



8  
Aarunya

KANDY, SRI LANKA

*Wellness  
Retreats &  
Rituals*

Aarogya Luxury Spa &  
Wellness Centre

Luxury Ayurveda, Beauty,  
Detox, Relaxation & Weight  
Loss Programs

# *Aarogya at Aarunya*

Derived from Sanskrit, "Aarogya" translates to "overall well-being" & encompasses the health of mind, body & spirit.

Nestled amidst the tranquil embrace of the picturesque mountains of Kandy, Aarunya Nature Resort & Spa invites you to embark on a transformative journey of self-discovery & rejuvenation with our exclusive Wellness Retreat Packages at Aarogya Luxury Spa & Wellness Centre. As you step into our haven of serenity, the symphony of rustling leaves & gentle sounds of nature will guide you towards a profound sense of inner peace. Our thoughtfully curated packages seamlessly blend luxurious accommodation in nature with the ancient wisdom of local Ayurveda and Balinese therapies, offering you an unparalleled experience that transcends the ordinary, revitalizing & rejuvenating the mind, body & soul.

Immerse yourself in our tailor-made Wellness Retreats that intricately weave together the time-honored practices of Ayurveda and/or Balinese therapeutic rituals, yoga, & meditation in a luxurious mountain setting. Tailored to suit each individual, our programs provide a holistic approach to beauty, detox, relaxation, & weight loss, with a minimum duration of 4 nights.

As part of our inclusive offerings, delight your palate with three gourmet meals per day, thoughtfully tailored to your well-being, & savor the goodness of unlimited fresh juices & herbal tea. Indulge in the luxury of daily Ayurveda and/or Balinese treatments totaling 120 minutes, complemented by rejuvenating yoga & meditation sessions. If following the Ayurveda path, engage consultations with our Ayurveda Doctor for a bespoke plan that addresses your unique requirements, including nourishing gourmet meal plans crafted to your specific Dosha type & needs. We extend exclusive discounts on room rates for Wellness Retreat bookings, rewarding & encouraging a commitment to wellness.

Your transformative journey awaits, embracing the perfect blend of ancient wellness and wisdom contemporary comfort with the natural ambiance of Aarunya.

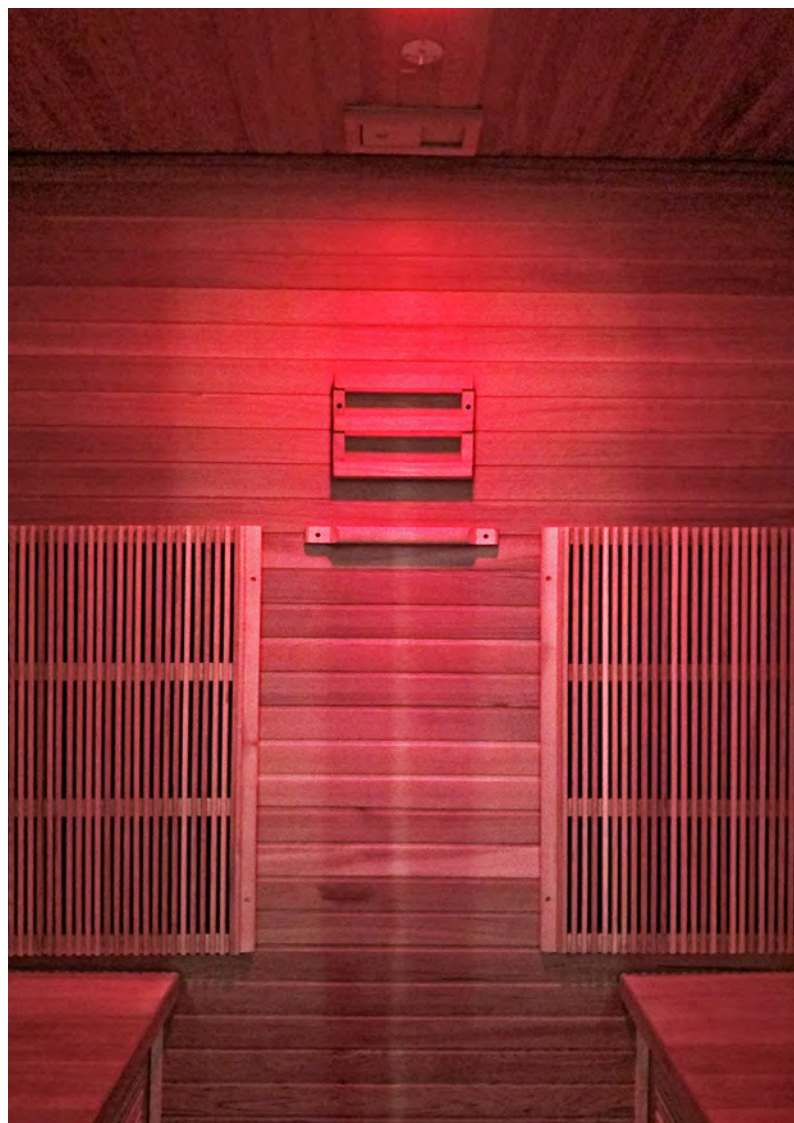
















# HEALTHY *luxe*



## The Ultimate Luxury Escape: Aarunya Resort

REVIEWS / FEBRUARY, 2019

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Note: The Sample Programs shown below incorporate only Ayurveda Therapies. Balinese and/or Ayurveda therapies can be chosen as per your preference.

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4 Nights / 5 Days

## *Prasadini*

Restoring Natural Balance in Mind, Body & Soul  
4 Nights / 5 Days

## *Gaurawee*

Ultimate Relaxation & Skin Care  
7 Nights / 8 Days

## *Nirodanii*

Pursue Your Inner Harmony - Detox & Rejuvenation  
7 Nights / 8 Days

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7 Nights / 8 Days

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21 Nights / 22 Days



## *Sukii*

Relaxation & Rejuvenation

4 Nights / 5 Days Luxury Ayurveda Retreat - \$US540 Per Person

Are you tired of the hustle and bustle of everyday life? Do you long for a retreat that will rejuvenate your body and mind? Look no further! Introducing our 5-day wellness journey, where you can experience the ultimate relaxation and find harmony within yourself.

But it doesn't stop there! Our wellness journey goes beyond just relaxation. We believe in a holistic approach to well-being, focusing on balancing your dosha - the unique energy within you. Our expert practitioners will guide you through personalized treatments and activities that cater specifically to your needs, allowing you to regain your energy and find perfect balance.

