

**The Common Benefits of Kansa Vatki Foot Massage include but are not limited to:**

relaxes tired feet (massage with both the copper bowl and hands and reflexology relaxation moves)

improves blood and lymphatic circulation (rhythmic movements of the copper bowl)

enhance joint mobility in the lower limbs (effleurage with copper bowl and hands)

helps to relieve eye strain and tired eyes (by balancing (lowering) of Pitta energy)

improves the condition of ligaments and muscles of the lower limbs (the Marma points treated are a bit like multi light switch that can turn on more than one light at time)

enhances iron utilization in the body. (by way of the copper bowl used in the treatment)

helps to detoxify the internal organs (like all body treatments do but the Ghee enhances this process)

increases strength and stamina in the lower limbs (new energy releases old stuck energy allowing better functioning)

helps in the reduction of stress, anxiety and depression (by balancing all 3 Doshas (Pitta, Kapha and Vata)

enhances mental activities (by balancing all 3 Doshas (Pitta, Kapha and Vata)

induces sound sleep (often this happens on the table during the treatments and people wake up feeling ready and recharged)

calms the body (the 7 Marma points treated help to relax the CNS - central nervous system)

restores and balances the body's innate energy (in part this is a result of the 7 chakra points affiliated to the entire body being treated on the bottom of the feet)