

HARITHA
—VILLAS+SPA—

JUNGLE SPA

Revitalising & invigorating rituals

AYURVEDA, BEAUTY, DETOX, RELAX & WEIGHT LOSS PACKAGES

Sri Lanka at its most stylish!

Lavanya - Beauty and Relax

7 day Package - 837\$

This week long beauty and wellness journey has been especially designed to let your inner beauty shine from within. Before starting the treatment, our Resident Ayurvedic Doctor will conduct a basic consultation to determine the dosha state of your body, either vatha, pitha or kapa. Then we will customize facial and body beauty treatments to suit the dosha state of your body, using the secrets of ancient Ayurvedic techniques to enhance your natural beauty.

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Aushada Niyama/ Pada Mardana Or Wathra Mardana (Consultation/ Ayurveda Medicines/ Foot Or Face Massage) - 60 Mins• Deha Abyanga (Herbal Oil Massage) - 60 Mins |
| Day 2 | <ul style="list-style-type: none">• Deha Abyanga/Kuti Sweda/ Awshada Awagaha (Herbal Oil Massage/ Steam Bath/ Herbal Bath) - 90 Mins• Pada Mardana (Leg Massage) - 60mins |
| Day 3 | <ul style="list-style-type: none">• Deha Abyanga/Kuti Sweda/ Awshada Awagaha (Herbal Oil Massage/ Steam Bath/ Herbal Bath) - 90 Mins• Urdawanga Mardana (Head Neck And Shoulder Massage) - 45 Mins |
| Day 4 | <ul style="list-style-type: none">• Waktraalepana/ Pada Abyanga (Herbal Facial Therapy/ Foot Massage) - 75 Mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 5 | <ul style="list-style-type: none">• Ubtan/ Aushadha Awagahana (Ayurveda Beauty Pack/ Herbal Bath) - 60 Mins• Deha Abyanga (Herbal Oil Massage) - 60 Mins |
| Day 6 | <ul style="list-style-type: none">• Ubtan (Ayurveda Beauty Pack)- 60 Mins• Pushpawagahna (Flower Bath) - 60 Mins |
| Day 7 | <ul style="list-style-type: none">• Udvarthana (Herbal Dry Powder Massage) - 60 Mins• Aushadha Awagahna (Herbal Bath) - 30 Mins |

Prathisthitha - Detox and Relax

10 day Package - 1,076\$

The essence of Ayurveda revolves around cleansing the body of its impurities; in fact, this is a core preventive care prescribed in ancient Ayurvedic scripts. First, our Resident Ayurvedic Doctor will conduct a basic consultation to determine the dosha state of your body, either vatha, pitha or kapa. Then, your ten-day detoxifying wellness journey will be formulated to suit your body constitution, to bring back the natural balance of your body through century old herbal recipes. The root causes of many diseases will be eliminated with this treatment, while boosting your immunity.

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha/Aushada Niyama (Consultation/ Prescription Of Ayurveda Medicine) - 60mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 2 | <ul style="list-style-type: none">• Deha Abyanga/Kuti Sweda/Awshada Awagaha (Herbal Oil Massage/ Steam Bath/ Herbal Bath) - 90mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 3 | <ul style="list-style-type: none">• Deha Abyanga/Kuti Sweda/Aushada Awagaha (Herbal Oil Massage/ Steam Bath/ Herbal Bath) - 90mins• Pada Mardana (Leg Massage) - 45mins |
| Day 4 | <ul style="list-style-type: none">• Roga Rogi Pariksha/Shirshabyanga/Shiro Dhara (Consultation/Head Massage/ Third Eye Opening Treatment) - 80mins• Pada Mardana (Leg Massage) - 45mins |
| Day 5 | <ul style="list-style-type: none">• Roga Rogi Pariksha/Kati Abyanga/Shiro Dhara (Consultation/Back Massage/ Third Eye Opening Treatment)- 80mins• Wathra Mardana (Face Massage) - 30mins |

Prathisthitha - Detox and Relax (Continued)