Don't miss out on this incredible opportunity to nourish your body, replenish your soul, and reconnect with yourself. Join us on this transformative five-day journey and experience the blissful harmony of mind, body, and spirit. Say goodbye to stress and hello to a renewed sense of well-being!

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor

Evening Full Body Therapy

### **Day 02**

Deha Abyanga – Full Body Herbal Oil Massage

Pada Prathijana - Foot Reflexology

Aushadha Awagaha - Herbal Bath

### **Day 03**

Deha Abyanga – Full Body Herbal Oil Massage

Nawarakizi – Medicated Milk Rice Treatment

Wakthra Mardana - Face Massage

### **Day 04**

Deha Abyanga – Full Body Herbal Oil Massage

Ksheera Dhara - Herbal Medicated Milk Draining Treatment

### **Day 05**

Deha Abyanga –Full Body Herbal Oil Massage

Ubtan – Herbal Body Pack

Pada Abyanga -Foot Massage

Aushadha Awagaha - Herbal Bath or Sugandha Jalasnana – Aroma Bath

### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).

3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).

Unlimited Fresh Juices & Herbal Tea.

All Treatments (120 Mins Total Per Day).

Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).

Meditation Sessions (Before or After Yoga Sessions).

### **Discounts on Room Rates for Wellness Package Bookings:**

Accommodation is not included in the Wellness Package price.

Discounts on room rates for Wellness package bookings: 10% for up to 5 nights. 15% for up to 10 nights. 20% over 10 nights. NOT COMBINABLE with other offers. Full Board supplements apply.

The above wellness program is meant to be used as a guide. All programs will be tailor made and customized to the guests based on health, fitness and prevailing ailments identified during consultations. Upon confirmation a detailed health check-list is to be completed by the guest prior to arrival covering all known ailments, allergies, and conditions clearly identified Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on the Ayurveda Doctor's advice, and bears no responsibility or liability for side effects/issues caused by undeclared pre-existing conditions.

All prices are subject to 10% service charge and applicable government taxes.



## *Prasadini*

Restoring Natural Balance in Mind, Body & Soul

4 Nights / 5 Days Luxury Ayurveda Retreat - \$US540 Per Person

Prasadini, the ultimate solution for addressing your body imbalances and achieving holistic wellness through the ancient and time-tested Ayurvedic medical system. With a name that embodies our mission of pioneering the good from bad, Prasadini is your gateway to a life of vitality and harmony.

Imagine a five-day transformative journey where you can immerse yourself in the wisdom of Ayurveda, experiencing personalized treatments tailored to your unique needs. Our team of expert practitioners will guide you through this rejuvenating process, helping you discover the power of natural healing.

Embrace the rich heritage of Ayurveda as you embark on this remarkable adventure. Prasadini combines traditional therapies, herbal remedies, and mindful practices to restore balance to your mind, body, and spirit. Our carefully crafted treatments will leave you feeling renewed and revitalized.

Say goodbye to stress, fatigue, and discomfort. Say hello to a radiant and energized version of yourself. Unleash your true potential with Prasadini's holistic approach that has stood the test of time.

Join countless individuals who have already experienced the profound benefits of Ayurveda with Prasadini. Begin your journey today by endowing yourself with the gift of well-being. Trust in our commitment to excellence as we guide you towards a life filled with health and happiness.

This package is highly variable according to the guest medical conditions and requirements. The following is a Sample Program for an individual with work related stress and cervical tenderness and backache due to long sitting position practices:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor

Evening Full Body Therapy

### **Day 02**

Deha Abyanga – Full Body Herbal Oil Massage

Pinda Sweda – Herbal Fomentation Treatment

Shiro Abyanga - Head Reflexology

### **Day 03**

Deha Abyanga – Full Body Herbal Oil Massage

Kati Vasthi – Oil Retaining Treatment For Lower Back

Griva Vasthi – Oil Retaining Treatment For Neck

Wakthrabhyanga - Face Massage

#### **Day 04**

Akshi Tharpana – Eye Cleansing Treatment  
Sarwanga Dhara – Full Body Herbal Oil Draining Treatment  
Kati Pichu – Oil Pad Treatment For Back  
Griva Pichu - Oil Pad Treatment For Neck

#### **Day 05**

Deha Abyanga – Full Body Herbal Oil Massage  
Nawarakizi – Medicated Milk Rice Treatment  
Aushadha Awagaha - Herbal Bath or Sugandha Jalasnana – Aroma Bath

#### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).  
3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).  
Unlimited Fresh Juices & Herbal Tea.  
All Treatments (120 Mins Total Per Day).  
Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).  
Meditation Sessions (Before or After Yoga Sessions).

#### **Discounts on Room Rates for Wellness Package Bookings:**

Accommodation is not included in the Wellness Package price.

Discounts on room rates for Wellness package bookings: 10% for up to 5 nights. 15% for up to 10 nights. 20% over 10 nights. NOT COMBINABLE with other offers. Full Board supplements apply.

The above wellness program is meant to be used as a guide. All programs will be tailor made and customized to the guests based on health, fitness and prevailing ailments identified during consultations. Upon confirmation a detailed health check-list is to be completed by the guest prior to arrival covering all known ailments, allergies, and conditions clearly identified Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on the Ayurveda Doctor's advice, and bears no responsibility or liability for side effects/issues caused by undeclared pre-existing conditions.

All prices are subject to 10% service charge and applicable government taxes.



## *Gaurawee*

Ultimate Relaxation & Skin Care

7 Nights / 8 Days Luxury Ayurveda Retreat - \$US945 Per Person

Gaurawee, the ultimate relaxation journey that harmonizes your mind, body, and soul with the healing power of nature. Our unique blend of herbs and herbal treatments has been carefully curated to restore your energy and rejuvenate your entire being.

Imagine indulging in a 8-day retreat where you can completely unwind and find inner peace. With Gaurawee, we have crafted a signature experience that combines the best of nature's offerings with the expertise of our skilled therapists at Aarogya Luxury Spa & Wellness Centre.

Throughout your journey, you will be immersed in the rejuvenating properties of sandalwood, herbal skin-friendly oils, medicated ksheera, and freshly extracted herb juices. These natural elements work in synergy to nourish your skin from within, leaving it radiant and glowing.

