

14 NIGHTS SPECIAL PANCHAKARMA PACKAGE

(Accommodation and meals on FB Basis + free yoga sessions)

Stay period from 15 April to 31 October 2024

Day 1

Roga Rogi Pariksha - Ayurveda Doctor
Consultation
Sneha Pana - Internal Oilation Udara
Abyanga - Abdominal Massage
Waktra Mariana - Face Massage Pada
Abyanga - Foot Massage

Day 2

Sneha Pana - Internal Oilation
Udara Abyanga - Abdominal Massage
Urdawanga Mardana - Neck & Shoulder
Massage

Day 3

Sneha Pana - Internal Oilation
Udara Abyanga - Abdominal Massage
Kati Abyanga - Back Massage
Pada Mardanam - Leg Massage

Day 4

Virechanam - Cleaning Day

Day 5

Deha Abyanga - Herbal Oil Massage
Shiro Dhara - Third Eye Opening
Treatment
Aushadha Dhuma - Herbal Inhalation

Day 6

Deha Abyanga - Herbal Oil Massage Shiro
Dhoro - Third Eye Opening Treatment.
Aushadha Dhuma - Herbal Inhalation

Ponchakarma Retreat (Continued)

Day 7

Deha Abyanga - Herbal Oil Massage
Shiro Dhoro - Third Eye Opening Treatment
Aushadha Dhuma - Herbal Inhalation
Nasyam - Nasal Treatment

Day 8

Shirsha Abyanga - Head Massage
Urdawanga Mardana - Neck & Shoulder
Massage
Pinda Sweda - Full Body Fomentation with
Herbal Packs

Day 9

Kati Abyanga - Back Massage
Pada Mardana - Leg Massage
Kati Washi - Oil Retain for Back

Day 10

Sarwanga Deha Abyanga - Full Body
Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath

Day 11

Sarwanga Deha Abyanga - Full Body
Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath Washi
Karma - Enema

Day 12

Sarwanga Deha Abyanga - Full Body
Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath Washi
Karma - Enema

Day 13

Udworthonam - Herbal Dry Powder
Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath

Day 14

Woktraleponom - Ayurveda Facial Ubtan -
Ayurveda Beauty Pack Pushpawagahana -
Flower Bath