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| Day 6 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Shirodhara/ Pada Abyanga (Consultation/Third Eye Opening Treatment/Foot Massage) - 75mins• Aushadha Awagaha (Herbal Bath) - 90mins |
| Day 7 | <ul style="list-style-type: none">• Waktraalepana (Herbal Facial Therapy) - 75mins• Pindasweda/Kati Abyanga (Fomentation With Herbal Packs/ Back Massage) - 45mins |
| Day 8 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Hastha Abyanga (Hands Massage) - 30mins |
| Day 9 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Aushadha Dhuma (Herbal Inhalation) |
| Day 10 | <ul style="list-style-type: none">• Roga Rogi Pariksha/Athuropadesha/Aushadha Niyama (Consultation/ Follow Up Advices/ Prescription Of Medicine) - 30mins• Pushpawagahana (Flower Bath) - 60mins |

Sunamya - Detox Relax Anti-cellulite

14 day Package - 1,482\$

Following a consultation with our Resident Ayurvedic Doctor to determine the dosha state of your body, vatha, pitha or kapa, the treatment will be specifically tailored to detoxify, to reduce cellulite and to promote weight loss, depending on your body conditions. Be energized, while burning the excess fat in your body. Rediscover good health, balance and vitality in your body.

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Aushadha & Ahara Niyama (Consultation/ Prescription Of Ayurveda Medicine And Diet) - 60mins• Pada Mardana (Leg Massage) - 45mins |
| Day 2 | <ul style="list-style-type: none">• Deha Abyanga/ Kuti Sweda/ Aushadha Awagaha (Herbal Oil Massage/ Steam Bath/ Herbal Bath) 90mins• Pada Mardana (Leg Massage) - 45mins |
| Day 3 | <ul style="list-style-type: none">• Deha Abyanga/ Kuti Sweda/ Awushadha Awagaha (Herbal Oil Massage/Steam Bath/ Herbal Bath) - 90mins• Pindasweda/ Kati Abyanga Herbal Fomentation With Herbal Pack/Back Massage) - 30mins |
| Day 4 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Udvarthana (Consultation/ Herbal Dry Powder Massage) - 75mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 5 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda (Dry Herbal Powder Massage/ Steam Bath) - 75mins• Kati Abyanga (Back Massage) - 30mins |
| Day 6 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushadha Awagaha (Herbal Dry Powder Massage/Steam Bath/ Herbal Bath) - 90mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 7 | <ul style="list-style-type: none">• Waktraalepana (Herbal Facial Therapy) - 75mins• Deha Abyanga (Herbal Oil Massage) - 60mins |

Sunamya - Detox Relax Anti-cellulite (Continued)

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| Day 8 | <ul style="list-style-type: none">• Ubtan/ Kuti Sweda (Herbal Beauty Pack/Steam Bath) - 60 Min• Deha Abyaga (Herbal Oil Massage) - 60mins |
| Day 9 | <ul style="list-style-type: none">• Ubtan/ Kuti Sweda (Herbal Beauty Pack/ Steam Bath) - 75mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 10 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 11 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 12 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Urdawanga Mardana (Consultation/ Head Neck And Shoulder Massage) - 45mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 13 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushadha Awagaha (Herbal Dry Powder Massage/ Steam Bath/ Herbal Bath) - 90mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 14 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushadha Awagaha (Herbal Dry Powder Massage/ Steam Bath/ Herbal Bath) - 90mins• Roga Rogi Pariksha/ Pushpawagaha (Consultation/ Flower Bath) - 45mins |

Vayastha - Detox Relax Rejuvenate

21 day Package - 2,498\$

Consult our Resident Ayurvedic doctor at Haritha to blend an ultimate rejuvenating package to suit your body type, the dosha state, belonging to either vatha, pitha or kapa. Our sensual anti-aging treatments will detoxify and rejuvenate your whole body removing wrinkles and restoring vitality.

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Aushada Ahara Niyama (Consultation/ Prescription Of Ayurveda Medicine And Diet) - 60mins• Deha Abyaga (Herbal Oil Massage) - 60mins |
| Day 2 | <ul style="list-style-type: none">• Nasya (Pratimarshya)/ Abyanga/ Kuti Sweda/ Aushada Awagaha (Nasal Treatment/ Herbal Oil Massage/ Steam & Herbal Bath) - 90mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 3 | <ul style="list-style-type: none">• Nasya (Pratimarshya)/ Abyanga/ Kuti Sweda/ Awshada Awagaha (Nasal Treatment/ Herbal Oil Massage/ Steam & Herbal Bath) - 90mins• Wakthra Mardana/ Urdawangabyanga (Face/Neck Shoulder Massage) - 45mins |
| Day 4 | <ul style="list-style-type: none">• Nasya (Pratimarshya)/ Abyanga/ Kuti Sweda/ Awshada Awagaha (Nasal Treatment/ Herbal Oil Massage/ Steam & Herbal Bath) - 90mins• Shirshabyanga/ Urdawangabyanga (Head Neck And Shoulder Massage) - 30mins |
| Day 5 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Shirshabyanaga/ Shiro Dhara (Consultation/ Head Massage/ Third Eye Opening Treatment) - 75mins• Padabyanga (Foot Massage) - 30mins |
| Day 6 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Shirshabyanaga/ Shiro Dhara (Consultation/ Head Massage/ Third Eye Opening Treatment) - 75mins• Padabyanga (Foot Massage) - 30mins |
| Day 7 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Shiro Dhara/ Padabyanaga/ Awshada Awagaha (Consultation/ Third Eye Opening Treatment/ Foot Massage/ Herbal Bath) - 75mins• Kati Vasti (Oil Retaining Treatment For Back) - 30mins |