Gaurawee goes beyond physical relaxation by providing a holistic approach to wellness. Our carefully designed treatments will help you release stress, restore balance, and awaken your senses. You will leave feeling refreshed, revitalized, and ready to take on the world.

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor

Evening Full Body Therapy

### **Day 02**

Deha Abyanga - Full Body Herbal Oil Massage

Pinda Sweda - Herbal Fomentation Pack Treatment

Pada Prathijanana - Foot Reflexology

### **Day 03**

Deha Abyanga - Full Body Herbal Oil Massage

Shiro Dhara – Flowing Oil on Forehead (Third Eye Stimulating Treatment)

Aushadha Dhuma - Herbal Inhalation

### **Day 04**

Deha Abyanga - Full Body Herbal Oil Massage

Shiro Dhara – Flowing Oil on Forehead

Aushadha Dhuma - Herbal Inhalation

### **Day 05**

Deha Abyanga - Full Body Herbal Oil Massage  
Sarvanga Dhara – Full Body Oil Dripping Treatment  
Shiro Vasthi – Herbal Oil Retain Treatment For Head

### **Day 06**

Pizhichil – Full Body Herbal Oil Dripping Treatment  
Muktha Abyanga - Face Massage  
Mukhtha Lepa - Herbal Facial

### **Day 07**

Deha Abyanga - Full Body Herbal Oil Massage  
Udwarthana – Herbal Dry Powder Massage  
Kuti Sweda – Herbal Steam Bath

### **Day 08**

Deha Abyanga - Full Body Herbal Oil Massage  
Ubtan - Herbal Body Pack  
Pada Prathijnanana - Foot Reflexology  
Pushpawagahanam - Flower Bath

### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).  
3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).  
Unlimited Fresh Juices & Herbal Tea.  
All Treatments (120 Mins Total Per Day).  
Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).  
Meditation Sessions (Before or After Yoga Sessions).

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## *Nirodanii*

Pursue Your Inner Harmony – Detox & Rejuvenation

7 Nights / 8 Days Luxury Ayurveda Retreat - \$US945 Per Person

Experience the transformative power of Ayurveda, a centuries-old science that taps into the profound wisdom of nature to unlock your inner beauty and rejuvenation. Our unique treatment line is dedicated to cleansing and detoxifying the body, allowing you to achieve optimum health and radiance from within.

With our Ayurvedic products and therapies, you will embark on a journey towards inner purity and balance. We believe that when your body is cleansed and aligned with nature's rhythms, true beauty shines through effortlessly.

Our team of experts have masterfully crafted a range of products that harness the potent healing properties of Ayurvedic herbs, oils, and other natural ingredients. Each product is meticulously formulated to address specific concerns, whether it's nourishing your skin, promoting hair growth, or supporting overall vitality and rejuvenation.

We are committed to ensuring that you receive the utmost care and guidance on your Ayurvedic journey. Our knowledgeable practitioners are here to provide personalized consultations and recommendations tailored to your unique needs. Unlock the secrets of Ayurveda with us and experience the extraordinary benefits it can bring to your life.

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor

Evening Full Body Therapy

### **Day 02**

Sneha Paana – Oleation Therapy

Deha Abyanga - Full Body Herbal Oil Massage

Pinda Sweda - Herbal Fomentation Pack Treatment

### **Day 03**

Sneha Paana – Oleation Therapy

Deha Abyanga - Full Body Herbal Oil Massage

Kuti Sweda – Herbal Steam Bath

### **Day 04**

Virechana – Bowels Cleansing Day

### **Day 05**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation

### **Day 06**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation  
Nasya Karma – Nasal Cleansing

### **Day 07**

Deha Abyanga - Full Body Herbal Oil Massage  
Udwarthana – Herbal Dry Powder Massage  
Kuti Sweda – Herbal Steam Bath

### **Day 08**

Wakthra Lepamam – Herbal Facial  
Ubtan - Herbal Body Pack  
Pushpawagahanam - Flower Bath

### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).  
3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).  
Unlimited Fresh Juices & Herbal Tea.  
All Treatments (120 Mins Total Per Day).  
Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).  
Meditation Sessions (Before or After Yoga Sessions).

### **Discounts on Room Rates for Wellness Package Bookings:**

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All prices are subject to 10% service charge and applicable government taxes.



## *Punarnavee*

Journey of Natural Healing – Medical Focus (Including Panchakarma)

7 Nights / 8 Days Luxury Ayurveda Retreat - \$US945 Per Person

Punarnavee, the extraordinary solution that combines the wisdom of Ayurveda with the power of nature to address your medical conditions. Our team of professional Ayurvedic doctors are dedicated to providing you with a truly personalized treatment plan that is tailor-made specifically for your body constitution and unique health needs.

Imagine a world where you can regain your health and well-being using the harmonious blend of natural herbs and Ayurvedic therapies. With Punarnavee, this world becomes a reality. Our carefully crafted treatments are designed to not only target your medical conditions but also restore balance and harmony within your body.

No longer will you have to rely on generic treatments that fail to address your individual needs. Punarnavee understands that each person is unique, and so are their health concerns. Our expert Ayurvedic doctors will guide you through a journey of healing, where every step is taken with utmost care and attention. Say goodbye to the frustrations of trying countless medications or dealing with side effects. Embrace the power of Punarnavee, where nature's gifts work in harmony with your body to bring about lasting wellness.

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor  
Evening Full Body Therapy

### **Day 02**

Deha Abyanga - Full Body Herbal Oil Massage  
Pathra Pinda Sweda - Herbal Fomentation Pack Treatment  
Urdwanga Pichu – Oil Pad Treatment for the Shoulders

### **Day 03**

Deha Abyanga - Full Body Herbal Oil Massage  
Kati Vasthi – Oil Retaining Treatment For Lower Back  
Kuti Sweda – Herbal Steam Bath

### **Day 04**

Deha Abyanga - Full Body Herbal Oil Massage  
Pinda Sweda - Herbal Fomentation Pack Treatment  
Janu Vasthi – Oil Retaining Treatment For Knee

### **Day 05**

Nethra Sheka – Eye Rejuvenation Therapy  
Sarvanga Dhara – Full Body Herbal Oil Dripping Treatment  
Pinda Sweda – Herbal Fomentation Pack Treatment

