



PANCHAKARMA INTENSIVE PROGRAMME

Duration: 21 nights and above



ADVANCED THERAPEUTIC DETOXIFICATION

The Panchakarma Intensive Programme offers a deep, advanced detoxification process, with multiple cleansing procedures planned in a carefully spaced sequence. This allows sufficient time for detoxification, recovery and integration while maintaining strength and digestive stability.

This programme is recommended for experienced Panchakarma guests or those with chronic imbalances requiring deeper intervention.





PROGRAMME FOCUS

- ♦ Advanced detoxification
- ♦ Chronic imbalance correction
- ♦ Long-term systemic rejuvenation

PROGRAMME INCLUSIONS

- ♦ Initial Ayurvedic consultation upon arrival (up to 60 minutes × 1 session)
- ♦ Daily physician review (up to 15 minutes × 19 sessions)
- ♦ Welcome massage (60 minutes × 1 session)
- ♦ Customised Ayurveda treatments (105 minutes × 18 sessions)
- ♦ Selected Panchakarma procedures (2 procedures, as medically indicated)
- ♦ Group yoga sessions (2 sessions daily × 19 days)
- ♦ Individually planned therapeutic Ayurveda diet
- ♦ Herbal preparations prescribed during the programme
- ♦ Nattika Essence service
- ♦ Final consultation with integration and follow-up guidance (up to 30 minutes × 1 session)

