Shirodhara – A Deeply Restorative Ayurvedic Experience

Shirodhara is a profoundly calming Ayurvedic therapy designed to soothe the nervous system, quiet the mind, and invite the body into deep rest. During this ancient treatment, a continuous, gentle stream of warm, herb-infused oil is poured over the forehead—specifically the area known as the *ajna marma*, a vital center connected to mental clarity and emotional balance.

At **Vault/Prodigo**, Shirodhara is offered as a luxurious, meditative experience—ideal for those navigating stress, burnout, hormonal transition, or simply longing to slow down and reconnect with themselves.

Benefits of Shirodhara

- Calms an overactive mind and supports mental clarity
- Deeply nourishes and regulates the nervous system
- Helps ease anxiety, chronic stress, and mental fatigue
- Supports restful sleep and emotional balance
- Especially supportive during times of hormonal change, transition, or overwhelm

The Experience

Your session begins with a brief grounding ritual to help you arrive fully. As warm oil flows rhythmically across the forehead, the body naturally shifts into a parasympathetic (rest-and-digest) state. Many clients describe a sensation of being “held,” timeless, and deeply restored—often emerging with a sense of clarity, softness, and renewed vitality.

Each Shirodhara is performed with intention, presence, and reverence for this traditional healing art.

Recommended For

- Chronic stress or burnout
- Difficulty sleeping or racing thoughts
- Nervous system depletion
- Perimenopause or menopause support

- Anyone seeking deep relaxation beyond conventional spa treatments

This service is non-invasive, deeply nurturing, and suitable for those new to Ayurveda as well as seasoned wellness seekers.

Service Price $125.00

Service Duration: 1 hour with 30 minutes between clients for room turnover