### **Day 06**

Deha Abyanga - Full Body Herbal Oil Massage  
Kati Vasthi – Herbal Oil Retaining Treatment For The Back  
Griva Vasthi - Herbal Oil Retaining Treatment For The Neck  
Marma Treatment – Body Energy Point Massage

### **Day 07**

Pizhichil – Full Body Herbal Oil Dripping Treatment  
Pinda Sweda – Herbal Fomentation Pack Treatment  
Marma Treatment – Body Energy Point Massage  
Vasthi Karma – Herbal Enema Therapy

### **Day 08**

Deha Abyanga - Full Body Herbal Oil Massage  
Nawarakizi – Herbal Milk Rice Treatment  
Aushadha Awagaha - Herbal Bath

### **Panchakarma:**

The Panchakarma healing technique is utilized in the program. It is a detoxification process utilizing medicated oils that includes five karma or processes towards the removal of accumulated toxins. These five processes include the Vasti (enema with medicated oils or with decoctions), Nasya (medication through the nose), Vamana (cleansing through vomiting), Virechana (cleansing of bowels) and Raktha Mokshana (blood letting treatment). The Panchakarma healing technique is a pillar on which the majority of Ayurvedic techniques stand.

### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).  
3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).  
Unlimited Fresh Juices & Herbal Tea.  
All Treatments (120 Mins Total Per Day).  
Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).  
Meditation Sessions (Before or After Yoga Sessions).

### **Discounts on Room Rates for Wellness Package Bookings:**

Accommodation is not included in the Wellness Package price.  
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All prices are subject to 10% service charge and applicable government taxes.



## *Shaanthi*

Complete Wellness Resurrection – Detox, Rejuvenation & Relaxation

14 Nights / 15 Days Luxury Ayurveda Retreat - \$US1,890 Per Person

The Shaanthy Package - Your ultimate 15-day wellness retreat with Ayurveda. Designed meticulously to offer you maximum benefits of detoxification, rejuvenation, and relaxation, this package is your gateway to experiencing true bliss and harmony. Our team of expert practitioners will not only cater to your medical needs but also customize the retreat according to your unique constitution.

Imagine immersing yourself in the healing powers of nature, while our dedicated professionals guide you on a transformative journey. From personalized Ayurvedic treatments and therapies to nourishing meals prepared with organic ingredients, every aspect of this package is crafted to revive your mind, body, and soul.

Why wait any longer? Embrace this opportunity to reconnect with nature's wisdom and unlock the secrets of holistic wellness. Join us on the Shaanthy Package and experience a profound resurrection that will leave you feeling refreshed, invigorated, and ready to embrace life's challenges with renewed vigor. Take a step towards a better you – because you deserve it.

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor  
Evening Full Body Therapy

### **Day 02**

Sneha Paana – Oleation Therapy  
Deha Abyanga - Full Body Herbal Oil Massage  
Pinda Sweda - Herbal Fomentation Pack Treatment

### **Day 03**

Sneha Paana – Oleation Therapy  
Deha Abyanga - Full Body Herbal Oil Massage  
Kuti Sweda – Herbal Steam Bath

### **Day 04**

Sneha Paana – Oleation Therapy  
Deha Abyanga - Full Body Herbal Oil Massage  
Pathra Pinda Sweda – Leaf Bolus Fomentation Pack Treatment

### **Day 05**

Virechana – Bowels Cleansing Day

### **Day 06**

Pizhichil – Full Body Herbal Oil Dripping Treatment  
Muktha Abyanga - Face Massage  
Shiro Abyanga - Head Massage

### **Day 07**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation

### **Day 08**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation

### **Day 09**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation  
Nasya Karma – Nasal Cleansing

### **Day 10**

Sarvanga Dhara- Full Body Herbal Oil Dripping Treatment  
Marma Therapy – Body Energy Point Massage  
Kati Vasthi – Herbal Oil Retaining Treatment For The Back

### **Day 11**

Deha Abyanga - Full Body Herbal Oil Massage  
Nethra Sheka – Eye Rejuvenation Treatment  
Pinda Sweda – Herbal Fomentation Pack Treatment

### **Day 12**

Deha Abyanga - Full Body Herbal Oil Massage  
Kuti Sweda - Steam Bath Therapy  
Vasthi Karma – Herbal Enema Therapy

### **Day 13**

Deha Abyanga - Full Body Herbal Oil Massage  
Kuti Sweda - Steam Bath  
Vasthi Karma – Herbal Enema Therapy

### **Day 14**

Sarvanga Dhara- Full Body Herbal Oil Dripping Treatment  
Udwarthana – Herbal Dry Powder Massage  
Aushadha Awagaha - Herbal Bath

### **Day 15**

Muktha Abyanga – Herbal Facial  
Ubtan - Herbal Body Pack  
Pushnawarahanam - Flower Bath

### **Panchakarma:**

The Panchakarma healing technique can be utilized in this program. It is a detoxification process utilizing medicated oils that includes five karma or processes towards the removal of accumulated toxins. These five processes include the Vasti (enema with medicated oils or with decoctions), Nasya (medication through the nose), Vamana (cleansing through vomiting), Virechana (cleansing of bowels) and Raktha Mokshana (blood letting treatment). The Panchakarma healing technique is a pillar on which the majority of Ayurvedic techniques stand.

### **Inclusions:**

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).  
3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).  
Unlimited Fresh Juices & Herbal Tea.  
All Treatments (120 Mins Total Per Day).  
Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).  
Meditation Sessions (Before or After Yoga Sessions).

### **Discounts on Room Rates for Wellness Package Bookings:**

Accommodation is not included in the Wellness Package price.  
Discounts on room rates for Wellness package bookings: 10% for up to 5 nights. 15% for up to 10 nights. 20% over 10 nights. NOT COMBINABLE with other offers. Full Board supplements apply.

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All prices are subject to 10% service charge and applicable government taxes.



## *Saathvee*

Ultimate Wellness Retreat – Detox, Rejuvenation, Relaxation & Cure

21 Nights / 22 Days Luxury Ayurveda Retreat - \$US2,835 Per Person

Saathvee Ayurveda, where we offer a holistic approach to healing your body, mind, and soul. We understand that true healing takes time, and that's why we have developed the perfect package to help you achieve your ultimate goal of feeling fresh and rejuvenated.

Our unique Ayurvedic treatment line is carefully crafted to address your specific needs and provide you with the time and attention required for a truly transformative experience. Our team of expert Ayurvedic practitioners will guide you on this journey, tailoring each step to ensure maximum benefits for your overall well-being.

