apply this on the face and wash it off with plenty of water after 20 minutes.

Quick fix for dry skin:

Add a few drops of lavender or olive oil to your bath water. Moisturise your face and body with a rich moisturising cream.

Use homemade packs containing avocado, papaya and banana once a week on your face.

Cracked heels:

For dry cracked heels, moisturise the feet, twice a day, once after a bath and then again before bedtime. Wear closed footwear.

Before going to bed, soak your feet in warm water for about 20 minutes. With the help of a pumice stone or a heel scrubber, rub the heels gently, in order to remove the dead cells. After wash-

ing the feet, massage with paraffin wax, rubbing it into the skin. Then bandage the heels with a clean cloth. Wear cotton socks and go to sleep. Repeat this every night for one week. If there is any pain or bleeding from the cracks, consult a doctor.

Joints pain:

Health guides at IVAC insist on intake of easily digestible food, preferably vegetables. This will help the digestive system to process the food easily. They advocate usage of carrot, cucumber, etc. in plenty. These vegetables have diuretic properties and help eliminate waste products from our bodies.

Two teaspoonful fresh plain lemon juice and one teaspoon of honey (preferably honey obtained from small honeybees) is added to one glass of warm water and taken first thing in the morning and similarly on an empty stomach in the evening.

Two teaspoons of honey and one teaspoon cinnamon powder, mixed together and taken once before bedtime.

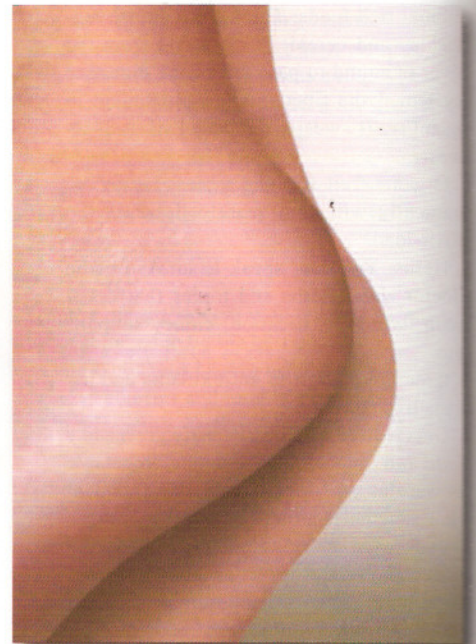
External application:

Mix one teaspoon honey and one teaspoon cinnamon powder to two teaspoons of water and prepare a thick paste. Apply a thin layer of this on the inflamed painful areas. Eat a piece of dry coconut everyday in the mornings.

Follow this regimen for 3 months for a noticeable reduction in joint pain. This can be followed by people with diabetes also.

Indus valley Ayurvedic Centre:

IVAC, the popular acronym of Indus Valley Ayurvedic Centre, which is located in the historical, heritage city of Mysore, at the foot of the charming Chamundi Hills, has had many laurels and applauds for bringing out the magical Pandora of India's 5,000-year-old perfected system



called 'Ayurveda' to the open; to the benefit of the human race. IVAC is one of the few popularly acclaimed authentic ayurvedic medical centres in India, whose treatment and therapies are the most sought after in the world. IVAC proudly promotes itself by saying that it has a clientele flowing from about 55 countries from all over the globe and urges you to be a part of this phenomenal force.

With all the above tips, IVAC wishes you a wonderful, healthy life ahead this New Year!

For free consultation, contact:

www.ayurindus.com;

E-mail: marketing@ayurindus.com;

Ph: +91-821-2477601

