

## Art of Vedas Expands with New Ayurveda Center in Aalsmeer, The Netherlands



**Amsterdam, Netherlands Sep 2, 2024** ([Issuewire.com](https://www.Issuewire.com)) - [Art of Vedas](#), a global leader in Ayurvedic skincare and wellness, is thrilled to announce the grand opening of its newest Ayurveda center in Aalsmeer, The Netherlands. This state-of-the-art facility marks a significant milestone in our mission to bring authentic Ayurvedic healing practices to the heart of Europe, offering a sanctuary of peace and holistic well-being for all.

## Introducing the Mitram Program

As part of our commitment to community wellness and accessibility, the Aalsmeer center will be launching the exclusive Mitram Program. 'Mitram,' meaning 'friend' in Sanskrit, embodies the spirit of companionship and support that is at the core of the Art of Vedas. This program is designed to provide members with personalized wellness plans, exclusive discounts on treatments, and access to special events and workshops. The Mitram Program aims to foster practitioners dedicated to holistic health, offering continuous guidance on living a balanced life in accordance with Ayurvedic principles.

## Comprehensive Ayurvedic Treatments

The new center in Aalsmeer will offer a wide range of authentic Ayurvedic treatments tailored to individual needs, including:

- **Abhyanga:** A traditional full-body massage using warm herbal oils to detoxify and rejuvenate the body.
- **Shirodhara:** A soothing therapy involving the gentle pouring of warm oil over the forehead, designed to calm the mind and improve mental clarity.
- **Panchakarma:** A comprehensive detoxification process aimed at balancing the doshas and eliminating toxins from the body.
- **Nasya:** A therapeutic treatment focused on the nasal passages, which helps in cleansing and detoxifying the head region.
- **Ayurvedic Facials and Skincare:** Using our signature Art of Vedas products, these treatments focus on enhancing skin health naturally, leaving you with a radiant glow.

Art of Vedas is a Netherlands-based brand specializing in Ayurvedic skincare and wellness products that are manufactured with natural ingredients and rooted in ancient Ayurvedic traditions. With a commitment to promoting holistic well-being, Art of Vedas offers a range of products and services designed to help individuals achieve balance and harmony in their lives.



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