By embracing the ancient wisdom of Ayurveda, our treatments go beyond temporary fixes by targeting the root cause of imbalances in your body. Through a combination of herbal remedies, personalized diet plans, therapeutic massages, and mindfulness practices, we aim to restore harmony within you.

With Saathvee Ayurveda, you can expect not only physical healing but also mental clarity and spiritual growth. Our dedicated team is committed to providing you with the highest quality care in a serene environment specially designed to enhance your experience.

Don't settle for quick fixes that only scratch the surface. Choose Saathvee Ayurveda and give yourself the gift of true holistic healing – where body, mind, and soul unite in perfect harmony.

The following is a Sample Program:

### **Day 01**

Arrival at Aarunya

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor

Evening Full Body Therapy

### **Day 02**

Deha Abyanga - Full Body Herbal Oil Massage

Pada Prathijanana - Foot Reflexology

### **Day 03**

Sneha Paana – Oleation Therapy

Deha Abyanga - Full Body Herbal Oil Massage

Pathra Pinda Sweda – Leaf Bolus Fomentation Pack Treatment

### **Day 04**

Sneha Paana – Oleation Therapy

Deha Abyanga - Full Body Herbal Oil Massage

Kuti Sweda – Herbal Steam Bath



### **Day 05**

Sneha Paana – Oleation Therapy  
Deha Abyanga - Full Body Herbal Oil Massage  
Aushadha Awagaha – Herbal Bath

### **Day 06**

Virechana – Bowels Cleansing Day

### **Day 07**

Muktha Abyanga - Face Massage  
Adaranga Abyanga - Back Leg Massage  
Ksheera Dhara – Herbal Milk Dripping Treatment

### **Day 08**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara - Third Eye Stimulating Treatment  
Aushadha Dhuma Herbal Inhalation

### **Day 09**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation

### **Day 10**

Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Dhara – Flowing Oil on Forehead  
Aushadha Dhuma - Herbal Inhalation  
Nasya Karma – Nasal Cleansing Therapy

### **Day 11**

Shiro Abyanga- Head Massage  
Aushadha Dhuma - Herbal Inhalation  
Pizhichil – Full Body Herbal Oil Dripping Treatment

### **Day 12**

Shiro Abyanga- Head Massage  
Deha Abyanga - Full Body Herbal Oil Massage  
Shiro Vasthi – Oil Retaining Treatment For Head  
Urdhawanga Abyanga - Neck And Shoulder Massage

### **Day 13**

Deha Abyanga - Full Body Herbal Oil Massage  
Udwarthana – Herbal Dry Powder Massage  
Kuti Sweda - Steam Bath

### **Day 14**

Deha Abyanga - Full Body Herbal Oil Massage  
Ubtan – Herbal Body Pack  
Muktha Abyanga - Face Massage

Akshi Tharpana – Eye Rejuvenation Treatment  
Sarvanga Dhara- Full Body Herbal Oil Dripping Treatment  
Marma Therapy – Energy Point Massage

**Day 16**

Nethra Sheka – Eye Rejuvenation Treatment  
Deha Abyanga - Full Body Herbal Oil Massage  
Janu Vasthi – Oil Retaining Treatment For The Knee

**Day 17**

Urdhawanga Abyanga - Neck And Shoulder Massage  
Adaranga Abyanga - Back Leg Massage  
Kati Vasthi – Herbal Oil Retaining Treatment For The Back  
Griva Vasthi - Herbal Oil Retaining Treatment For The Neck

**Day 18**

Thakra Dhara - Herbal Milk Dripping Treatment  
Shiro Lepa – Herbal Paste For The Scalp  
Aushadha Dhuma - Herbal Inhalation

**Day 19**

Deha Abyanga - Full Body Herbal Oil Massage  
Uro Vasthi - Herbal Oil Retaining Treatment For The Chest  
Nawarakizi – Herbal Milk Rice Treatment

**Day 20**

Deha Abyanga - Full Body Herbal Oil Massage  
Nawarakizi – Herbal Milk Rice Treatment  
Aushadha Awagaha - Herbal Bath  
Vasthi Karma – Herbal Enema Therapy

**Day 21**

Deha Abyanga - Full Body Herbal Oil Massage  
Udwarthana – Herbal Dry Powder Massage  
Kuti Sweda - Steam Bath  
Vasthi Karma – Herbal Enema Therapy

**Day 22**

Muktha Lepa – Herbal Facial  
Ubtan - Herbal Body Pack  
Pushpawagahanam - Flower Bath

**Panchakarma:**

The Panchakarma healing technique can be utilized in this program. It is a detoxification process utilizing medicated oils that includes five karma or processes towards the removal of accumulated toxins. These five processes include the Vasti (enema with medicated oils or with decoctions), Nasya (medication through the nose), Vamana (cleansing through vomiting), Virechana (cleansing of bowels) and Raktha Mokshana (blood letting treatment). The Panchakarma healing technique is a pillar on which the majority of Ayurvedic techniques stand.

**Inclusions:**

- Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).
- 3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice) (Full Board supplements apply).
- Unlimited Fresh Juices & Herbal Tea.
- All Treatments (120 Mins Total Per Day).
- Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).
- Meditation Sessions (Before or After Yoga Sessions).

**Discounts on Room Rates for Wellness Package Bookings:**

Accommodation is not included in the Wellness Package price.

Discounts on room rates for Wellness package bookings: 10% for up to 5 nights. 15% for up to 10 nights. 20% over 10 nights. NOT COMBINABLE with other offers. Full Board supplements apply.

The above wellness program is meant to be used as a guide. All programs will be tailor made and customized to the guests based on health, fitness and prevailing ailments identified during consultations. Upon confirmation a detailed health check-list is to be completed by the guest prior to arrival covering all known ailments, allergies, and conditions clearly identified Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on the Ayurveda Doctor's advice, and bears no responsibility or liability for side effects/issues caused by undeclared pre-existing conditions.

All prices are subject to 10% service charge and applicable government taxes.



## CATALOGUE OF AYURVEDIC THERAPIES & TREATMENTS

(Refer to the Aarunya Luxury Spa Menu for International Therapies)

### **Aushadha Awagaha or Awagaha Sweda (Immersion Sudation Therapy – Herbal Bath)**

Aushada Awagaha (or Awagaha Sweda) is a Sudation therapy, immersing patients in herbal decoctions while seated or lying down in a Drona (bathtub). It's highly effective for vata-related issues like rheumatism and hernia. Beyond relieving body pain and toxins, this therapy balances body temperature, improves circulation, and promotes relaxation of both body and mind. It's particularly beneficial for conditions such as arthritis, rheumatism, and muscle stiffness.