Vayastha - Detox Relax Rejuvenate (Continued)

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| Day 8 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Shiro Dhara/ Padabyanaga/ Awshada Awagaha (Consultation/ Third Eye Opening Treatment/ Foot Massage/ Herbal Bath) - 75mins• Kati Vasti (Oil Retaining Treatment For Back) - 30mins |
| Day 9 | <ul style="list-style-type: none">• Wakthralepanam (Herbal Facial Therapy) - 75mins• Deha Abyanga (Herbal Oil Massage) - 60mins |
| Day 10 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Awshada Awagaha (Herbal Dry Powder Massage/ Steam Bath/ Herbal Bath) - 90mins• Karshabyanga (Slimming Massage) - 60mins |
| Day 11 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushdha Awagaha (Herbal Dry Powder Massage/ Steam Bath/ Herbal Bath) - 90 Min• Karshana Abyanga (Slimming Massage) - 60mins |
| Day 12 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Karshana Abyanga (Slimming Massage) - 60mins |
| Day 13 | <ul style="list-style-type: none">• Pindasweda (Fomentation With Herbal Packs) - 90mins• Karshana Abyanga (Slimming Massage) - 60mins |
| Day 14 | <ul style="list-style-type: none">• Ubtan/ Kuti Sweda (Herbal Beauty Pack/ Steam Bath) - 75mins• Deha Abyanga (Herbal Oil Massage) - 60mins |

Vayastha - Detox Relax Rejuvenate (Continued)

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| Day 15 | <ul style="list-style-type: none">• Ubtan/ Kuti Sweda (Herbal Beauty Pack/Steam Bath) - 75mins• Deha Abyanga (Herbal Oil Massage)- 60mins |
| Day 16 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Pada Abyanga (Ayurveda Doctor Consultation/ Foot Massage) - 40mins• Karshna Abyanga (Slimming Massage) - 60mins |
| Day 17 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushadha Awagaha (Herbal Dry Powder Massage/Steam Bath/ Herbal Bath) – 90min• Karshana Abyanga (Slimming Massage) - 60mins |
| Day 18 | <ul style="list-style-type: none">• Udvarthana/ Kuti Sweda/ Aushadha Awagaha (Herbal Dry Powder Massage/ Steam Bath/ Herbal Bath) – 90 Min• Karshana Abyanga (Slimming Massage) - 60mins |
| Day 19 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Navarakizi (Ayurveda Doctor Consultation/ Herbal Milk Rice Fomentation) - 110mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 20 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Navarakizi (Ayurveda Doctor Consultation/ Herbal Milk Rice Fomentation) - 110mins• Pada Abyanga (Foot Massage) - 30mins |
| Day 21 | <ul style="list-style-type: none">• Roga Rogi Pariksha/ Navarakizi (Ayurveda Doctor Consultation/ Herbal Milk Rice Fomentation) - 110mins• Pushpawagaha (Flowerbath) - 20mins |

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JUNGLE SPA

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SHODHANA PANCHAKARMA

Sri Lanka at its most stylish!

JUNGLE SPA

Haritha Shodhana Panchakarma

Ostensibly the most eminent branch of Ayurveda is Panchakarma. The name Panchakarma literally means "Five Actions" which is well-suited given the fact that this technique relies upon five distinctive basic activities that control the body namely Vomiting, Purgation, Niruham, Anuvaasan, and Nasyam. In other words, Panchakarma healing technique is a pillar on which majority of Ayurvedic techniques stand.

