

**07 NIGHTS SPECIAL AYURVEDA PACKAGE**  
(Accommodation and meals on FB Basis + free yoga sessions)

**Stay period from 15 April to 31 October 2024**

**Day 1**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Chakra – Energy Points Stimulating  
Treatment

**Day 2**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Pinda Sweda – Herbal Fomentation with  
Herbal Packs

**Day 3**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Shirodhara – Third Eye Opening Treatment

**Day 4**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Shirodhara – Third Eye Opening Treatment

**Day 5**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Awushadha Awagaha – Herbal Bath

**Day 6**

Deha Abyanga – Full Body Herbal Oil  
Massage  
Nawarakizi – Herbal Milk Rice Massage

**Day 7**

Deha Abyanga – Full Body Herbal Oil Massage  
Pushpawagaha – Flower Bath