

Tips to Fight Stress the Tibetan Way

By Tracey Virginia Williams

Living in the western world with our zest for fast living, and demanding lifestyles, we often look to the East for inspirational ideas to chill out. We all know the true cost stress can play on our lives. Prolonged stress on the body will cause dis-ease and dis-comfort.

Tibet is a rich resource of ideas on how to fight stress. Tibet, situated between China and India, has had the advantage of using Traditional Chinese medicine, along with the Indian tradition of Ayurveda to treat the body holistically.

What is Ayurveda?

Ayurveda literally means “The Science of Life” and is a system for maintaining health and preventing illness by adhering to certain principles and philosophies. Although Ayurveda originated from Northern India, the underlying philosophy is the basis for many health systems throughout Asia, including Tibet, Burma, Thailand, Indonesia, Sri Lanka and Mongolia. It has now reached our western society and celebrities such as Madonna and Gwyneth Paltrow are keen fans.

The rhythmic technique, is a gentle ancient therapy based on the wisdom of Tibetan Ayurveda, where for thousands of years, massage techniques have been used to prevent dis-ease and dis-comfort. The treatment is carried out in 5 stages, starting with the shoulders, upper arms, neck, face and finally the scalp.

You do not need to live on top of a Tibetan mountain range to benefit from their ideas to de-stress. Below are a few simple tips you can carry out at home when you need to unwind.

Chilling Out the Tibetan Way

1. Lift your mood by adding 5 drops of lemongrass aromatherapy oil to warm water in a oil burner. This is excellent as an anti-depressant.
2. Lemongrass is also good for the lymphatic system. Get your partner to massage 3 drops of lemongrass oil to 10ml of base oil such as sweet almond oil. This will also reduce stress related back pain, and again lift your mood.
3. Relaxation music from the East is fantastic for helping you wind down and de-stress. Elements of Rejuvenation by Merlins Magic, Zen Garden by Kokin Gumi or Music For the Soul by Chamras Saewataporn, available from www.amazon.com. All of these are guaranteed to send your mind into a state of mediation
4. 8-10 hours of sleep a day is what your body needs to properly re-charge itself. If you find it hard doing this during the week, at least make time to do this on the weekend.

5. Burning incenses stimulate the limbic system which controls moods and attitude and responds to memory, pleasure and emotions. I would recommend the following for its individual properties:

Tibetan Medication Incense – contains blends of herbs and sandalwood to calm the mind.

Tibetan Healing Incense - consists of 31 different herbs and ingredients. Used to counter stress, tension and depression, and to promote calm and harmony. Go to www.bluebanyan.co.uk for these authentic incense plus more.

6. Placing a water fountain in the corner of the room you relax in is a beautiful way to enhance relaxation. The peaceful trickling sound of the water as it travels down the fountain, can relieve stress, clear your mind, and hope you fall asleep.

The Ultimate Tibetan De-Stressor

The Tibetan Facial Massage treatment balances the energies of the body to positively change the energy system. This treatment is extremely meditative and useful for those who find it difficult to switch off, creating a sense of tranquillity and peace.

You begin your treatment by having your feet cleansed with warm steam mittens. This is followed by cleansing and a light exfoliation to your face, followed by 30 minutes of blissful Tibetan Massage. Monoi oil is used for the massage for its moisturising and nourishing benefits to the skin and hair. The oil contains kuku nut oil, macadamia nut oil, coconut oil and vitamin E.

The treatment brings:

- ♣ Increased endorphin production;
- ♣ Increased circulation to the scalp;
- ♣ Relaxation to the facial and eye muscles;
- ♣ Promotes feelings of inner peace and calm;
- ♣ Aids lymph drainage and eliminates toxins; and
- ♣ Heals and nourishes the tissues plus more benefits associated with massage movements to the skin.

The treatment time is 60 minutes, and costs £35.00 per session

This treatment is available at Virginia Williams, situated at 122 Grove Hill, South Woodford, London E18 2hZ. tel: 020 8536 4031; www.virginia-williams.co.uk; email: virginia_williams@btinternet.com