Panchakarma works best with the utilization of medicated oils that helps in eliminating the impurities from the human body. Panchakarma is the true manifestation of the Ayurvedic values and it lives up to its reputation.

Benefits of Panchakarma

- Completely purifies the body
- Riddance of toxins
- Speeding up the metabolism
- Reducing weight
- Enhancing the strength of digestive fire
- Opening up of blocked channels
- Relaxing the mind and body
- Rejuvenation of tissues
- Boosts Immunity
- Relieves stress

Key Components

- Personalized Ayurveda consultation with Resident Ayurvedic Doctor.
- Customized wellbeing meals
- Prescribed Ayurvedic treatments for general wellbeing and your specific dosha condition 120 minutes per day.
- Group Hatha yoga sessions.

THE 3 PHASES OF PANCHAKARMA EXPERIENCE

1. Poorva Karma - Preparatory Procedures

Purvakarma is derived from the words Purva (Foremost) and Karma (Action). It is the first set of actions that are taken ahead of a Panchakarma therapy, and lasts for three to seven days. At this stage the body is prepared for treatment by loosening toxins and excess doshas.

Snehanam - Oleation:

Oleation includes use of oil or oily substance on the body. Ayurveda offers different oils made from various home grown and mineral ingredients mostly for external use. Aside from oils and ghee utilized especially for internal application. The fatty substance goes about as a viable medium, figures out how to achieve the more profound tissues, helps in carrying the medicinal ingredients every cell of the body and loosen up toxins stuck in the cells.

Swedanam - Fomentation:

The treatments that produce sweat are called fomentation treatments. Oleation treatments are followed by the fomentation treatments. The tissues made delicate by oleation treatments become more flexible by fomentation therapies. Profound established toxins relaxed by oleation melt because of fomentation therapy and help it to flush out of the body.

2. Pradana Karma - Treatments

Pradhan karma under panchakarma therapy is comprised of five basic types of advanced treatment for the evacuation of vitiated Dosha (toxic materials) from the body.

Vamana:

In this treatment, a patient is given inside and outside oleation and fomentation treatments for few days which includes therapies and some ayurvedic medicines. Once the toxins get melted and accumulate in upper cavities of body, the patient is given emetic medicines and decoction. This enables vomiting and helps in disposing of the poisons from the body tissues. Vaman treatment is particularly suggested basically for kapha-dominated conditions, such as weight gain, asthma and hyperacidity.

Virechana:

In virechan, purgation or disposal of toxins happens through the clearing of the bowels. In this treatment too, the patient is given inside and outside oleation and fomentation treatments. From that point onward, the patient is given a natural purgative to encourage clearing of the guts that aides in purifying the body of toxins. Virechan treatment is prescribed fundamentally for pitta -dominated conditions, such as herpes zoster, jaundice, colitis, celiac infection etc.

Basti:

Managing medicated substances through enema is Ayurveda's exceptional commitment to the therapeutic world. The treatment has huge advantages, particularly in convoluted and chronic diseases. According to the nature of disease, home grown decoctions, oils, ghee or milk are managed into the rectum and this has incredible positive effects. This treatment is to a great degree powerful against vata-dominated conditions, such as arthritis, piles and constipation. Also, read more about medicine for constipation.

Nasya:

This treatment is extremely effective in clearing and purging the head area. At the beginning of the treatment, the head and shoulder areas are given a delicate massage and fomentation. After that, nasal drops are regulated in both the nostrils. This achieves the cleaning of the whole head area and diminishes different sorts of cerebral pain, headache, hair issues, sleep disorder, neurological disorders, sinusitis, chronic rhinitis and respiratory ailments.

Raktamokshana:

This treatment is useful for cleaning of blood and viable against ailments caused because of impure blood. It can be done in a particular area or for the whole body. This treatment is especially valuable in different skin infections, such as psoriasis, dermatitis, and furthermore in local lesions such as abscesses and pigmentation.

3. Pashchath Karma - Post-Therapeutic Activities

This is the follow-up therapies that include diet, medication & lifestyle. After the toxins have been effectively eliminated, patient-specific diet regimens, controlled physical effort and health-promoting natural herbal remedies will be recommended. These support and enhance the successful effects of the two previous stages of Panchakarma treatments.

GENERAL Q&A

What is panchakarma?

Panchakarma is a detoxification process and includes five karma or processes towards removal of accumulated toxins. These five procedures 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).

Who should seek panchakarma?

