

# Ayurveda Panchakarma

Honouring India's ancient Vedic practice of healing, this traditional **Ayurveda Panchakarma** retreat at Atmantan is a journey of self-discovery, cleansing and awakening of your healing energies and senses.

Under the care of a highly skilled Ayurvedic Doctor, your *Dosha* or personality type will be diagnosed; based on this *Dosha*, a personalized daily treatment schedule and nutrition shall be prescribed. This combination of *Dosha* specific treatment and cuisine enhances the effects of this healing tradition.

At Atmantan, the treatment oils are freshly prepared and follow the traditional method of use and prescription to the exact precision so as to extract the most potent therapeutic results for you. While therapies would include the varied forms of *Shirodara*, *Kativasti*, *Januvasti*, *choorna swedana* as well as *Yoga*, *herb and steam baths* to compliment the purification processes of the body, these therapies would be individually prescribed, monitored and changed daily depending on your receptiveness and tolerance.

The age old miraculous ritual of **Ayurveda Panchakarma** is a deeply nourishing, enriching and purifying practice that ultimately delivers you with a stronger body, clearer mind and heightened intuition.



## All the Ayurveda Panchakarma retreats include:

- Individual wellness consultation.
- Body composition analysis.
- Postural assessment.
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankh Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription).
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes).
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor heated pool with vitality shower.
- Wellness departure consultation.

## Your 5-night Ayurveda Panchakarma retreat includes:

- 5 Nights' accommodation
- 5 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 5 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 2 Prescribed treatments \*
- 1 Padabhyanga
- 5 Ayurvedic herbal steam
- 1 Personal Yoga

## Your 7-night Ayurveda Panchakarma retreat includes:

- 7 Nights' accommodation
- 7 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 7 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 4 Prescribed treatments \*
- 1 Padabhyanga
- 7 Ayurvedic herbal steam
- 2 Personal Yoga
- 1 Matra Vasti

## Your 10-night Ayurveda Panchakarma retreat includes:

- 10 Nights' accommodation
- 10 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 10 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 7 Prescribed treatments \*
- 1 Padabhyanga
- 10 Ayurvedic herbal steam
- 3 Personal Yoga
- 1 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 1 Mid-retreat wellness consultation



**Your 14-night Ayurveda Panchakarma retreat includes:**

- 14 Nights' accommodation
- 14 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 14 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 2 Ayurvedic medical consultations
- 11 Prescribed treatments \*
- 2 Padabhyanga
- 14 Ayurvedic herbal steam
- 4 Personal Yoga
- 1 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 1 Mid-retreat wellness consultation
- 1 Therapeutic bath
- 1 Shirodhara
- 1 Choorna swedana

**Your 21-night Ayurveda Panchakarma retreat includes:**

- 21 Nights' accommodation
- 21 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 21 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 2 Ayurvedic medical consultations
- 19 Prescribed treatments \*
- 2 Padabhyanga
- 21 Ayurvedic herbal steam
- 4 Personal Yoga
- 2 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 2 Mid-retreat wellness consultation
- 1 Therapeutic bath
- 1 Shirodhara
- 2 Choorna swedana
- 1 Hammam
- 1 Manicure
- 1 Pedicure

**Your 28-night Ayurveda Panchakarma retreat includes:**

- 28 Nights' accommodation
- 28 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 28 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 2 Ayurvedic medical consultations
- 25 Prescribed treatments \*
- 3 Padabhyanga
- 28 Ayurvedic herbal steam
- 5 Personal Yoga
- 2 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 3 Mid-retreat wellness consultation
- 2 Therapeutic baths
- 1 Shirodhara
- 4 Choorna swedana
- 1 Hammam
- 1 Manicure
- 1 Pedicure
- 1 Private breathing session
- 1 Vichy shower ritual
- 1 Pizhichil
- 1 Back, neck and shoulder
- 1 Manual Lymphatic Drainage

\* Kati vasti, Choorna swedana, Janu vasti, Navara kizhi or Netra vasti as per prescription

\*\* Facial as per Ayurvedic consultation (Skincare products by Subtle Energies that don't contain parabens, mineral oils, silicones or any artificial fragrances)



**ātmantan**

be transformed

Wellness Centre

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Atmantan Living

Weight Balance

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Journey Through Yoga

Master Cleanse

