



Ayurveda and Wellness Inclusions

7-DAY AYURVEDA WELLNESS RETREAT

- Ayurvedic Consultation with a Doctor to Assess Dosha (Body Constitution)
- Abhyanga (Full Body Warm Oil Massage)
- Udwarthanam (Herbal Powder Massage)
- Ayurvedic Steam Bath to Release Toxins
- Guided Meditation and Breathing Techniques (Pranayama)
- Personalised Herbal Supplements
- Shirodhara (Warm Oil Treatment on the Forehead) for Mental Clarity
- Pizhichil (Therapeutic Oil Bath) for Joint and Muscle Pain Relief
- Yoga Sessions to Enhance Flexibility and Strength
- Herbal Facial or Body Scrub for Skin Rejuvenation
- Nutrition Counselling with Personalised Meal Plans based on Ayurvedic Principles
- Evening Herbal Tea Ceremony for Relaxation

14-DAY AYURVEDA WELLNESS PROGRAMME

- Initial Ayurvedic Doctor Consultation and Personalised Treatment Plan
- Panchakarma Detox Process, Including Therapies such as Virechana (Purgation) and Basti (Enema Therapy)
- Nasya (Nasal Cleansing Therapy) to Clear Sinuses and Improve Respiratory Health
- Udwarthanam (Herbal Powder Massage)
- Ayurvedic Steam Bath and Herbal Wrap for Deeper Cleansing
- Trataka (Candle Meditation) for Eye Health and Mental Focus
- Shirodhara (Oil Therapy) for Relaxation
- Kati Vasti (Localised Treatment for Back Pain)
- Therapeutic Marma Massage to Activate Energy Points
- Guided Yoga for Stress Relief and Mental Calmness
- Ayurvedic Counselling for Healthy Lifestyle Practices
- Rasayana (Rejuvenation Therapy) to Improve Vitality
- Facial or Body Rejuvenation Treatment with Herbal Pastes and Oils
- Sound Therapy (Nada Yoga) for Deep Relaxation
- Daily Meditation, Breathing Exercises and Yoga
- Diet Plan to Balance Doshas and Enhance Digestion
- Final Consultation with an Ayurvedic Doctor

21-DAY AYURVEDA TRANSFORMATION PACKAGE

- Detailed Ayurvedic Consultation and Diagnosis
- Full Panchakarma Detox Process, Including Vamana (Therapeutic Vomiting) or Virechana (Purgation)
- Snehana (Internal and External Oil Application) and Swedana (Steam Therapy)
- Udwarthanam and Therapeutic Massages
- Rasayana Therapy for Tissue Regeneration and Vitality
- Herbal Supplements Tailored to Dosha Imbalance
- Yoga Nidra for Deep Relaxation
- Basti (Medicated Enema) for Digestive and Reproductive Health
- Shirodhara for Stress and Anxiety Relief
- Kizhi (Herbal Pouch Massage) for Pain Relief and Muscle Relaxation
- Ayurvedic Therapies for Specific Health Issues (Like Arthritis and Insomnia)
- Daily Personalised Yoga and Meditation
- Herbal Beauty Treatments (Ayurvedic Facials and Scrubs)
- Immunity-boosting Treatments with Rasayana and Ayurvedic Tonics
- Shirovasti (Medicated Oil Therapy) for Neurological and Psychological Health
- Full-body Detox Wrap using Herbal Paste for Skin Health
- Sound Healing and Guided Meditation for Inner Peace
- Yoga and Breathing Practices for Strength and Flexibility
- Final Consultation and Personalised Health Plan to Continue Wellness Journey

All treatments within these Ayurveda and wellness packages will be customised based on each guest's unique body constitution and health condition. Following a detailed consultation with an Ayurvedic doctor, a personalised treatment plan will be created to ensure that therapies are tailored to individual needs and specific health goals.

Please feel free to contact our wellness manager for any related queries and concerns.

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