Any person in the age group of 18 to 70 can seek or be prescribed for the process of panchakarma. Panchakarma is also helpful for smoking and other de-addiction initiatives as it clears the unwanted toxins to curb the desire for intoxicants. Vata, pitta and kapha imbalances in the body also require panchakarma.

How many times should one go for the panchakarma procedure?

Panchakarma in itself is a complete package treatment that could span from 7 days to two months in one cycle. However, the person can go for a second treatment By six months of time also or as prescribed

What diseases and conditions are attempted through panchakarma?

While panchakarma corrects all types of diseases by balancing the 3 doshas in the body, it is most helpful in musculoskeletal disorders, neurological, sinus, respiratory and gynecological problems.

Does panchakarma offer instant relief in my conditions?

Generally not! Panchakarma relieves the body of its toxins and the effects begin to show up gradually; although one finds the lightness and relief in muscular stiffness.

What will be my diet during panchakarma treatment and after?

Light vegetarian diets are prescribed during the panchakarma treatment. After the process, depending upon the prakurti (inclinations), specific diet is prescribed.

Do I need to take leave for panchakarma treatment or can I work?

It is advised that the person undergoing panchakarma treatment should take rest so as to optimize the benefits in his/her favor. Continuing with routine is not considered good.

Panchakarma Retreat

7 day Package - 956\$

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha - Ayurveda Doctor Consultation• Sneha Pana - Internal Oilation• Udarabyanga - Abdominal Massage• Wathra Mardanam - Face Massage• Pada Abyanga - Foot Massage |
| Day 2 | <ul style="list-style-type: none">• Sneha Pana - Internal Oilation• Udarabyanga - Abdominal Massage• Urdawanga Mardana - Neck & Shoulder Massage• Kati Abyanga - Back Massage |
| Day 3 | <ul style="list-style-type: none">• Verechanam - Cleaning Day |
| Day 4 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushada Dhuma - Herbal Inhalation |
| Day 5 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushada Dhuma - Herbal Inhalation• Nasyam - Nasal Treatment |
| Day 6 | <ul style="list-style-type: none">• Udwarthanam - Herbal Dry Powder Massage• Kuti Sweda - Steam Bath• Aushada Awagaha - Herbal Bath |
| Day 7 | <ul style="list-style-type: none">• Wathralepanam - Ayurveda Facial• Ubtan - Ayurveda Beauty Pack• Pushpawagahanam - Flower Bath |

Panchakarma Retreat

14 day Package - 1,601 \$

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha - Ayurveda Doctor Consultation• Sneha Pana - Internal Oilation• Udara Abyanga - Abdominal Massage• Waktra Mardana - Face Massage• Pada Abyanga - Foot Massage |
| Day 2 | <ul style="list-style-type: none">• Sneha Pana - Internal Oilation• Udara Abyanga - Abdominal Massage• Urdawanga Mardana - Neck & Shoulder Massage |
| Day 3 | <ul style="list-style-type: none">• Sneha Pana - Internal Oilation• Udara Abyanga - Abdominal Massage• Kati Abyanga - Back Massage• Pada Mardanam - Leg Massage |
| Day 4 | <ul style="list-style-type: none">• Virechanam - Cleaning Day |
| Day 5 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushadha Dhuma - Herbal Inhalation |
| Day 6 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment.• Aushadha Dhuma - Herbal Inhalation |
| Day 7 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushadha Dhuma - Herbal Inhalation• Nasyam - Nasal Treatment |

Panchakarma Retreat (Continued)

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| Day 8 | <ul style="list-style-type: none">• Shirsha Abyanga - Head Massage• Urdawanga Mardana - Neck & Shoulder Massage• Pinda Sweda - Full Body Fomentation with Herbal Packs |
| Day 9 | <ul style="list-style-type: none">• Kati Abyanga - Back Massage• Pada Mardana - Leg Massage• Kati Wasthi - Oil Retain for Back |
| Day 10 | <ul style="list-style-type: none">• Sarwanga Deha Abyanga - Full Body Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath |
| Day 11 | <ul style="list-style-type: none">• Sarwanga Deha Abyanga - Full Body Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath• Wasthi Karma - Enema |
| Day 12 | <ul style="list-style-type: none">• Sarwanga Deha Abyanga - Full Body Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath• Wasthi Karma - Enema |
| Day 13 | <ul style="list-style-type: none">• Udwarthanam - Herbal Dry Powder Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath |
| Day 14 | <ul style="list-style-type: none">• Waktralepanam - Ayurveda Facial• Ubtan - Ayurveda Beauty Pack• Pushpawagahana - Flower Bath |