### **Aushadha Dhuma or Dumapana (Herbal Inhalation - Medicated Smoking Treatment)**

Aushadha Dhuma (or Dumapana) is an Ayurvedic medicated smoking treatment, involves inhaling herbs through the nose and exhaling through the mouth. It aids in reducing headaches, migraines, and improving oral health. This therapy, performed after Nasya and Akshi Tarpana treatments, contributes to enhancing voice, strengthening teeth, and bringing lightness to the oral cavity. It addresses conditions such as headache, migraines, and oral health issues.

### **Deha Abyanga or Thaila Abyanga (Oil Application Massage)**

Deha Abyanga (or Thaila Abyanga), a distinctive Ayurvedic treatment, offers more than just skin nourishment. It promotes circulation, relieves toxins, improves digestion, balances doshas, and reduces vata vyadi, making it an essential component of holistic well-

being. It's beneficial for conditions such as skin health, digestive issues, and neuromuscular diseases.

### **Pushpawagahanam (Flower Bath Holistic Bathing Therapy)**

Viewed as a holistic therapy in Ayurveda, Pushpawagahanam or the Flower Bath transcends mere cleansing. It settles nerves, relaxes the mind, reduces stress, purifies and nourishes the body, cleanses the skin, and contributes to a sense of profound relaxation, making it an ideal addition to one's daily routine. It's especially beneficial for stress reduction, skin purification, and overall relaxation.

### **Griva Vasthi / Griva Pichu (Neck Oil Pooling / Oil Pad for the Neck)**

Introducing Griva Vasthi, a bespoke oil retaining treatment crafted to lavish your neck with care and rejuvenation. Griva Pichu utilizes a long, thick layer of cotton wool soaked with warm medicated oil applied over the area. Enriched with a blend of nourishing oils, these therapeutic rituals are designed to soothe and replenish the delicate skin of your neck. The carefully selected oils create a protective barrier, locking in moisture and promoting a supple, youthful appearance. The aromatic essence adds an indulgent touch, turning these treatments into a sensory delight. Griva Vasthi is more than a skincare routine; they are a gesture of self-love, offering your neck the attention it deserves. Immerse yourself in these rituals and let the rejuvenating properties of oils unfold a new level of comfort and radiance for your neck.

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### **Janu Vasthi (Knee Joint Oil Pooling)**

Janu Vasthi, focusing on the knee joint, provides relief for chronic knee and bone disorders. This therapy goes beyond pain reduction; it boosts blood circulation, nourishes knee joints, and effectively addresses issues like arthritis and rheumatism. It's beneficial for conditions such as chronic knee pain, arthritis, and bone disorders.

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### **Karna Purna (Ear Oleation Therapy)**

Karna Purna, or Ear Oleation Therapy, involves the application of medicated Ghee into the ears. Not only does it address ear-related issues, but it also aids in reducing inflammation, improving hearing capacity, and providing relief for ringing in the ears, showcasing its multifaceted benefits. It's particularly helpful for ear-related problems, inflammation, and hearing issues.

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### **Kati Vasthi / Kati Pichu (Lower Back Oil Pooling / Lower Back Oil Pad)**

Kati Vasthi, a lower back or lumbosacral therapy, utilizes Ayurvedic herbal oil to alleviate lower back pain and sciatica. Kati Pichu utilizes a long, thick layer of cotton wool soaked with warm medicated oil applied over the area. The oil is replaced periodically to keep it warm and therapeutic. These treatments not only improve movements and blood supply but also strengthen the spinal cord and remove toxins from the affected region. They are effective for conditions such as lower back pain, sciatica, and spinal issues.

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### **Kawata Graha Treatment (Mouth Fluid Holding)**

Kawata Graha involves holding fluid in the mouth. This simple yet effective practice prevents mouth, teeth, and gum diseases, offering benefits such as gum bleeding prevention, relief from dryness, and maintenance of oral health. It addresses conditions such as oral health issues, gum bleeding, and dry throat.

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### **Ksheera Dhara or Thakra Dhara (Buttermilk Pouring Therapy)**

Ksheera Dhara (or Thakra Dhara), involving the pouring of medicated curd or buttermilk, goes beyond surface-level benefits. With positive effects on conditions like hypertension, headache, and depression, it stands out as a therapy that not only nurtures but also addresses specific health concerns. It's effective for conditions such as hypertension, headache, and mood disorders.

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### **Kuti Sweda (Sweat Therapy)**

Kuti Sweda, translating to sweat therapy, is essential for maintaining skin health and body temperature. When combined with Thaila Abyanga, it not only provides relief from stiffness and cold but also aids in softening and melting toxins, promoting skin health and overall well-being. It's beneficial for conditions such as skin issues, toxin removal, and overall well-being.

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### **Marma Treatment (Body Energy Point Massage)**

Experience the transformative Marma Treatment, a specialized massage focusing on body energy points. Rooted in ancient healing traditions, this therapeutic session targets vital energy centers, known as Marma points, to harmonize the flow of energy throughout the

body. Through precise and deliberate massage techniques, tension is released, promoting balance and vitality. This holistic approach not only addresses physical well-being but also supports mental and emotional harmony. Immerse yourself in the ancient wisdom of Marma Therapy, and let the skilled hands of our practitioners guide you toward a renewed sense of energy and well-being.

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### **Muktha Abyanga or Wakthra Mardana (Face Massage)**

Muktha Abyanga (or Wakthra Mardana), an Ayurvedic facial therapy, utilizes herbal and medicated oils to relax and tone facial muscles. Beyond improving blood circulation and age sight, it stimulates vital points, enhancing the color texture of the face and promoting a natural glow. It's particularly effective for facial muscle relaxation, blood circulation, and skin rejuvenation.

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### **Muktha Lepa or Wakthra Lepamam (Facial Rejuvenation Therapy)**

Muktha Lepa (or Wakthra Lepamam), an Ayurvedic facial treatment, goes beyond skin deep. By removing facial toxins, improving color texture, and restoring lost moisture, it offers a holistic approach to facial care, ensuring radiant and healthy skin. It's beneficial for conditions such as dull skin, dehydration, and facial rejuvenation.

