

Ayursh's Expert Home Massage Therapists Brings Relaxation and Healing to your Doorstep

Good News for the residents of Bangalore, As this year onwards Ayursh is here to present more ancient techniques of Ayurvedic Massage therapies in the comfort of your home to help you experience the best version of your body & mind.



Bengaluru, Karnataka Feb 1, 2022 ([Issuewire.com](https://www.issuewire.com)) - If you often feel drowsy and feel low on energy. Maybe you are way too caught up in this competition-driven, fast-evolving world that you are unable to provide your body and mind with much-needed care and attention. Opting for relaxing and rejuvenating home massage sessions is exactly what your body and mind need to get back in form.

Ayursh home massage therapists are experts in the ancient knowledge of Ayurveda and understand the functioning of a human's body remarkably. They provide special body massage therapies like Abhyanga body massage using herbal oils that are selected on the basis of your body type (Vata, Pitta, or Kapha). You can opt for a full-body massage, half-body massage, head massage, leg & foot massage, or face massage as per your preference.

Benefits of Ayursh's Home Massage

If you are wondering Why should you go for Ayurvedic massage therapies? Then, let us tell you that such Ayurvedic home massages have numerous health benefits, some of the most notable health

benefits are:

1. Soothes both body & mind
2. Removes Stress & unlocks your joyful version
3. Nourishes and brings lustre to your skin
4. Heals Nervous System Disorders
5. Improves Eyesight
6. Gets rid of Muscles Stiffness & Joint Pain
7. Builds Strong Immune System
8. Lowers Blood Pressure
9. Makes your look Younger
10. Extremely Relaxing & Rejuvenating Process

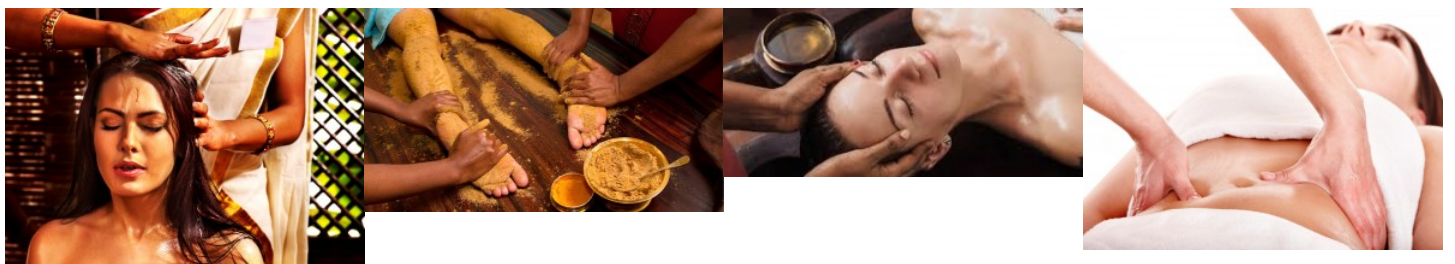
Special Therapies for Special Patients

Some people need special care and attention. Their body demands different therapies and processes to attract the desired result. So, Ayursh [Home Massage](#) Therapists also provides:

- Special Therapies for the elderly like anti-aging therapy, body strengthening therapy, and pain-relieving therapy.
- Post Pregnancy Care to help new mothers get back to form physically & mentally and boost their healing process
- Weight Management Therapies for both weight gain and weight loss
- Muscle & Joints Therapies to bring back flexibility in the body
- Skin & Hair Care to help you achieve your beauty goals

Get in Touch with Ayursh's Consulting Physician

If you are looking for guidance or facing some specific body issue, you can reach out to Ayursh' Expert Ayurvedic Doctors and [consulting physicians](#). You can explain to them your body issue and needs so the consulting physicians can suggest the best therapy suitable for you.



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