Panchakarma Retreat

21 day Package - 2,617\$

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| Day 1 | <ul style="list-style-type: none">• Roga Rogi Pariksha - Ayurveda Doctor Consultation• Sneha Pana - Internal Oilation• Udarabyanga - Abdominal Massage• Wathra Mardanam - Face Massage• Pada Abayanga - Foot Massage |
| Day 2 | <ul style="list-style-type: none">• Sneha Pana - Internal Oilation• Udarabyanaga - Abdominal Massage• Urdawanga Mardana - Neck & Shoulder Massage• Hastha Mardana - Hand Massage |
| Day 3 | <ul style="list-style-type: none">• Sneha Pana - Internal Oilation• Udarabyanaga - Abdominal Massage• Kati Abyanga - Back Massage• Pada Mardana - Leg Massage |
| Day 4 | <ul style="list-style-type: none">• Virechanam - Cleaning Day |
| Day 5 | <ul style="list-style-type: none">• Deha Abyanga – Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushada Dhuma - Herbal Inhalation |
| Day 6 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Ashada Dhuma - Herbal Inhalation |
| Day 7 | <ul style="list-style-type: none">• Deha Abyanga - Herbal Oil Massage• Shiro Dhara - Third Eye Opening Treatment• Aushada Dhuma - Herbal Inhalation• Nasya Karma - Nasal Treatment |

Panchakarma Retreat (Continued)

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| Day 8 | <ul style="list-style-type: none">• Shirshabyanga - Head Massage• Urdawanga Mardana - Neck & Shoulder Massage• Pinda Sweda - Full body Formentaion with Herbal Packs |
| Day 9 | <ul style="list-style-type: none">• Chakra Massage - Energy Point Massage• Akshi Tharpana - Eye Cleansing Treatment• Pada Abyanga - Foot Massage |
| Day 10 | <ul style="list-style-type: none">• Chakra Massage - Energy Point Massage• Akshi Tharpana - Eye Cleansing Treatment• Pada Abyanga - Foot Massage |
| Day 11 | <ul style="list-style-type: none">• Kati Abyanga - Back Massage• Pada Mardana - Leg Massage• Kati Wasthi - Herbal Oil Retain for Back |
| Day 12 | <ul style="list-style-type: none">• Urdawanga Mardana - Neck & Shoulder Massage• Haastha Mardana - Hand Massage• Uro Wasthi - Herbal Oil Retain for The Chest |
| Day 13 | <ul style="list-style-type: none">• Sirshabyanga - Head Massage• Urdawanga Mardana - Neck & Shoulder Massage• Shiro Wasthi - Herbal Oil Retain for The Head |
| Day 14 | <ul style="list-style-type: none">• Shirshabyanga - Head Massage• Urdawanga Mardana - Neck & Shoulder Massage• Shiro Wasthi - Herbal Oil Retain for The Head• Aushada Dhuma - Herbal Inhalation |

Panchakarma Retreat (Continued)

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| Day 15 | <ul style="list-style-type: none">• Deha Abyanga - Oil Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath• Wasthi Karma - Enema |
| Day 16 | <ul style="list-style-type: none">• Deha Abyanga - Oil Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath• Wasthi Karma - Enema |
| Day 17 | <ul style="list-style-type: none">• Udwarthana - Herbal Dry Powder Massage• Kuti Sweda - Steam Bath• Aushadha Awagaha - Herbal Bath <ul style="list-style-type: none">• Udwarthana - Herbal Dry Powder Massage• Kuti Sweda - Steam Bath |
| Day 18 | <ul style="list-style-type: none">• Aushadha Awagaha - Herbal Bath |
| Day 19 | <ul style="list-style-type: none">• Deha Abyanga - Oil Massage• Nawakarizi - Herbal Milk Rice Fomentation• Aushadha Awagaha - Herbal Bath |
| Day 20 | <ul style="list-style-type: none">• Deha Abyanga - Oil Massage• Nawakarizi - Herbal Milk Rice Fomentation• Aushadha Awagaha - Herbal Bath |
| Day 21 | <ul style="list-style-type: none">• Waktralepanam - Ayurveda Facial• Ubtan - Ayurveda Beauty Pack• Pushpawagahana - Flower Bath |