



PANCHAKARMA FOUNDATIONAL PROGRAMME

Duration: 14 nights



SAFE INTRODUCTION TO CLASSICAL DETOXIFICATION

The Panchakarma Foundational Programme offers a medically guided introduction to Panchakarma, Ayurveda's classical detoxification system. It is designed for guests who wish to undergo cleansing in a safe, structured and personalised manner.

The programme begins with preparatory therapies such as Snehana (internal and external oleation) and Swedana (herbal steam therapy), which gently mobilise toxins. Based on individual assessment, selected Panchakarma procedures are then introduced. The programme concludes with post-care therapies that restore digestion, strength and stability.





PROGRAMME FOCUS

- ♦ Gentle detoxification
- ♦ Restoration of digestive fire (Agni)
- ♦ Strengthening of 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 × 12 sessions)
- ♦ Selected Panchakarma procedures (1-2 procedures, as medically indicated)
- ♦ Group yoga sessions (2 sessions daily × 14 days)
- ♦ Individually planned therapeutic Ayurveda diet
- ♦ Herbal preparations prescribed during the programme
- ♦ Nattika Essence service
- ♦ Final consultation with recovery and integration plan (up to 30 minutes × 1 session)

