

21 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
Udarabyanga - Abdominal Massage Wathra
Mardanam - Face Massage Pada Abayanga
- Foot Massage

Day 2

Sneha Pana - Internal Oilation
Udarabyanaga - Abdominal Massage
Urdawanga Mardana - Neck & Shoulder
Massage Hastha Mardana - Hand Massage

Day 3

Sneha Pana - Internal Oilation
Udarabyanaga - Abdominal Massage Kati
Abyanga - Back Massage
Pada Mardana - Leg Massage

Day 4

Virechanam - Cleaning Day

Day 5

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

Day 6

Deho Abyango - Herbal Oil Mossoge
Atiro Dhara - Third Eye Opening Treatment
Ashada Dhuma - Herbal Inhalation

Day 7

Deha Abyanga - Herbal Oil Massage Shiro
Dhara - Third Eye Opening Treatment
Aushada Dhuma - Herbal Inhalation Nasya
Karma - Nasal Treatment

Day 8

Skirshabyanga - Head Massage
Urdawanga Mardana - Neck & Shoulder
Massage
Pinda Sweda - Full body Formentaion with
Herbal Packs

HARITHA

VILLAS+SPA

Day 9

Chakra Massage - Energy Point Massage
Akshi Tharpana - Eye Cleansing Treatment
Pada Abyanga - Foot Massage

Day 10

Chakra Massage - Energy Point Massage
Akshi Tharpana - Eye Cleansing Treatment
Pada Abyanga - Foot Massage

Day 11

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

Day 12

Urdawanga Mardana - Neck & Shoulder
Massage Haastha Mardana - Hand
Massage
Uro Washi - Herbal Oil Retain for The
Chest

Day 13

Sirshabyanga - Head Massage
Urdawanga Mardana - Neck & Shoulder
Massage
Shiro Washi - Herbal Oil Retain for The
Head

Day 14

Shirshabyanga - Head Massage
Urdawanga Mardana - Neck & Shoulder
Massage
Shiro Washi - Herbal Oil Retain for The
Head Aushada Dhuma - Herbal Inhalation

Day 15

Deha Abyanga - Oil Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath
Wasthi Karma – Enema

Day 16

Deha Abyanga - Oil Massage
Kuti Sweda - Steam Bath
Aushadha Awagaha - Herbal Bath
Wasthi Karma - Enema

Day 17

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

Day 18

Aushadha Awagaha - Herbal Bath

Day 19

Deha Abyanga - Oil Massage
Nawakarizi - Herbal Milk Rice Fomentation
Aushadha Awagaha - Herbal Bath

Day 20

Deha Abyanga - Oil Massage
Nawakarizi - Herbal Milk Rice Fomentation
Aushadha Awagaha - Herbal Bath

Day 21

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