



DETOX + LONGEVITY PROGRAMME

Duration: 21 nights



DEEP CLEANSING FOLLOWED BY REGENERATION

This programme combines medically guided detoxification with an extended Rasayana rejuvenation phase. The initial cleansing phase prepares the body to better absorb nourishing therapies, while the second phase focuses on strengthening tissues and restoring vitality.

This structured sequencing allows for deeper and longer-lasting therapeutic effects.





PROGRAMME FOCUS

- ◆ Systematic detoxification
- ◆ Cellular regeneration and rejuvenation
- ◆ Long-term vitality and resilience

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 × 19 sessions)
- ◆ Selected Panchakarma procedures (1 procedure, as medically indicated)
- ◆ Group yoga sessions (2 sessions daily × 20 days)
- ◆ Individually planned therapeutic Ayurveda diet
- ◆ Herbal preparations prescribed during the programme
- ◆ Nattika Essence service
- ◆ Final consultation with long-term care plan
(up to 30 minutes × 1 session)

