



## LANGHANA BALANCE PROGRAMME (WEIGHT MANAGEMENT)

Duration: 18 nights



### METABOLIC RESET & SUSTAINABLE WEIGHT BALANCE

The Langhana Balance Programme addresses weight imbalance by identifying and correcting the underlying metabolic, hormonal and lifestyle factors, rather than focusing on calorie restriction alone. Ayurveda recognises that stress, emotional patterns and digestive inefficiency play a central role in weight gain.

This programme follows a gentle, stress-free approach to avoid increasing cortisol or insulin resistance. Depending on individual assessment, therapies may include drying treatments, specialised massages and a medically supervised light-diet phase.





## PROGRAMME FOCUS

- ◆ Metabolic correction
- ◆ Sustainable weight reduction
- ◆ Improved digestion and energy levels

## PROGRAMME INCLUSIONS

- ◆ Initial Ayurvedic consultation upon arrival (up to 60 minutes × 1 session)
- ◆ Daily physician review (up to 15 minutes × 16 sessions)
- ◆ Welcome massage (60 minutes × 1 session)
- ◆ Customised Ayurveda treatments (105 minutes × 16 sessions)
- ◆ Selected Panchakarma procedures (1-2 procedures, if indicated)
- ◆ Group yoga sessions (2 sessions daily × 18 days)
- ◆ Individually planned therapeutic Ayurveda diet
- ◆ Herbal preparations prescribed during the programme
- ◆ Nattika Essence service
- ◆ Final consultation with metabolic maintenance plan  
(up to 30 minutes × 1 session)

