Institute of Natural Medicine

30 - 45 minutes

Shirodhara



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Shirodhara – Traditiona
Kathmandu

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? Winter Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

therapeutic practice, a stream of warm, medicated herbal oil is gently poured over the forehead, especially the “third eye” area, promoting a profound sense of calm and mental clarity.

At the **Institute of Natural Medicine** in **Thamel, Kathmandu**, we offer authentic **Shirodhara treatment in Nepal** using pure herbal oils prepared according to classical Ayurvedic texts. Our skilled therapists combine ancient wisdom with a serene, natural environment to deliver one of the most effective therapies for stress, anxiety, and emotional fatigue.

What Is Shirodhara and How It Works?

Shirodhara works by stimulating the pituitary gland and third eye (Ajna Chakra) through the continuous flow of warm oil across the forehead. This gentle rhythm helps balance the mind and body, soothe the nervous system, and quiet overactive thoughts. The treatment helps relieve deep mental tension, supports better sleep, and restores harmony between the three doshas—*Vata*, *Pitta*, and *Kapha*.

During a session, the therapist warms the herbal oil to a comfortable temperature and slowly pours it from a special vessel suspended above your head. The oil flows rhythmically across the forehead and scalp, releasing built-up stress, while the calming environment and natural aroma of the oil enhance the therapeutic effect.

Benefits of Shirodhara Therapy

- Relieves stress, tension, and anxiety
- Improves quality of sleep and reduces insomnia
- Enhances concentration and mental clarity
- Helps manage headaches and migraines
- Balances hormones and nervous system functions
- Supports recovery from fatigue, burnout, and emotional imbalance
- Promotes a deep meditative state and inner peace

Many guests describe Shirodhara as one of the most tranquil healing experiences—an effective natural remedy for people living in fast-paced modern life or returning from trekking and travel across Nepal.

Shirodhara in Thamel, Kathmandu – Our Authentic Ayurvedic Approach

Our **Shirodhara therapy in Thamel** follows a traditional Ayurvedic protocol. Before beginning, our therapist performs a short consultation to identify your body type and dosha imbalance. Depending on your condition, specific medicated oils such as *Brahmi taila* (for relaxation), *Bhringraj oil* (for cooling and stress relief), or *Sesame oil* (for nourishment and circulation) are selected.

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We maintain a calm, nature-inspired space with soft music, herbal aromas, and a meditative atmosphere that allows the body and mind to completely relax. After the therapy, you are given time to rest and let the healing oil absorb fully.

Duration and Price of Shirodhara in Kathmandu, Nepal

- **30 minutes – US$ 40**
- **45 minutes – US$ 45**

Guests are encouraged to arrive 15 minutes early for a brief consultation and to settle into the environment before starting the session.

Who Should Try Shirodhara?

Shirodhara is ideal for anyone experiencing chronic stress, insomnia, migraine headaches, depression, mental fatigue, or difficulty concentrating. It is also beneficial for travelers, yoga practitioners, and those seeking natural relaxation therapies in Kathmandu.

People looking for **Shirodhara near me** while visiting **Thamel** or **staying in Kathmandu** will find our center conveniently located, peaceful, and authentically Ayurvedic.

Why Choose Institute of Natural Medicine, Thamel

- Authentic Ayurvedic therapies performed by experienced therapists
- Customized oils and techniques according to your body type
- Tranquil natural environment in the heart of Thamel
- Affordable prices compared to other spas in Kathmandu
- Combine Shirodhara with wellness programs including Reiki Healing, Ayurvedic Massage, and Sound Healing

Book Your Shirodhara Session in Thamel, Kathmandu, Nepal

Let your mind and body drift into deep peace with our **authentic Shirodhara treatment in Kathmandu**. Whether you seek better sleep, relief from anxiety, or complete relaxation, this ancient Ayurvedic therapy offers a gentle yet powerful healing experience.

Book your appointment today or simply walk into the Institute of Natural Medicine in Thamel to enjoy the best **Shirodhara in Nepal** — where traditional healing meets natural harmony.

Frequently Asked Questions

How often should I do Shirodhara for best results?

For general relaxation, one session per month is ideal. For stress, anxiety, or sleep problems, a short course of 3–7 sessions provides long-lasting results.

What is Shirodhara and how does it work?

Shirodhara is an ancient Ayurvedic therapy where warm herbal oil is poured in a gentle stream over the forehead. The rhythmic flow relaxes the nervous system, calms the mind, and restores balance to the body’s energy centers.

What are the main benefits of Shirodhara treatment?

Shirodhara helps relieve stress, anxiety, insomnia, migraine headaches, and mental fatigue. It promotes deep relaxation, improves concentration, supports better sleep, and enhances overall mental clarity.

How is Shirodhara performed at the Institute of Natural Medicine in Thamel, Kathmandu?

During the treatment, warm medicated oils are poured steadily over your “third eye” area (forehead) while you lie comfortably. The session includes gentle head and neck massage, creating a soothing experience for complete relaxation.

