



## Harmony Retreat - Wellness & Rejuvenation (7 Nights)

Experience blissful rejuvenation with our exclusive Ayurveda Wellness Package. Experience soothing massages with warm herbal oils, personalized yoga sessions tailored to your needs, and a nourishing Ayurvedic diet plan to enhance your vitality.

Nourish your senses with rejuvenating herbal steams and revitalizing Ayurvedic body scrubs, tailored to restore your skin's natural radiance and balance. Experience the healing touch of Marma therapy, targeting vital energy points to unlock blocked energy and enhance overall well-being.

Complementing these treatments, you will also receive personalized dietary and lifestyle recommendations based on Ayurvedic principles, guiding you towards optimal health and vitality. You'll enjoy soothing yoga and meditation sessions that help calm the mind, reduce anxiety, and promote mental clarity.

### Treatments:

- Abhyanga (Therapeutic whole body oil massage)
- Sambahana (Deep tissue massage)
- Shiro abhyanga (Head massage with vital point stimulation)
- Mukha abhyanga (Face massage with vital point stimulation)
- Pada abhyanga (Foot massage)
- Reflexology
- Navarakizhi (Milk rice bolus massage)
- Udvartana (Herbal body scrub massage)
- Bashpa sweda (Herbal steam bath)
- Avagaha sweda (Herbal bath)
- Pathra pinda sweda (Herbal leave bolus fomentation)

### **Special Notes:**

- *The above treatments are subject to change after the doctor's consultation.*



## Detoxification with Stress Management (14 Nights)

Introducing our exclusive Detox & Stress-management Ayurveda Package, a holistic wellness retreat designed to rejuvenate your mind, body, and spirit.

During your stay, you'll embark on a personalized detoxification journey that targets accumulated toxins and revitalizes your system. Our skilled Ayurvedic practitioners will guide you through specialized cleansing therapies, including herbal massages, oil treatments, and steam baths. These therapies work synergistically to flush out impurities, restore balance, and promote inner harmony.

In addition to detoxification, our program focuses on alleviating stress and promoting deep relaxation. Feel your tension melt away as skilled hands perform Shirodhara, a rhythmic pouring of herbal oil onto your forehead, promoting deep relaxation and mental clarity.

To complement your wellness journey, our dedicated culinary team will craft wholesome Ayurvedic meals to nourish and replenish your body. You'll enjoy soothing yoga and meditation sessions that help calm the mind, reduce anxiety, and promote mental clarity.

Treatments:

<ul style="list-style-type: none"> <li>• Abhyanga (Therapeutic whole body oil massage)</li> <li>• Sambahana (Deep tissue massage)</li> <li>• Shiro abhyanga (Head massage with vital point stimulation)</li> <li>• Mukha abhyanga (Face massage with vital point stimulation)</li> <li>• Pada abhyanga (Foot massage)</li> <li>• Reflexology</li> <li>• Navarakizhi (Milk rice bolus massage)</li> <li>• Udvardana (Herbal body scrub massage)</li> <li>• Bashpa sweda (Herbal steam bath)</li> <li>• Avagaha sweda (Herbal bath)</li> <li>• Pathra Pinda Sweda (Herbal Leave Bolus Fomentation)</li> <li>• Thermo massage</li> </ul>	<p><b>Panchakarma treatments</b></p> <ul style="list-style-type: none"> <li>• Virchana (purgation)</li> <li>• Vamana karma (Therapeutic vomiting)</li> <li>• Nasya karma (Nasal infusion)</li> <li>• Vasti karma (Herbal enema)</li> <li>• Raktha Mokshana (Therapeutic bloodletting)</li> </ul> <p><b>Other special treatments</b></p> <ul style="list-style-type: none"> <li>• Shirodhara</li> <li>• Shiro lepa</li> <li>• Shiro vasti</li> <li>• Pichu treatment</li> <li>• Pizhichil (Whole body oil pouring massage)</li> </ul>
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**Special Notes:**

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## Weight Reduction program (14 Nights)

Our Ayurvedic Weight Reduction Package is thoughtfully designed to promote natural and sustainable weight loss while rejuvenating your body and mind.

This comprehensive package begins with a personalized consultation with our experienced Ayurvedic practitioners. They will analyze your unique body constitution (dosha) and identify any underlying imbalances contributing to weight gain. Based on their findings, a tailored treatment plan will be created to address your specific needs. The package includes a range of Ayurvedic therapies and techniques meticulously chosen to stimulate your metabolism, enhance digestion, detoxify your body, and promote fat burning.

Our expert doctors will provide guidance on a balanced Ayurvedic diet, customized to support your weight loss goals. They will recommend specific foods, spices, and herbal supplements that nourish your body while aiding in the elimination of toxins and excess fat.

Treatments:

- Abhyanga (Therapeutic whole body oil massage)
- Sambahana (Deep tissue massage)
- Shiro abhyanga (Head Massage with Vital Point Stimulation)
- Mukha abhyanga (Face Massage with Vital Point Stimulation)
- Pada abhyanga (Foot massage)
- Reflexology
- Udvartana (Herbal body scrub massage)
- Bashpa sweda (Herbal steam bath)
- Avagaha sweda (Herbal bath)
- Pathra Pinda Sweda (Herbal Leave Bolus Fomentation)
- Valuka sweda (Sand Bolus Fomentation)
- Churna Pinda sweda (Seeds bolus fomentation)
- Thermo massage (Fomentation with rice packs)

### ***Special Notes:***

- *The above treatments are subject to change after the doctor's consultation.*