



NURTURE WELLNESS

**MARMA ROOPANAM
SELF-HEALING KIT**

CATALOG



*“Reawaken your body's natural balance through the ancient art
of Marma point therapy.”*



WELCOME TO MARMA ROOPANAM

MARMA ROOPANAM IS A UNIQUE SELF-HEALING KIT DESIGNED TO BRING THE ANCIENT WISDOM OF AYURVEDA INTO YOUR DAILY ROUTINE. IN AYURVEDA, MARMA POINTS ARE VITAL ENERGY CENTERS LOCATED ON THE BODY, WHERE THE PHYSICAL, MENTAL, AND SPIRITUAL ASPECTS OF LIFE MEET. BY APPLYING GENTLE PRESSURE ON THESE POINTS, YOU CAN RELEASE BLOCKAGES, RESTORE BALANCE, AND PROMOTE HOLISTIC WELL-BEING.

THIS KIT IS DESIGNED TO HELP YOU RECONNECT WITH YOUR INNER ENERGY, BRINGING AWARENESS TO THE INTRICATE RELATIONSHIP BETWEEN YOUR MIND, BODY, AND BREATH. WHETHER YOU'RE LOOKING TO REDUCE STRESS, ENHANCE FOCUS, OR IMPROVE PHYSICAL HEALTH, MARMA ROOPANAM PROVIDES THE TOOLS FOR SELF-HEALING AND TRANSFORMATION.

PRICE ON REQUEST

nurturewellness.com



CONTENTS OF THE MARMA ROOPANAM KIT

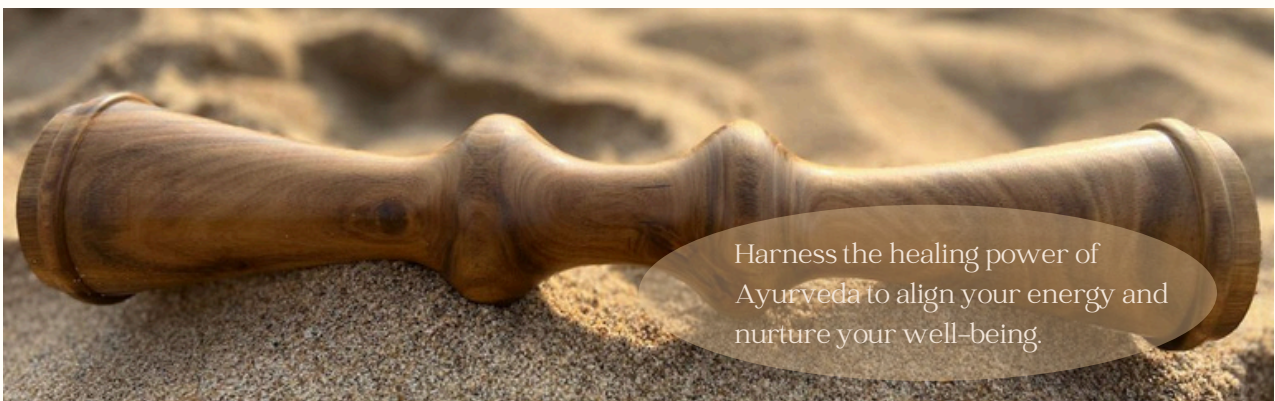
EACH TOOL IN THE MARMA ROOPANAM KIT HAS BEEN THOUGHTFULLY SELECTED TO ENHANCE YOUR SELF-HEALING JOURNEY

Wooden Marma Sticks: Specially crafted to apply precise pressure on marma points, helping to release tension and balance energy.

Acupressure Wooden Ball: A simple yet powerful tool to stimulate marma points in the hands and fingers, promoting energy flow and relieving stress.

Concentration/Affirmation Journal: To record your thoughts, feelings, and experiences during your self-healing journey, allowing you to reflect on your progress.

Instructional Guide: A step-by-step guide on how to identify and stimulate the marma points effectively, ensuring you get the most from each session.



BENEFITS OF USING THE MARMA ROOPANAM KIT

By gently stimulating marma points, you activate the body's lymphatic system, promoting the removal of toxins and waste from the body.

The marma points are key energy centers. Applying pressure to these points restores the flow of prana (life energy), balancing the vital energies in the body and mind.

Marma therapy helps clear mental blockages and reduces overthinking, leading to improved concentration, sharper memory, and heightened clarity.

Stimulating marma points around the abdomen aids in digestion by increasing the secretion of digestive enzymes and regulating the movement of food through the intestines.

Specific marma points control respiratory functions. Applying pressure here promotes deeper, more conscious breathing, resulting in better oxygenation and lung capacity.

By focusing on marma points related to muscles and joints, you can alleviate physical discomfort, reduce inflammation, and speed up recovery from injuries.

