



Ayurveda Specials

AYURVEDA PACKAGES:

Rejuvenation Programme:

This rejuvenation therapy prescribed in ayurveda endows the individual with longevity, memory, intellect, positive health, youth, excellent complexion, voice, strength of sensory and motor organs. Main aim of this therapy is to maintain the youth of the individual along with the maintaining of his long life.

Body Purification Package:



It is aimed at the complete expulsion of the unbalanced doshas and the purification of the body by removing the toxins from the body. The treatment is based on Snehnakarma (oil application), Swedanakarma (sweat treatment) and Panchakarma (purification processes in the narrow sense). This package includes body massages, Snehapanam, Nasyam, Virechanam (purgative treatment under medical supervision), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, steam baths and oral herbal medicines.

Relaxation Programme :

This programme is for the guests who are here for a short time, and who wish to spend their holidays along with health promotion activities like the traditional ayurveda and yoga.

Stress Relieving Programme :

This programme is aimed at providing relief for those who are suffering



from mental and physical stress and those who have insomnia, lack of concentration, fatigue, head ache and general weakness. The programme will do wonders on those who work on computers, travel frequently and work late night.

Slimming Package



This programme includes massages, medicated steam baths and the oral intake of herbal juices and infusions. The goal is to achieve long-term weight loss by changing the metabolism.

A special Ayurvedic diet plan is recommended during treatment

Body Immunisation Package:

The main aspect of this package involves taking Rasayanas (very specialised Ayurvedic medicine) and also purifying the body and making it sweat readily (Panchakarma and Swedakarma). This programme includes body massages, Snehapanam, Virechanam, Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and medicated steam baths. This treatment is most effective if embarked on before the age of 60. It is equally recommendable for men and women.



Beauty Care Package:

These treatments improve the complexion, tone the skin, beautify the figure and enable you to feel young.

