

COSMETIC TREATMENT

Lavanya

About the Package

Beauty management, health promotion and healing in ayurveda rely on freeing the body of ama (toxins), restoring cellular nutrition, facilitating complete elimination and re-establishing the balance of the doshas. To serve the purpose of fast natural beauty a faster and deeper cleansing and re-balancing is accomplished by using Ayurveda's traditional rejuvenation therapy. An Ayurvedic massage activates deep centers of the brain, reflex points and circulation to totally soothe the body. The oil nourishes and cleanse the tissues to make the complexion glowing & youthful, smooths wrinkles & enhances beauty. The eye care treatment helps in relieving tension which causes poor eye sight, pain, fatigue, it brings lusture to the eyes and smooths away wrinkles.



Suggested Duration

8 and 14 days

Patient Profile & Cause

Middle aged. Exposure to sun rays, cold & heat.

Therapeutic Benefits

Improves skin texture. Tones up skin and flesh. Improves skin resistance to extreme conditions immunity and disease resistance

Procedures

Njavara theppu, Mukhalepanam, Thalapothishchi, Snehaswedam.

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DETOXIFICATION & REJUVENATION

Punarjani

About the Package

A five fold treatment (Panchakarma) and Rasayana which includes different types of massages and kizhis and treatment like nasyam, virechanam, vasthy etc. and aims to eliminate toxins, restoring health, increasing immunity and vigour and vitality.

Suggested Duration

21 and 28 days

Patient Profile & Cause

Family History of Metabolic disorders.
Improper food habits. Fast Lifestyle

Therapeutic Benefits

Scavenges waste materials from Body by deoxidising cell metabolism, improves immunity and disease resistance.

Procedures

Elakizhi, Virechanam, Nasyam, Njavarakizhi, Pizhichil, Vasthy, Sirodhara, Dhoomam, Kabalam, Tarparam



AYURVEDA RESORTS ENVISAGED

Destination	Deluxe	Luxury
Kumarakom	Abad Whispering Palms	Kumarakom Lake Resort Zuri Resort & Spa
Kollam	Club Mahindra Ashtamudi	The Raviz Resort and Spa, Ashtamudi
Calicut	The Raviz Resort and Spa, Kadavu	Taj Gateway (Beach Side)
Mararikulam	Abad Turtle Beach Resort	CGH Marari Beach Resort
Kovalam	Travancore Heritage Udsya Samudra	Poovar Island Resort The Leela Raviz
Bekal (Beach Side)	Kanan Beach Resort	Vivanta by TAJ

Note: The above programmes are only indicative. The actual duration may vary depending on the constitution of individuals.



DETOXIFICATION & PURIFICATION

Suddhi



About the Package

A five-fold purification therapy (Panchakarma), which is a special form of treatment in Ayurveda consisting of Vamana, Virechanam, Nasyam, Kashya vasti and Raktha moksham. This treatment is indicated for the healthy as well as for the diseased for eliminating toxins from the body.

Suggested Duration

8, 14 and 21 Days

Patient Profile & Cause

High risk Jobs. Exposure to chemicals and pollutants. Improper food habits.

Therapeutic Benefits

Prevention of metabolic problems like Diabetes, high blood pressure, cardiac diseases. It is acknowledged as an excellent method to maintain health and to slow down premature ageing.

Procedures

Sirodhara, Nasyam, Snehaswedam, Tarpanam, Virechanam.

