



Ashishpaul.com

ANTI AGING

FAQ'S

Before therapy and what to bring and prepare.

There are lots of different kinds of Ayurvedic therapies. [Click here](#) for more details of each therapy and their benefits:

*Important to note before receiving therapies: For standalone therapies, a questionnaire must be filled out beforehand and a short Ayurvedic assessment will take place prior to your therapy. Wear or bring clothing you don't mind getting oil on. Refrain from eating two hours prior your therapy. A 24-hour cancellation policy is enforced.

When you visit an Ayurvedic practitioner, be prepared to talk about yourself. Because Ayurveda emphasises balance in all areas of your life, a trained practitioner will not only examine your body, but will take an extensive personal and medical history, including questions about daily diet, profession and working conditions, exercise routines, relationships, and mental health.

This thorough intake process helps the practitioner identify key symptoms and potential causes of imbalance and determine suitable treatment options.

What is the initial examination?

Ayurvedic examinations generally consist of three parts:

Your practitioner checking pulse
Observation (Darshan): The practitioner first evaluates general physical health by looking at the patient and observing his/her movements, body contour, colour of the skin and eyes, facial lines and ridges, shape of the nose, and qualities of the lips, hair, and nails.

Touch (Sparsha): The practitioner then employs touch, including palpation (pressing down on parts of the body, called sparshanam in Ayurveda), auscultation, which is listening for sounds made by the internal organs (shrvanaa), and percussion or tapping (akotana).

There is special focus on the patient's pulse, tongue, nails, and speech. Laboratory testing is also included under this category.

Questions (Prashna): The practitioner asks the patient about complaints and symptoms, as well as the duration of discomfort and disease progression. The practitioner also enquires about mental and psychological conditions.

How do practitioners make diagnoses and decide upon treatments?

Most westerners are familiar with visiting a healthcare provider when we feel ill. The provider diagnoses the sickness and determines what caused it. The same medicines, procedures, and doses are often used for multiple people battling the same illness.

An Ayurvedic diagnosis and subsequent treatments differ from this Western process in that the diagnosis is made not only on the disease level (called roga), but also on the patient level (called rogi). The exhaustive examination helps the Ayurvedic practitioner not only diagnose the disorder but individualise or tailor treatments for each patient.

To make a diagnosis, the Ayurvedic practitioner uses a method called rogi-roga pareeksha, which combines disease analysis with a deep examination of each individual.

A Practitioner examining a patient considers the whole human being, believing that people have within them the required energy to bring the body back to a healthy, or balanced, state.

So instead of focusing on a treatment or medicine to heal the illness, the Ayurvedic practitioner concentrates on the techniques that will strengthen the healthy elements inherent in every body, which will, in turn, help the individual to recover and the body to call upon its own energy to heal.

According to Ayurveda, diseases are due to a doshic imbalance. Determining the patient's dosha and then identifying the root cause of a disease, requires precise training

What are some Ayurvedic treatments?

The Ayurvedic practitioner has a wide array of treatments and therapies at his/her disposal. Practitioners may include a variety of treatments in an individual's dincharya (daily recommended routine) and ritucharya (seasonal routine). See our website www.ashishpaul.com for more information on our treatments.

Clothing what shall I wear?

Wear loose clothing - Wear clothes which you wouldn't mind getting a little oily. I would advise a few layers so that you are warm on your way back home.

Where do I need to go?

Harley Street Therapy Centre has comfortably appointed rooms. With extensive facilities for various Ayurvedic therapies including Panchakarma. NB: Unfortunately we don't have access to a shower at the moment because of renovation work but please bring a towel so that after your therapy you can wipe off any excess oils to make yourself comfortable.

We do provide tissues and towels of course but it is also best to bring your own especially after a massage.

- Therapy sessions are on the fourth floor at Harley Street. Once I give you the access to come into the building, you take the lift to come upstairs. I will meet you on the fourth floor.
- Text me in any emergency. Please note that sometimes there is no phone connectivity in the building.
- Please bring a sanitary pad with you for any oil leakage that might happen due to basti.
- Keep your stomach empty 3 hours before your therapy.

Q. How should I prepare? - A. Always arrive for your therapy at least 10 minutes early so that we can get you relaxed before your therapy. You will be massaged with special herbs and oils, so please don't wear perfume, heavy aftershave, or strongly scented lotions that might interfere with the therapy.

Q. Can I eat before a therapy? - A. To get the full benefits of your therapy, don't eat beforehand (especially heavy meals). However, if you are very hungry, it's better to have a small snack so that you aren't distracted by a growling stomach during your therapy.

Q. What should I wear? - A. Please wear something comfortable, such as yoga-style clothing. Since we encourage you to let the Ayurvedic oils soak into your skin for a few hours after the massage, don't wear expensive clothing that could be stained by the oil.

Q. What should I bring to the therapy? - A. Just an open mind! Ayurvedic therapies are wonderfully soothing and nurturing, so let yourself relax as your Practitioner takes you into a blissful experience.

Q. Will I be naked during my therapy? - A. We want you to feel as comfortable as possible while receiving your massage, so you can wear underwear if you prefer. However, we invite everyone to experience our timeless therapies as nature intended. Speak to your Practitioner if you have any concerns.

Q. What is the ideal frequency of therapy? - A. It depends on the individual, but we strongly recommend getting a therapy at least once a month and twice would be even more beneficial. During a difficult or stressful time in your life, a weekly therapy can help immensely. We generally find a course of between 4 and 6 therapies should be taken together.

Q. Will a single therapy help me feel better? - A. Yes, but to receive the most benefits, we recommend getting regular therapies.

Q. How can I get the most from my therapy? - A. Just remember to breathe and let go. Your Practitioner will do the work, so all you need to do is relax. Some people like to repeat a mantra or affirmation during their massage. We also recommend that you and your therapist set an intention for your therapy at the beginning of the session.

Q. Are your services covered by health insurance? - A. Most insurance companies don't cover Ayurvedic therapy but this is something we are looking into.

Q. Have the therapy products been tested on animals? - A. No. All of the oils, herbs, and aromatherapy products we use are 100% natural and haven't been tested on animals (never will be).

Q. Do I need to tell the therapist about any medical conditions? - A. Yes, it is important for your therapist to be fully aware of all your current medical conditions

Q. Can I have a session if I'm pregnant? - A. Yes, we offer many therapies for post, during and pre-pregnancy.

Q. Are gift certificates available? - A. Yes, you can purchase them by calling 020 7754 5440 or emailing info@ashishpaul.com

Q. Which therapy is right for me? - A. We offer a variety of Ayurvedic therapies for cleansing, healing, rejuvenation, and many other specific purposes. Our Customer Service Team can help you choose the most appropriate treatment for you. 020 7754 5440.

Q. What happens at the end of the therapy? - A. After all of our therapies, we invite our guests to relax quietly on the massage table for a few minutes, luxuriating in the peace and bliss of the experience.

Don't make any arrangements for a couple of hours after your therapy. You'll need time to relax and wash the herbal oil out of your hair. It's a good idea to refrain from large meals and alcohol in the hours leading up to your therapy, too.

You'll probably want to relax for a while, go home and if appropriate (we often ask you to leave medication on your body for some time after the therapy) take a long, leisurely shower or bath to wash off all the herbal oil. Sip some water to re-hydrate yourself and enjoy feeling calm, composed and balanced for the rest of the day.