BENEFITS OF USING THE MARMA ROOPANAM KIT

Marma therapy works on an emotional level, helping to release trapped emotions and create space for positive, healing energy. This encourages emotional stability and peace of mind.

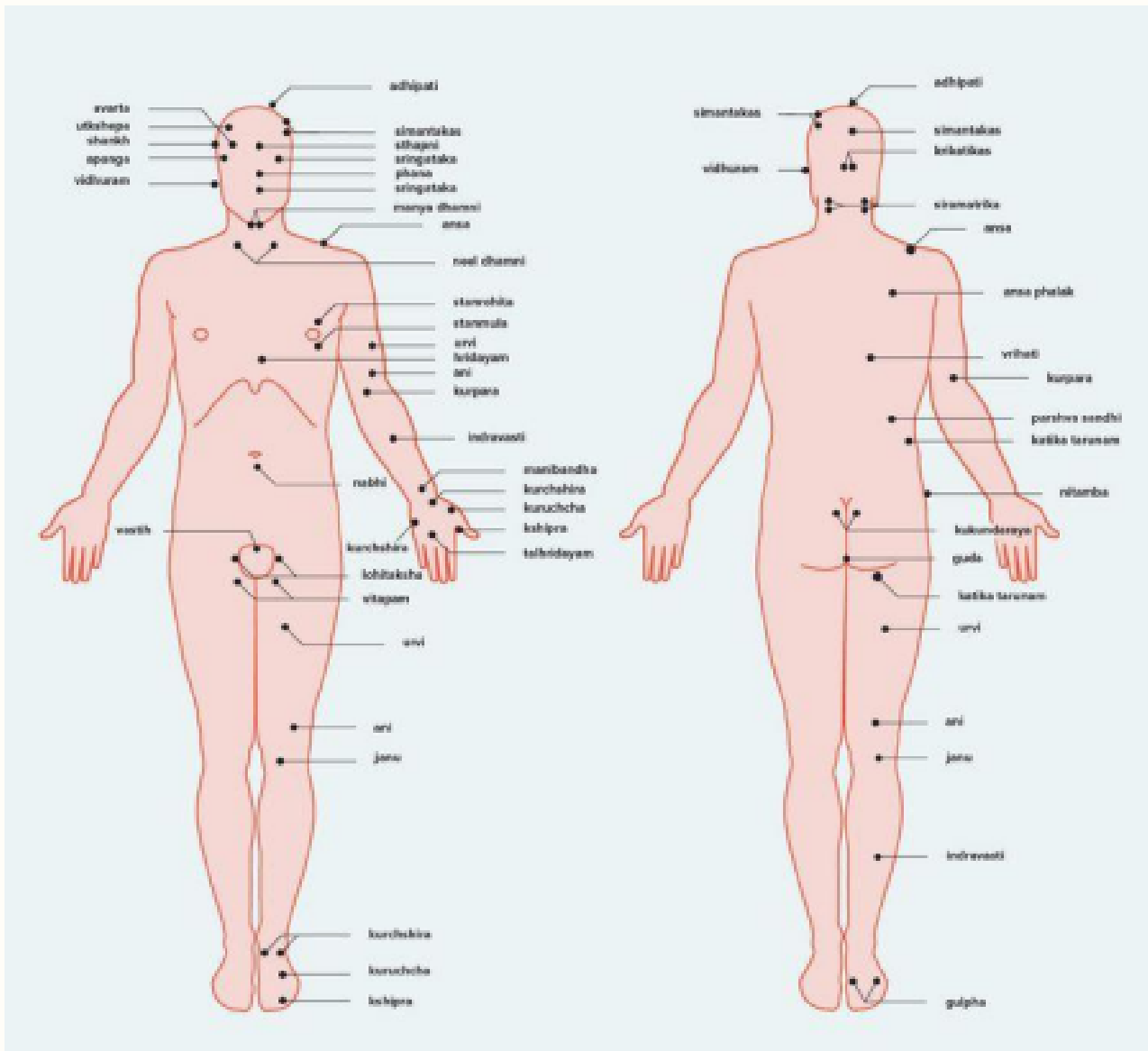
Applying gentle pressure to certain marma points stimulates blood flow, improving circulation to vital organs and extremities, which enhances the body's overall vitality.

Activating marma points associated with the nervous system induces a deep state of relaxation, calming both body and mind and helping to reduce anxiety.

Marma therapy before bed encourages relaxation, reduces racing thoughts, and balances the body's natural circadian rhythms, resulting in deeper, more restorative sleep.

By increasing blood flow and reducing internal stress, marma therapy promotes healthy, glowing skin, reduces the appearance of wrinkles, and delays aging.

Marma Roopanam helps synchronize your physical movements with mental focus, grounding you in the present moment and cultivating a sense of peace and balance.



MARMA CHIKITSA POINTS

Marma points are powerful energy centers that connect the body, mind, and breath. Gently stimulating these points helps release energy blockages and promotes healing.