Is Shirodhara suitable for foreigners or tourists visiting Nepal?

Yes. Many travelers visiting Thamel, Kathmandu, or Pokhara choose Shirodhara to recover from travel fatigue, altitude stress, or insomnia. It’s safe, deeply relaxing, and ideal for international guests seeking authentic Ayurvedic therapy.

What kind of oil is used for Shirodhara therapy?

Our therapists use Ayurvedic herbal oils such as Brahmi, Bhringraj, and Ashwagandha, chosen according to your body type (dosha). These oils nourish the scalp, calm the mind, and improve

circulation.

How long does a Shirodhara session last?

A typical Shirodhara treatment lasts between 45 and 60 minutes. You can choose either duration depending on your comfort level and wellness goals.

What is the price of Shirodhara in Kathmandu, Nepal?

At the Institute of Natural Medicine in Thamel, Kathmandu, a 45-minute session costs around USD 35 and a 60-minute session costs USD 40 — affordable compared to Western spa prices but with authentic Ayurvedic quality.

Can Shirodhara help with stress, anxiety, or depression?

Yes. The gentle, continuous flow of warm oil activates the parasympathetic nervous system, reducing cortisol levels and helping manage anxiety, tension, and mild depression naturally.

Does Shirodhara help with insomnia or poor sleep quality?

Absolutely. Many clients report improved sleep right after their first session. Shirodhara helps calm racing thoughts and balances the nervous system, promoting deep and restorative rest.

Is Shirodhara safe for everyone?

Shirodhara is generally safe for most people. However, those with head injuries, fever, or severe skin allergies should consult with the therapist beforehand.

Can Shirodhara be combined with other Ayurvedic or massage therapies?

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Yes. It works beautifully with Abhyanga (Ayurvedic massage), Reiki Healing, or Sound Therapy to create a holistic mind-body experience. At Institute of Natural Medicine, we can offer a customized healing plan based on your requirements combining Shirodhara treatment with other therapeutic healing programs.

What makes Shirodhara in Thamel, Kathmandu unique?

The Institute of Natural Medicine offers authentic Ayurvedic Shirodhara guided by experienced therapists in a peaceful, natural environment — perfect for travelers and wellness seekers in the heart of Kathmandu.

How should I prepare for a Shirodhara session?

Avoid eating a heavy meal before your appointment. Arrive 10–15 minutes early for a short wellness consultation

Where can I book the best Shirodhara treatment in Nepal?

You can book your Shirodhara therapy directly at the Institute of Natural Medicine in Thamel, Kathmandu — one of Nepal's most trusted wellness centers offering authentic Ayurvedic experiences to locals and international visitors alike.

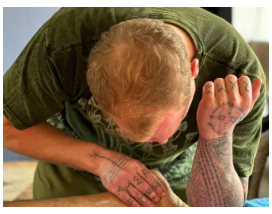
Price:

30 min US$ 40

45 min US$ 45

Book Now

Check out other packages



Feet Reflexology

Feet Reflexology, also known as foot reflex massage, is a holistic therapy practiced worldwide. Our licensed massage therapists and reflexologists apply precise pressure on the reflex points of your feet.

Explore

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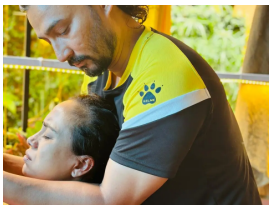
Hot Stone Massage

Hot Stone Massage is an ancient healing practice that uses smooth, volcanic basalt stones heated to a safe, comfortable temperature. These stones are gently placed on key energy points of the body and used during massage.
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Ayurvedic Massage

Ayurvedic massage (Abhyanga) is an ancient holistic therapy that involves a full-body massage using warm, medicated herbal oils chosen specifically according to your body type or dosha (Vata, Pitta & Kapha).
Explore



Deep Tissue Massage

Deep Tissue Massage uses slow, firm strokes and friction to reach deeper layers of muscle fibers and fascia, effective for chronic pain, injuries, or postural problems.
Explore



Panchakarma

Explore



Aura Cleansing with Singing Bowl

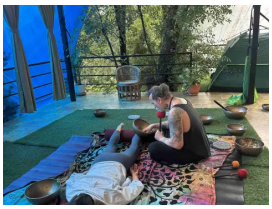
Refresh your aura in Kathmandu with singing bowl therapy, clearing negativity, balancing chakras, and promoting emotional, mental, and energetic harmony and well-being.
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Meridian Cleansing with Singing Bowl

Experience powerful sound healing in Kathmandu with our 1-hour Meridian Cleansing Singing Bowl Therapy, clearing blocked energy pathways and restoring vitality for only USD 25.
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Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.
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90-Minute Hip Opening Yoga Class in Kathmandu

This daily 90-minute class combines 60 minutes of hip opening yoga poses for emotional release with 30 minutes of authentic Himalayan singing bowl sound bath healing.
Explore