



## LONGEVITY PROGRAMME (RASAYANA FOCUS)

Duration: 14 nights



### HEALTHY AGEING & CELLULAR REJUVENATION

According to Ayurveda, ageing occurs on two levels: chronological ageing and biological ageing. While the passage of time cannot be reversed, biological ageing can be influenced through appropriate therapeutic interventions, lifestyle modifications and dietary adjustments.

The Longevity Programme focuses on Rasayana therapy, a classical Ayurvedic approach aimed at nourishing tissues, improving cellular resilience and reducing degeneration caused by chronic inflammation, oxidative stress and metabolic imbalance.

This programme is designed for guests seeking sustainable vitality, enhanced immunity and long-term physical and mental resilience. It does not include intensive Panchakarma detoxification, making it suitable for those preferring a nourishing and restorative approach.





## PROGRAMME FOCUS

- ♦ Cellular nourishment and tissue regeneration
- ♦ Reduction of inflammation-related ageing
- ♦ Enhanced vitality, immunity and mental clarity

## PROGRAMME INCLUSIONS

- ♦ Initial Ayurvedic consultation upon arrival  
(up to 60 minutes × 1 session)
- ♦ Daily physician review (up to 15 minutes × 12 sessions)
- ♦ Welcome massage (60 minutes × 1 session)
- ♦ Customised Ayurveda treatments (105 minutes × 13 sessions)
- ♦ Group yoga sessions (2 sessions daily × 14 days)
- ♦ Individually planned therapeutic Ayurveda diet
- ♦ Herbal Rasayana preparations as prescribed
- ♦ Nattika Essence service
- ♦ Final consultation with long-term lifestyle guidance  
(up to 30 minutes × 1 session)

