

## Mystic Cures SPA launches its signature treatment Vedic Ritual

When you are tired, a massage or other treatment can lift your spirits and make you feel much better. Mystic Cures Spas Ltd offers just perfect treatment for all! Mystic has come up with their unique signature treatment Vedic Ritual based on the medical qualities of Jasmine flower extracts, which is proved to be a stress buster as well as a blessing for all pregnant ladies and women going through post menopausal stress (PMS).

Vedic Ritual involves massage through the most admired flower Jasmine. Jasmine known to be very delicate and fragile flower is used by Mystic Cures to form the basis of their unique therapy for pregnant women; women suffering from post menopause symptoms, deep depression. This therapy includes the exclusive products made from jasmine flower like jasmine curd, jasmine milk, and jasmine honey, jasmine scrub and jasmine essential oil. Jasmine curd and Jasmine milk is inimitable and has magnificent beauty and health properties. Massage with jasmine oil is a boon for people in high-stress jobs as this oil penetrates and diminishes fear, sadness, nervous exhaustion and depression - especially post-natal - and produces positive feelings of optimism, happiness and self-confidence with its uplifting, stimulating and antidepressant qualities. Reputed aphrodisiac properties may help with impotence, frigidity and lack of confidence. It can be especially helpful for psychosomatic disorders.

The Vedic Ritual is one of exquisite inventions of Mystic Cures Ltd providing relief to mother- to be. It is recommended for use during childbirth, but not until the later stages of labor. At that point, it can be very useful as it strengthens the uterine contractions and relieves pain.

Apart from Vedic Ritual Mystic, offers an array of self-researched developed treatments based on ancient Indian Ayurveda and Yoga, which is the pedestal of most of the spa treatments available today. Mystic has amalgamated Ayurveda and yoga with Swedish spa treatment and various modern techniques and has come up with some exclusive spa and wellness treatments. The holistic experience of mystic spa can be attained in New Delhi also at Hotel Crowne Plaza and Taj Ambassador Hotel New Delhi. The concoction of age-old tradition of India with modern science has made mystic an inimitable brand for any spa goer.

**A BRIEF ABOUT MYSTIC CURES SPA SERVICES THEIR HEALTH BENEFITS:** Sports Warm Up- A tissue warming up massage using cleansing scrubs and exfoliators. It helps boost blood circulation aids in inch loss. Sports Cool Down- The precise sequel of strokes relaxes muscles and eliminates knots. Neutralizes muscle dysfunction and fatigue conditions. Relaxes nerve acceptors and smoothens out over worked muscles. Tummy Trimmer- A deep acting massage using invigorating strokes to drain deep strokes of cellulite and progressed lymph edema. Shirodhara- A proven therapy for stress nervous disorder, this Ayurvedic massage, bathes the forehead with medicated oil in a continuous stream for 20 minutes. It has anti-ageing and therapeutic properties. It also invigorates blood circulation in scalp. Abhyanga- basic Ayurvedic massage based on constitutional types and health aspects. Relieves fatigue, improves immunity and elementary pain disorders. This massage is remedial and can address health problems. Chakra Massage- Massage based on Ayurvedic esoteric teachings. Charka points are powerful energy centers that influence the aura or astral plane. The massage uses hot oil in basti, or rings of black gram over the points on the spine to deeply innervate and relax the disks and spinal muscles, charkas are themselves cleaned through mental levels of energy. The massage awakens the body to new levels of energy and deep relaxation. Besides these, Mystic also offers Head Shoulders message /treatment, aroma ritual, Mystic Reflexology and an array of other treatments and services, which have their respective health benefits.

Mystic Spas enrobes guests in exclusive experiences and environs whilst offering an array of signature treatments, yoga and meditation. The spas are equipped with single and double treatment suites, beauty treatment rooms, meditation and yoga pavilions, relaxation pools and fully equipped gyms.

Mr. Siddhartha Shankar, MD Mystic Spas says, At Mystic we get deep into the muscles and interior organs of body which not only improves bodily functions but also has a spiritual impact. The treatment is a collection of multiple techniques and its basis is our very own Ayurveda. For our therapies we use customized Ayurvedic herbal products and our treatments have been created to give refreshed, calm and sensual feeling to our customers. The soothing ambience, which our customers experience during the treatment, is beautiful and relaxing. It gives a peaceful feeling.

Besides Spa management, Mystic has also ventured into Ayurvedic Oils Medicines Manufacturing, Aroma Oils manufacturing, Specialty Oils and Medicines manufacturing and Custom made Oil manufacturing for Spas and Health Clubs. The brand has successfully made aroma massage oils for Arthritis, Ayurvedic Oil for Shirodhara, medicine for diabetes and customized oils to fulfill the requirements of their customers.

More than 20 new products ranging from therapeutic oils to body scrubs to Ayurvedic products have been developed by Mystic over the last year and are under trials. All the products are developed following the concept of Technology Exchange, which involves pooling the resources of the experts in their respective fields. Their R D unit is based on thorough understanding of the subject and each product is passed after in house trial followed by clinical trials that are approved by the Controller of Drugs. After extensive research, the brand has developed a number of treatments for various beauty and health related diseases. Their therapists are trained to deliver treatments in a mystical manner, where touch of the therapist also has a healing effect. Each of the therapists is supposed to practice 30 minutes of Dhyana everyday and if possible must meditate between treatments for at

least 3 minutes.

The leisure, lifestyle and business traveler can easily rediscover tranquility in the Mystic Spa (Indian spas), for which the spas are an increasing business in India too. The boom has already stretched to the Indian Spa industry. Ultimately, wellness is a vitamin rage in this new age, along with an injection of spirituality. We are just getting organic in our minds, hearts and bodies for that perfect breath of life! So, let us get indulged with the nature and Ayurveda the Indian way.

- End -

Spa may not be the correct word to describe Mystic Cures; one would better describe Mystic as a complete wellness health center as it provides thoroughly researched spa treatments having exclusive health, wellness fitness benefits. Mystic is not a mere spa management company but a beauty culture house with enormous depth and breadth of scientific research. Mystic Research Development Unit has merged ancient Indian Ayurvedic system with upbeat techniques to orchestrate perfect therapies to rejuvenate mind, body and soul. Mystic Spas have Rajasthan as their best-acclaimed frontier with branches in various royal hotels and forts of Jaipur, Udaipur and almost all over Rajasthan. Mystic also offers the irresistible royal spa treatment at Taj Ambassador Hotel and Crowne Plaza Hotel in New Delhi. The spas are equipped with single and double treatment suites, beauty treatment rooms, meditation and yoga pavilions, relaxation pools and fully equipped gyms.

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6. Questions and Answers

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## About the Author

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