



BEAUTY DELIGHTS AT

JETWING AYURVEDA PAVILIONS

Harvesting5000 years of Natural Healing wisdom

Take advantage of this summer offer and experience the quality Ayurveda treatment delights & services at Ayurveda Pavilions, offering a wide range of body treatments. Purification and revitalization programs- **(based on Ayurveda Panchakarma treatment to regain your lost health & vitality)** Beauty care packages, Body scrubs, Skin treatments etc. tailored to suit your needs.

Beauty Care Treatment – from ancient traditions to Beauty **7 Day Program**

The package is formulated to enrich your beauty, cultivate a smooth youthful skin and prevent the signs of premature ageing and maintain a youthful, beautiful dazzling skin.

No Matter What Your Age May be!!!!

- * Preliminary interior cleansing
- * Decoctions formulated from valuable herbs from the garden
- * Wet & Dry Peelings to clean the skin
- * Applications of various pastes made of pure herbs and Natural ingredients for a smooth skin & glow
- * Massages with nutritious herbal oils
- * Rejuvenating Milk Bath
- * A soothing a refreshing Flower Bath

14 Day Program – Purification and Revitalization treatment-

The specially prepared to relieve the restlessness of the body, mind and leave you in a state of luxury.

- * Therapeutic cleansing of the head region –
This procedure purges and rejuvenates the tissues and organs of the head and neck region
- * Head, Neck & shoulder massage
- * Foot Massage
- * Cream of Bath Hair treatment
- * Acupuncture
- * Refreshing Cucumber treatment
- * Milk Bath
- * Flower Bath



21 Day Program – Purification, Revitalization, Rejuvenation and Longevity Treatment

The program is designed on the basis of Ayurveda Panchakarma treatment which purifies the entire body. The Invigorating Ayurvedic treatment will completely revitalize, rejuvenate and pave the way for long life.



- * Snehana -Internal & External oleation
- * Swedana - Application of therapeutic heat to the body
- * Vamana -Therapeutic Vomiting (Emesis)
- * Virechana-Therapeutic Bowel Cleaning
- * Enemas - Introduction of oil and decoction, through the anus to receive generalized interior cleaning.

Other supportive treatments –

Shirodhara – Head, neck & Shoulder massage

Skin & Body care treatment

Acupuncture

Refreshing Cucumber treatment

Milk Bath

Flower Bath.

General Frame work for the administration of Panchakarma Treatment Program

According to the time and workload in the west only a few people seem to be able to take time away from their work and responsibilities. Therefore, one to three week programs has been designed for your convenience. This abbreviated Panchakarma program is focused mainly on pacifying and nourishing Vatha and helping to purify aama and make the body and soul in complete balance and refreshed.

The preparatory procedures of Snehana and Swedana will be given for a minimum of seven days before administering Vamana and Virechana. This ensures that all seven Dhatus are completely oiled through out this program. A strong emphasis is placed on Nasya and Vasthi Karma to cleanse the body and pacify and nourish the Vatha, as Vatha is the motive force of human life and prime move of all other functions in the body.

When we control Vatha, we control health and vitality