11 Marma Points in Your Limbs

These points are in your arms, hands, legs, and feet. Use your fingertips to apply gentle, circular pressure on areas like the palms, soles, and joints. This helps improve circulation and ease stiffness.

26 Marma Points in Your Trunk

These are located in your chest, abdomen, and back. Focus on the ribcage, stomach, and spine.

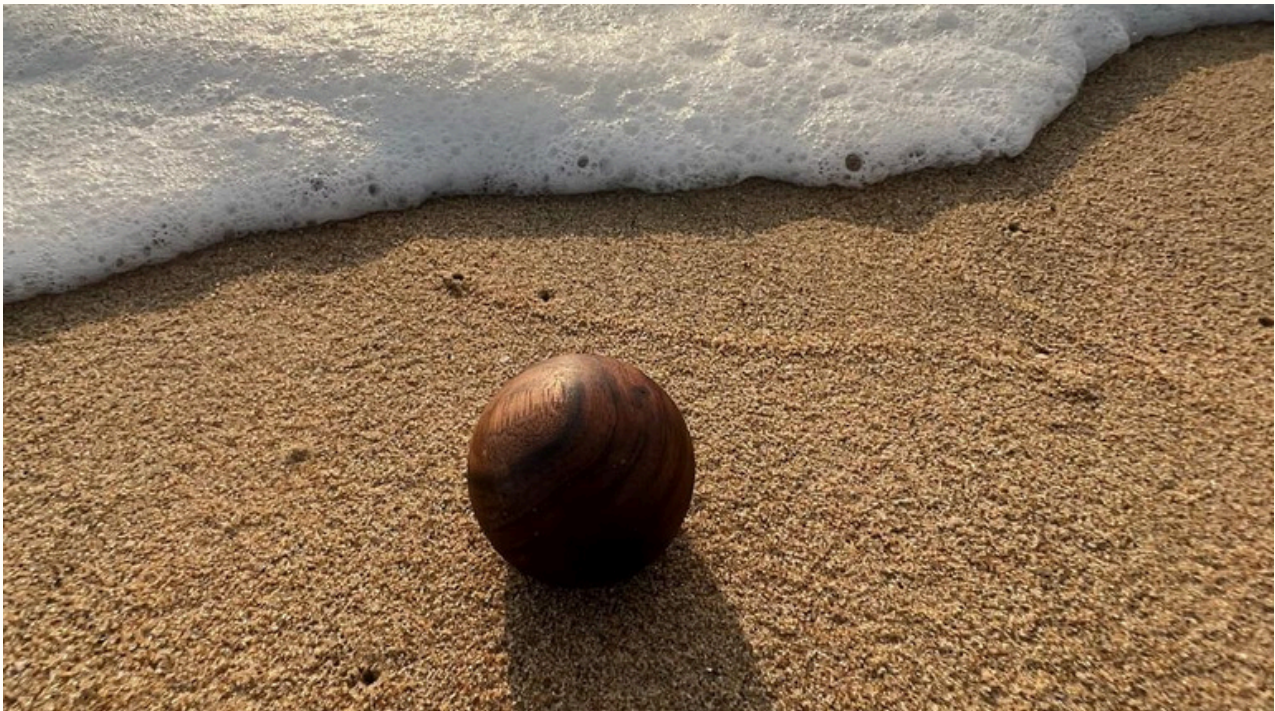
Press gently to promote better digestion, breathing, and relaxation in your core.

37 Marma Points in Your Head and Neck

These points are near the forehead, temples, skull base, and neck. Lightly press or massage these areas to clear mental fog, reduce stress, and encourage relaxation.

33 Marma Points Elsewhere in Your Body

These points are found in the joints, shoulders, and hips. Apply pressure to areas where the body bends or holds tension to enhance movement and balance.



HOW IT WORKS

The Key to Healing Energy

Marma points are energy pathways in the body, connecting physical structures such as muscles, veins, and joints with the flow of vital energy (prana). When these points are blocked due to stress, poor posture, or emotional imbalances, it disrupts the body's natural energy flow.

Marma Roopanam enables you to apply gentle pressure to these points, allowing energy to flow freely once again. This simple practice brings balance to the body's doshas (vata, pitta, kapha), which in turn harmonizes the mind and body.

Identify the Marma Points: Using the instructional guide, locate the marma points relevant to your desired outcome (e.g., stress relief, digestion, pain relief).

Apply Pressure: Use the wooden marma sticks to apply gentle, circular pressure on the points. Start with light pressure and gradually increase, paying attention to any sensations.

Practice Mindful Breathing: While stimulating marma points, focus on your breath. Deep, slow breathing helps create a deeper connection between mind, body, and breath.

Record Your Experience: After each session, use the journal to reflect on your experience and any changes you observe in your energy or mood.



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