

1. Observe Silence throughout the treatment (unless you need assistance)

Cell phones should be turned off and there should be no interruptions and no conversations taking place. Any noise will disrupt the experience of disengaging from outside stimuli and experiencing mental rest.

2. Be Mindful Of The Room's Temperature

In cooler climates and during the cooler seasons of the year the room should be 'toasty' warm throughout the treatment. A space heater is on hand to make sure the room is warm enough. The head will be wet with oil, milk, buttermilk, coconut water or water during the treatment so it is very important that you as the client does not get cold during the process. If so, the experience could become unpleasant. Please inform the therapist if you get overly cold or hot.

In the warmer months of the year we keep blankets on hand for the person that is susceptible to cold or has poor circulation. We make sure the temperature of the room is comfortable and avoid cold air conditioned rooms for shirodhara when possible.

3. How To Prepare For A Shirodhara Appointment

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, physical and spiritual healing.

Eat lightly before your appointment. Shirodhara has an effect on the digestive system and a full stomach is not advised.

Your hair may 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. It's best to leave the oil in your hair overnight.

Prepare to cover your head following 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.

4. Post-Shirodhara Tips

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. Enjoy Some Kitchari
Kitchari is a light and delicious stew that is highly nutritious and also easy to digest. Enjoying kitchari post-shirodhara will assist in the cleansing process and help maintain the balance of the doshas.

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 the only other process we are aware of that has the same benefits of shirodhara – relaxation, separation from thought, rest and renewal.