

PANCHAKARMA PACKAGES

7 DAYS OF PANCHAKARMA (800 \$)

- 1ST DAY – Consultation
 Internal Oilation
 Abdominal Massage
 Face Massage
 Foot Massage
- 2nd DAY - Internal Oilation
 Abdominal Massage
 Neck & Shoulder Massage
 Back Massage
- 3rd DAY - Cleaning Day
- 4th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
- 5th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
 Nasya Karma
- 6th DAY - Udwarthana
 Steam Bath
 Herbal Bath
- 7th DAY - Ayurveda Facial
 Ayurveda Beauty Pack
 Flower Bath

14 DAYS OF PANCHAKARMA (1340\$)

- 1ST DAY – Consultation
 Internal Oilation
 Abdominal Massage
 Face Massage
 Foot Massage
- 2nd DAY - Internal Oilation
 Abdominal Massage
 Neck & Shoulder Massage
- 3rd DAY - Internal Oilation
 Abdominal Massage
 Back & Leg Massage
- 4th DAY - Cleaning Day
- 5th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
- 6th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
- 7th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
 Nasya Karma

8th DAY – Head Massage
Neck & Shoulder Massage
Pinda Sweda

9th DAY - Back Massage
Leg Massage
Kati Wasthi

10th DAY - Full Body Massage
Steam Bath
Herbal Bath

11th DAY - Full Body Massage
Steam Bath
Herbal Bath
Wasthi Karma

12th DAY - Full Body Massage
Steam Bath
Herbal Bath
Wasthi Karma

13th DAY - Udwarthana
Steam Bath
Herbal Bath

14th DAY - Ayurveda Facial
Ayurveda Beauty Pack
Flower Bath

21 DAYS OF PANCHAKARMA (2190\$)

- 1ST DAY – Consultation
 Internal Oilation
 Abdominal Massage
 Face Massage
 Foot Massage
- 2nd DAY - Internal Oilation
 Abdominal Massage
 Neck & Shoulder Massage
 Hand Massage
- 3rd DAY - Internal Oilation
 Abdominal Massage
 Back & Leg Massage
- 4th DAY - Cleaning Day
- 5th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
- 6th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation

- 7th DAY - Abyanga
 Shiro Dhara
 Herbal Inhalation
 Nasya Karma
- 8th DAY – Head Massage
 Neck & Shoulder Massage
 Pinda Sweda
- 9th DAY - Chakra Massage
 Akshi Tharpana
 Foot Massage
- 10th DAY - Chakra Massage
 Akshi Tharpana
 Foot Massage
- 11th DAY - Back Leg Massage
 Kati Wasthi
- 12th DAY - Neck & Shoulder Massage
 Hand Massage
 Uro Wasthi
- 13th DAY - Head Massage
 Neck & Shoulder Massage
 Shiro Wasthi
- 14th DAY - Head Massage
 Neck & Shoulder Massage
 Shiro Wasthi
 Herbal Inhalation

15th DAY - Abyanga
 Steam Bath
 Herbal Bath
 Wasthi Karma

16th DAY - Abyanga
 Steam Bath
 Herbal Bath
 Wasthi Karma

17th DAY - Udwarthana
 Steam Bath
 Herbal Bath

18th DAY - Udwarthana
 Steam Bath
 Herbal Bath

19th DAY - Abyanga
 Nawakarizi
 Herbal Bath

20th DAY - Abyanga
 Nawakarizi
 Herbal Bath

21th DAY - Ayurveda Facial
 Ayurveda Beauty Pack
 Flower Bath