

## Sanjeevanam: Wellness Package

Sanjeevanam: Wellness Package	
3 DAYS	7 DAYS
INR 13600	INR 24999

3-7 days package is focused on wellness addressing the below points

- Easing of stiffness, restriction of movements
- Addressing of body aches
- Special care for skin
- Weight management

### **Program:**

- Consultation
- Life style and diet counselling
- Massage therapy with Ayurveda herbal oils and powders followed by steam therapy
- Application of mild cleansing techniques like Nasya and Dhooma pana (Cleansing of upper respiratory area)
- Application of Pichu : Herbal oil heat pack
- Relaxing Basic yoga and meditation

**Note:** Based on the number days and the presenting complaints exact program will be fixed. Doctor's decision is final for fixing the treatment.

## Navajeevanam: Rejuvenation Package

Navajeevanam: Rejuvenation Package	
7 DAYS	14 DAYS
INR 29999	INR 54000

7-14 days package is focused on Rejuvenation addressing the below points:

- Easing of Stiffness, restriction of movements
- Addressing of body Aches.
- Strengthening of muscles
- Improvement of circulation
- Digestive care
- Stress Management

- Special care for skin and Weight management

**Program:**

- Consultation
- Life style and diet Counselling
- Massage therapy with Ayurveda herbal oils and powders followed by steam therapy
- Fomentation treatments using Ayurvedic herbal leaves, pudding and powders
- Application of mild cleansing techniques like Nasya and Dhooma pana (Cleansing of upper respiratory area ) and Vrechanam by using special herbal preparations.( cleansing of stomach/ Purgation)
- Application of Pichu : Herbal oil heat pack
- yoga and meditation

**Note:** Based on the number days and the presenting complaints exact program will be fixed. Doctor’s decision is final for fixing the treatment

**Ayursoukyam: Body Cleansing Package**

Ayursoukyam : Body Cleansing Package	
14 DAYS	21 DAYS
INR 54000	INR 72000

14-21 days package is focused on Cleansing of body by addressing the below mentioned with Moderate panchakarma techniques:

- Management of Musculo-Osteo-Nuero complaints
- Special care for cervical and lumbar area
- Digestive care
- Stress Management
- Special care for eye and ear
- Special care for skin and Weight management
- Special attention care for women for their Gynaecological complaints

**Program:**

- Consultation
- Life style and diet Counselling
- Massage therapy with Ayurveda herbal oils and powders followed by steam therapy
- Fomentation treatments using Ayurvedic herbal leaves, pudding and powders

- Application of mild cleansing techniques like Nasya and Dhooma pana (Cleansing of upper respiratory area) and Vrechanam by using special herbal preparations. (Cleansing of stomach/ Purgation)
- Medicated herbal enemas
- Application of Pichu: Herbal oil heat pack
- Local Pizhichil Therapy
- Netra Dhara, Tarpanam and Karnapooranam
- Yoga and meditation

**Note:** Based on the number days and the presenting complaints exact program will be fixed. Doctor's decision is final for fixing the treatment

### **Jeevaamrutham: Immunity Package**

<b>Jeevaamrutham : Immunity Package</b>	
<b>21 DAYS</b>	<b>28 DAYS</b>
<b>INR 72000</b>	<b>INR 100000</b>

21-28 days package is focused on Immunity development for body:

- Management of Musculo-Osteo-Nuero complaints
- Special care for cervical and Lumbar area
- Strengthening of muscles and joints
- Improvement of circulation
- Special attention for Heart, Lungs, Kidney and Liver
- Focus on hormonal imbalance
- Focus on Immune Modular factors
- Total Digestive care
- Stress Management
- Special care for eye and ear
- Special care for skin and Weight management
- Special attention care for women for their Gynaecological complaints

**Program:**

- Consultation
- Life style and diet Counselling
- Massage therapy with Ayurveda herbal oils and powders followed by steam therapy
- Fomentation treatments using Ayurvedic herbal leaves, pudding and powders
- Application of mild cleansing techniques like Nasya and Dhooma pana (Cleansing of upper respiratory area) and Vrechanam by using special herbal preparations.( cleansing of stomach/ Purgation)

- Application of Pichu : Herbal oil heat pack
- Medicated herbal enemas
- Local Pizhichil Full body Pizhichil Therapy
- Siro Dhara or Siro Vasthi
- Netra Dhara, Tarpanam and Karnapooranam
- Yoga and meditation

**Note:** Based on the number days and the presenting complaints exact program will be fixed. Doctor's decision is final for fixing the treatment

### **Punarjani: Body- Mind -Soul A Complete well-being Package**

Punarjani : Body-Mind-Soul Complete Package	
28 DAYS	35 DAYS
INR 110000	INR 137500

28-35 days package is focused on Reconnecting Mind-Body-soul for body:

- Management of Musculo-Osteo-Nuero complaints
- Special care for cervical and Lumbar area
- Strengthening of muscles and joints
- Improvement of circulation
- Special attention for Heart, Lungs, Kidney and Liver
- Procedures to eliminate toxins from body
- Focus on hormonal Imbalance
- Focus on Immune Modular factors
- Total Digestive care
- Stress Management
- Special care for eye and ear
- Special care for skin and Weight management
- Special attention care for women for their Gynaecological complaints

#### **Program:**

- Consultation
- Life style and diet Counselling
- Full Pancha Karma Course will be conducted starting from Snehapanam.
- Massage therapy with Ayurveda herbal oils and powders followed by steam therapy
- Fomentation treatments using Ayurvedic herbal leaves, pudding and powders

- Application of mild cleansing techniques like Nasya and Dhooma pana (Cleansing of upper respiratory area) and Virechanam by using special herbal preparations. (Cleansing of stomach/Purgation)
- Medicated Herbal Enemas
- Application of Pichu: Herbal oil heat pack
- Local Pizhichil Full body Pizhichil Therapy
- Siro Dhara or Siro Vasthi
- Netra Dhara, Tarpanam and Karnapooranam
- Relaxing Basic yoga and meditation

**Note:** Based on the number days and the presenting complaints exact program will be fixed. Doctor's decision is final for fixing the treatment

**Please note:**

- As the treatments are strictly personalized, the exact treatment and medicines can be fixed only after a detailed consultation with our Doctor
- Taxes extra @ 18% are applicable
- The above rates are only charges in Ayurveda and Spa. Room charges are not included
- 01 treatment per day for 75 minutes