

Program details for Ayurveda Pavilions Resident Guests (In house clients)

Provided the Pavilions residential guests stay a minimum of 03 days they receive the following:

Music therapy- from a specialist in therapeutic healing sounds of the sitar to relieve depression and stress, Special Consultation by our Chief Doctor, Cookery Demonstration

Yoga and meditation- from a specialist Indian guru

All Ayurveda meals are designed only after your doctor's consultation and we only use fresh and organic fruits and vegetables as well as fresh fish

Swimming pool with Jacuzzi facilities

Doctors visit in all the villas for awareness programs

Please note the treatment lasts 2-1/2 hours a day and the amount of oils that is used will be more for resident guests than the non-resident clients and treatments too will differ. It is ideal for clients who are seeking advance Ayurveda treatment.

Special prescribed decoctions will be given according to the need – and services delivered to the guest by the therapist's, assuring total privacy in your own villa.

Programs	Treatments	Treatment Duration- Per Day	Benefits
3 Day	Consultation & Diagnosis of the body type according to Ayurveda Shirodhara/Shiroabyanga - Snehana – Oleation therapy Vaktra treatment – Facial treatment Sauna Treatment Herbal Bath * Internal Medicines – Powder, decoctions, Tablets & Special treatment for cleansing	2-1/2 hrs.	<ul style="list-style-type: none"> * Prevention and promotion of positive health * Prevention and cure of diseases to related parts of the body * Prevention and correction of ageing process * Helping the individual to get sleep
5 Day	Consultation & Diagnosis Snehana Therapy – Oleation therapy Shirodhara/Shiroabyanga- Head Oil Treatment Thailadhara – pouring oil treatment for the body Vaktra Treatment – Facial treatment Sauna Treatment Body Mask/Herbal Bath * Internal Medicines – Powder, decoctions, Tablets & Special treatment for cleansing	2-1/2 hrs	<ul style="list-style-type: none"> * Helping nourishment of the Body * Promotion of longevity * Prevention & promotion of positive health * Prevention & cure of diseases to related parts of the body * Prevention & correction of ageing process * Helping to overcome fatigue * Prevention & correction of Digestive disorders

<p>7 Day</p>	<p>Consultation & Diagnosis Snehana Therapy – Oleation Shirodhara and Shirovasti – Medicinal oil dripping therapy for the head Nasya Treatment – Nasal treatment Lepa Treatment - Paste treatment Sauna Treatment- Herbal Sarvangadhara – Pouring oil – medicinal treatment Steam Therapy – Fermentation Therapy * Internal Medicines – Powder, decoctions, Tablets & Special treatment for cleansing</p>	<p>2 -1/2 hrs</p>	<ul style="list-style-type: none"> * Prevention and promotion of positive health * Promotion of longevity * Helping the individual get Sleep * Prevention and correction of disorders related to head & brain * Helping to over fatigue * Helping to get beautiful, glossy skin * Prevention and correction of ageing process
<p>12 Day</p>	<p>Consultation & Diagnosis Snehana - Oleation therapy Shirodhara/Shiroabyanga- Head Oil Massage Sauna Treatment Vaktra Treatment – Facial Bady Mask – Milk Therapy Sweda Therapy - Steam Avangaha Treatment – Herbal Bath Vasti Treatment – Enema Facial Treatment * Internal Medicines – Special cleansing/Pacifying energies rejuvenating</p>	<p>2-1/2 hrs</p>	<ul style="list-style-type: none"> * Prevention and promotion of positive health * Natural preventive measure for good health and perfect mind, body combination *Helps in maintaining uniformity of the different organs of the body. *Very effective for persons having insomnia, high blood pressure, diabetics & eye diseases * Cures Itching, urticaria and diseases caused by vayu * It produces stability and lightness of the body * Promotes Skin health * Promotes the complexion of females and removes unwanted hair from the face and body
<p>14 Day</p>	<p>Consultation & Diagnosis Snehana – Oleation therapy Steam Therapy- Fermentation Shirodhara-Shirabyanga – Head Oil massage Shirovasti – Nasya Treatment Lepa Treatment – Paste Sauna Treatment - Herbal Saravangadara Treatment – Pouring oil medicine treatment Herbal bath - Sweda Therapies – Fermentation Treatment Shiroabyanga – Head treatment Shanthi Sana- Relaxation –to nourish your knowledge with Ayurveda Panchakarma, traditional medicine, herbal medicine Cleansing treatment Dhooma Pana treatment- Herbal</p>	<p>2-1/2 hrs.</p>	<ul style="list-style-type: none"> * Prevention and promotion of positive health * Natural preventive measure for good health and perfect mind, body combination *Helps in maintaining uniformity of the different organs of the body. *Very effective for persons having insomnia, high blood pressure, diabetics & eye diseases * Cures Itching, urticaria and diseases caused by vayu * It produces stability and lightness of the body * Promotes Skin health * Promotes the complexion of females and removes unwanted hair from the face and body

	<p style="text-align: center;">smoke therapy</p> <p>Vaktra Treatment – Facial * Internal Medicines – Special cleansing/Pacifying energies rejuvenating</p>		
21 Day	<p>Consultation & Diagnosis Snehana Therapy – Oleation therapy Abyanga – Synchoron therapy Shirodhara/Shiroabyanga – Head oil Massage Pichu Treatment- Special medicated oil/herbal medicated pad treatment Steam Therapy Music Therapy Shanthi Sana – Relaxation bath Pada Therapy – Foot therapy Navarakizhi – a massage to body with a Difference Facial Dhoom pana – Herbal Smoke therapy. Thallasotherapy – Sea water & sea weed treatment Post Pregnancy health program. Special Medicinal covering of the head Avagaha Treatment – sitz herbal bath Panchakarma Treatment Udvagharshana – Rubbing treatment Sneha Vasti and Kashaya Vasti – Enema treatment * Internal Medicines – Special cleansing/Pacifying energies rejuvenating</p>	2-1/2 hrs	<ul style="list-style-type: none"> * Helps maintain uniformity of the different organs of the body * Prevention & promotion of positive health * Enhances the strength, glossiness, softness of the skin and hair * Effective for persons having insomnia. High pressure, and rectal diseases, urinary diseases, diabetics and skin diseases. * Preventing the process of ageing, premature graying of the hair, appearance of wrinkles over the body * Maintains healthy skin * Prevents & cures boldness, hair fall * Promotes complexion of the body and face * Keeps mind, body combination in equilibrium
7 Day	<p>Slimming program Consultation and assessment of your bio-energetic type Snehana – Oleation Therapy Thailaldara – Pouring Oil Fermentation/Sauna Yoga /Water relaxation exercises Shiroabyanga/Shirodhara – Head Oil massage Vaktra Abyanga – Facial treatment Body Mask /Herbal Bath Vasti Treatment – Enema Special Facial with fresh fruits & Vegetables Special Inhalation Internal Decoctions</p> <p>If More than 7 days, number of treatment will increase</p>	2-1/2 hrs	<p>Diet program- Specially tailor made according to the body type</p>