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### **Muktha Marma Therapy (Face Pressure Points Therapy)**

Muktha Marma Therapy targets pressure points on the face for physical and psychological relaxation. This powerful process not only improves blood circulation but also stimulates glands, reduces headaches, and removes toxins from the face, showcasing its

comprehensive benefits. It's effective for conditions such as headaches, sinusitis, and facial toxins.

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### **Nadi Sweda (Tube Sweating Therapy)**

Nadi Sweda, a unique sweating treatment, is highly beneficial for various conditions like low back pain and joint pain. It effectively removes muscular stiffness, brings softness to the body, and improves blood circulation, contributing to overall well-being. It addresses conditions such as joint pain, low back pain, and muscular stiffness.

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### **Nasya Karma (Nasal Cleansing Therapy)**

Nasya therapy can aid in clearing the upper respiratory passage by draining excessive mucus. This method is part of the Panchakarma therapies in Ayurveda and involves administering herbal oil or powder through the nasal passages. The nose, considered the door to consciousness, plays a crucial role as medications administered via this route can impact the mind. Some benefits of Nasya therapy include improved sleep, reduced Kapha dosha, stimulation of the brain and eyes, relief from sinusitis and earaches, and strengthening of the neck, face, and chest.

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### **Nethra Sheka / Akshi Tharpana (Eye Rejuvenation Therapy)**

Nethra Sheka and Akshi Tharpana are eye rejuvenation therapies, offering more than just relief for ocular diseases. Akshi Tharpana is a procedure wherein lukewarm medicated ghee (Akshi Tharpana uses King Coconut Water) is made to stay stagnant in the eyes for a speculated time in a specific formed frame. It strengthens internal and external ocular muscles, making it an ideal therapy for individuals working on computers,

those experiencing dry eyes, and those dealing with night blindness. It's particularly effective for conditions such as eye strain, dry eyes, and night blindness.

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### **Nawarakizi (Medicated Milk Rice Treatment)**

Nawarakizi is a herbal rice poultice therapy, excellent for detoxification and rejuvenation. The term "Nawara" refers to medicated rice, while "kizi" signifies boulders or potli, creating a type of Abyanga that induces sweat and imparts strength to the muscles. During this procedure, medicated herbal rice and herbal decoctions, along with cow milk-cooked rice, are mixed. This blend is then tied into a bolus, which is used to rub the entire body or the affected part. Nawarakizi serves as a strengthening therapy, providing nourishment to the tissues, improving color and texture, balancing doshas, and reducing muscular diseases.

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### **Pada Abyanga (Foot Massage)**

Pada Abyanga, or Ayurvedic foot therapy, not only relieves stiffness and dryness but also provides overall immunity. It removes fatigue from the lower limbs, activates metabolism, calms and maintains the vata dosha, and effectively reduces swelling, making it an essential component of holistic foot care. It's beneficial for conditions such as immune support, fatigue, and swelling.

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### **Pada Awagaba (Foot Bath - Ayurvedic Foot Soaking)**

An Ayurvedic foot bath offers more than just relaxation; it stimulates blood circulation, removes dead skin, boosts the immune system, and detoxifies the body. Additionally, it's a rejuvenating treatment that aids in improving sleep quality, making it a valuable addition to

holistic well-being practices. It addresses conditions such as immune system support, detoxification, and improves sleep.

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### **Pada Shubhakari (Ayurvedic Pedicure)**

Pada Shubhakari, an Ayurvedic foot treatment, encompasses a series of steps using herbal ingredients. Beyond its detoxifying properties, it restores buoyancy to the doshas, promotes relaxation, reduces stress, and provides relief for foot and leg pain. It's effective for conditions such as foot pain, stress, and overall foot health.

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### **Pada Prathijana (Foot Reflexology - Foot Pressure Points)**

Pada Prathijana, or Foot Reflexology is a holistic practice with systematic pressure applied to specific points on the feet, palms, and ears. Beyond improving blood circulation and relieving body pain, it offers benefits such as alleviating swelling, improving digestion, enhancing sleep, and effective stress management. It's particularly effective for conditions like digestive issues, body pain, and stress-related concerns.

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### **Panchakarma (Five Processes)**

The Panchakarma healing technique can be utilized in this program. It is a detoxification process utilizing medicated oils that includes five karma or processes towards the removal of accumulated toxins. These five processes include the Vasti (enema with medicated oils or with decoctions), Nasya (medication through the nose), Vamana (cleansing through vomiting), Virechana (cleansing of bowels) and Raktha Mokshana (blood letting treatment). The Panchakarma healing technique is

a pillar on which the majority of Ayurvedic techniques stand.

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### **Pathra Pinda Sweda (Leaf Bolus Sudation / Fomentation Therapy)**

Pathra Pinda Sweda, or leaf bolus sudation therapy, is a sweat-inducing therapy using heated or oil-fried leaves. Beyond its benefits in reducing pain and stiffness, it effectively improves circulation, joint movement, and prevents water retention, showcasing its well-rounded advantages. It's effective for conditions such as arthritis, joint pain, and stiffness.

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### **Pinda Sweda (Herbal Bolus Sudation / Fomentation Therapy)**

Pinda Sweda, a crucial sudation therapy in Panchakarma Ayurveda, goes beyond pain relief. By improving circulation, reducing swelling, and removing metabolic wastes, it offers well-rounded benefits for conditions such as joint pain, stiffness, and swelling. It's particularly effective for conditions like arthritis and joint-related issues.

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### **Pizhichil or Sarvanga Dhara (Whole Body Oil Bath)**

Pizhichil (or Sarvanga Dhara) involves pouring warm herbal oil all over the body, offering complete rejuvenation. In addition to reducing nervous disorders, it clears physical channels, improves blood circulation, and detoxifies the body, making it a holistic therapy for various conditions. It's beneficial for conditions such as nervous disorders, muscle pain, and skin issues.

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### **Sneha Paana (Oleation Therapy)**

Sneha Paana or Oleation Therapy, involves orally administering medicated ghee. Beyond its digestive benefits, it improves the color texture of the skin, balances doshas, controls metabolism, showcasing its role in promoting overall health and immunity. It's beneficial for conditions such as digestive issues, dosha imbalance, and skin texture.

