

Health and The Environment

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I. INTRODUCTION

Environment health addresses all the physical, chemical and biological factors external to a Person and all the related factors impacting behaviors .It encompasses the assessment and control of those environmental factors that can patiently affect health.

A. *The Massage*

A whole body massage designed to evoke fresh surge of energy in your being thus leaving relaxed and refreshed. It uses oil, which is a unique blend of 25 herbs to replenish sooth and nourish your skin.

B. *Indian Back Kama*

A highly relaxing back treatment designed to remove all tension and spots on the back and shoulders.

C. *Swedish massage*

A traditionally massage designed to loosen areas of the body that are tight with tension. It also increases circulation and improves skin and muscle tone.

D. *Warm Stone Massage*

Warm smooth stones are placed on the vital energy points and the heat penetrates deep within the muscles to relive tension. A deep body and scalp massage using the stones with a blend of essentials oils produces deep relation and an overall sense of well being.

E. *Reflexology*

Massage of the foot's reflex points can improve your health by restoring the natural flow of body energy. Recover physical and mental harmony with this ancient healing therapy.

F. *Aromatherapy*

The twin wonder of smell & touch. An exotic massage utilizing the art of aromatherapy.

G. *Skin Treatment*

The scrubs are mixed to paste and applied using small circular strokes. This removes dead skin cells, improves circulations, helps eliminate toxins and moistures the skin.

H. *Sea Mineral Scrub*

A Synergistic blend of essentials oils and sea minerals nourish and soften your skin. Hot towels are applied to infuse

the nutrients and essentials oils for toning, cell renewal and deep relaxation.

I. *Detoxifying Scrub*

The combination of barely, orange peel and globe thistle absorb toxins and stimulate the skin.

J. *Ancient Indian Scrub*

Using globe thistle and Indian olive to exfoliate, sandalwood to cool and soothe, this traditional recipe with honey to leave your skin soft, is total bliss.

K. *Tropical Coconut Scrub*

A gentle, nutrient rich scrub made from freshly grated coconut and turmeric is perfect is perfect for sensitive skin. The coconut works to gently exfoliate and nourish, whilst the turmeric provides a deep cleanse.

L. *Sun Burn Soother*

Our special recipe of fresh aloe vera and lavender essentials oil are gently massaged onto the body and left to absorb, whilst you relax with an expert face and head massage.

II. SKIN TREATEMENTS

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III. AYURVEDIC

Introduction programme on ayurvedic rejuvenation of the body and mind includes two different types of body massage and one sirodhara treatment. Short term ayurvedic rejuvenation programme to revitalize the systems of the body

includes four rejuvenation massages and one sirodhara treatment helps to overcome mental stress. Three sessions of sirodhara treatment is the main highlight if this programme along with two rejuvenations massage. General rejuvenation programme to deal with physical and mental stress includes the four rejuvenations massages.

IV. HOLISTIC

Relax yourself completely with a sampling of our most popular leela massage, warm stone massage and body scrub is back kama followed by foot reflexology . Immerse yourself in the spa experience with this exquisite package. The treatments, leela massage, warm stone massage, body scrub or back Kama, reflexology and Swedish massage are combined to create the richest Spa experience.

V. YOGA

Is an integrated way of bringing harmony to ones, body and soul? Different body is comfortable with different asana in yoga. Here, the individual's expert's advice focuses on those asana, which are suitable to your body in particular. Yoga practices helps in attaining higher level of concentration, enhanced energy levels, leading to better productivity as well as immunity.

VI. MEDITATION

Stress, which is the most common in today's world, leads to various problems. Meditation eliminates that meaningless state of existence and helps you to become aware of a higher purpose in life, letting you achieve a greater level of satisfaction and peace of mind.

VII. PRANAYAMA

Yoga scriptures have long discovered that the mind can be controlled when the breathing is regulated. Pranayama helps to controls the mind and balance the vital energy of the body.

VIII. REFERENCES

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