

WABI Beauty Center
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FEEDBACK

Delegation of Ayurveda experts by AYUSH (India) to the WABI Beauty Center Sopron, Hungary

We have received an Ayurveda team in our institute from the 19th of June to the 2nd of July 2008. It was a very great opportunity not only for our masseurs but for the whole beauty center.

Experts of Indian team were:

1. Dr (Mrs) Surinder Katoch – Ayurveda Expert
2. Mr S. Unnikrishnan – Panchkarma technician
3. Mr Om Prakash Sharma – Pharmacist & Panchakarma technician

I would like to summarize the procedures that our masseurs have learned and practised under the supervision & guidance of the Ayurveda team during the two weeks:

- Whole body oil massage
- Whole body powder massage
- Shirodhara
- Shiobasti
- Shiropichu
- Katibasti
- Katipichu

Furthermore, the masseurs have learned the basics of Ayurveda and Panchakarma in the theory classes and also the CD of AYUSH & Panchakarma was shown for them.

Four package programmes on wellness were given, namely:

1. Seven days stress management programme
2. Seven days pain management programme
3. Seven days weight loss programme
4. Weekend / two days relaxation programme

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The director of the wellness unit, doctors of plastic surgery and some from cosmetics and other units participated as observers in the lessons.

On the 1st of July a type of viva exam (practical) was held by the Ayurveda team for our masseurs who all passed it successfully.

On the 2nd of July the certificates were issued to fifteen masseurs.

The masseurs told me that they have learned a lot and have collected interesting, useful experiences. In the future they would like to use the knowledge that they have received from the Ayurveda team.

Regarding our future plans, we would like to employ a married couple from India who will work in our institute for 1 year and will represent the Ayurveda in Sopron, Hungary.

It was a great pleasure to have the Ayurveda team as our guests.

Sopron, 07th of July 2008


Karáki Tamás
Director
WABI Beauty Center

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