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### **Shiro Abyanga (Head Massage / Reflexology)**

Shiro Abyanga, a head massage and reflexology treatment, extends its benefits beyond the upper body. By improving blood supply to the head, stimulating the central nervous system, and enhancing vision, it offers a comprehensive approach to relaxation and well-being. It's effective for conditions such as stress, insomnia, and vision issues.

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### **Shiro Dhara (Flowing Oil on Forehead Therapy – Third Eye Stimulating Treatment)**

Shiro Dhara, involving the pouring of medicated herbal oil onto the forehead, is a deeply relaxing therapy. In addition to stress reduction, it restores damaged nerves, improves memory, promotes sleep, and offers benefits for various conditions like headaches, sinusitis, and migraines. It's particularly effective for conditions such as stress, memory issues, and sleep disorders.

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### **Shiro Lepa (Herbal Paste for the Scalp)**

Discover the revitalizing benefits of Shiro Lepa, a potent herbal paste designed to nourish and rejuvenate the scalp. This Ayurvedic remedy combines a blend of



curated herbs in a unique paste, carefully crafted to address scalp health. Applied with precision, Shiro Lepa nourishes the scalp, promoting optimal conditions for hair growth and maintaining a healthy balance. The herbal infusion not only supports the physical well-being of the scalp but also provides a sensory experience, leaving you with a refreshed and invigorated feeling. Elevate your scalp care routine with the therapeutic power of Shiro Lepa and embrace the tradition of holistic Ayurvedic care for a revitalized and harmonious scalp.

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### **Shiro Vasthi (Herbal Oil Retain Treatment For Head)**

Shiro Vasthi is a special ayurvedic therapy where the Shira (head) is subjected to a procedure called Vasthi involving a pool of warm oil in a chamber over the head. As the head houses several vital organs, these procedures in Ayurveda are aimed at protecting and fortifying this vital part of the physiology, to promote mental and physical wellbeing. Essentially, warm medicated herbal oil is pooled in a closed chamber, built over the head to keep the oil in contact with the scalp, for a while. This therapy has an extremely soothing and healing effect for the head and the structures within.

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### **Sugandha Jalasnana (Aroma Bath)**

Step into the sensory oasis of Sugandha Jalasnana, our exquisite Aroma Bath experience designed to transport you to a realm of tranquility and indulgence. Immerse yourself in the fragrant symphony of essential oils, carefully chosen for their therapeutic properties and captivating scents. As you let the aromatic waters embrace you, feel the stress and tension melt away, replaced by a profound sense of relaxation. The blend of lavender, eucalyptus, and citrus notes creates a harmonious atmosphere, enveloping you in a soothing cocoon. Sugandha Jalasnana is not just a bath; it's a sensory journey that revitalizes your body and mind, leaving you refreshed, rejuvenated, and enveloped in the

subtle embrace of lingering tranquility. Elevate your bathing ritual with the essence of aromatic bliss.

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### **Ubtan or Dehalepanam (Herbal Body Pack)**

Indulge in the rejuvenating experience of our Ubtan Herbal Body Pack, a luxurious blend of nature's finest ingredients meticulously crafted to pamper your skin. Immerse yourself in the rich fusion of turmeric, sandalwood, chickpea flour, and a medley of Ayurvedic herbs, carefully curated to cleanse, exfoliate, and nourish. This aromatic concoction not only revitalizes your skin but also promotes a sense of well-being with its soothing fragrance. Let the age-old secrets of herbal goodness unveil radiant, supple skin as you embrace the holistic beauty ritual that our Ubtan Body Pack offers. Elevate your self-care routine with the power of nature's bounty, leaving you with a refreshed and glowing complexion.

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### **Urdhawanga Abyanga (Neck & Shoulder Massage)**

Indulge in the rejuvenating Urdhawanga Abyanga, a specialized massage focusing on the neck and shoulders. Rooted in traditional Ayurvedic practices, this therapeutic session employs precise techniques to release tension and promote relaxation in the often-stressed upper body areas. The skilled touch of our practitioners targets specific points, enhancing blood circulation and alleviating muscle stiffness. Urdhawanga Abyanga goes beyond a typical massage, offering a holistic experience that not only addresses physical discomfort but also fosters a sense of calm and balance. Treat yourself to this ancient practice, and let the soothing strokes bring relief and revitalization to your neck and shoulders.

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## **Udwarthana**

### **(Ayurvedic Powder Massage)**

Udwarthana, an Ayurvedic powder massage, offers more than just skin exfoliation. By promoting weight loss, reducing Kapha dosha, and activating nerves, it provides a holistic approach to well-being, making it a valuable therapy for various conditions like obesity, weight management, and muscular weakness.

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## **Vasthi Karma**

### **(Herbal Enema Therapy)**

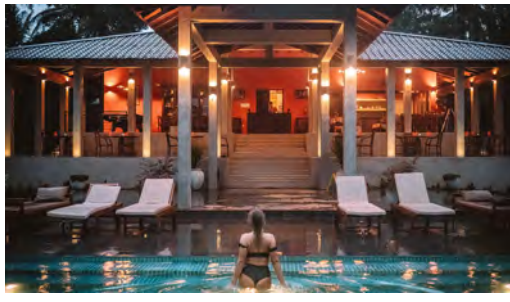
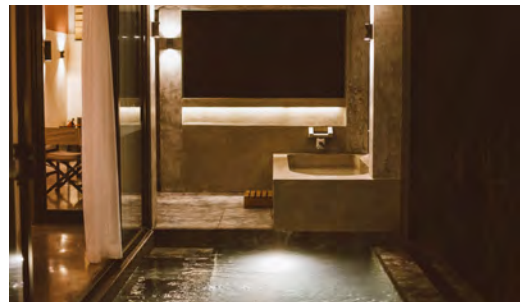
Vasthi Karma, herbal medicated enema therapy, plays a crucial role in detoxification. Beyond cleansing toxins, it nourishes colonic flora, balances doshas, improves digestive fire, and treats constipation, showcasing its well-rounded benefits in promoting gastrointestinal health. It's effective for conditions such as digestive issues, dosha imbalance, and constipation.

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## **Virechana**

### **(Medicated Purgation Therapy)**

Virechana, medicated purgation therapy, goes beyond purging Pitta dosha. With benefits like reducing gynecological disorders, managing diabetes, and purifying the blood, it stands out as a key Panchakarma technique contributing to overall well-being. It's effective for conditions such as gynecological issues, diabetes management, and blood purification.



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