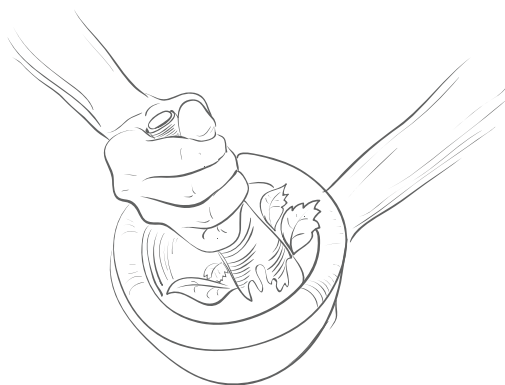




REJUVENATION PROGRAMME

Duration: 7 nights



FOUNDATIONAL THERAPEUTIC REJUVENATION

The Rejuvenation Programme is a clinically structured entry-level therapeutic programme, designed to nourish body tissues, stabilise digestion and restore vitality. It is ideal for guests seeking preventive healthcare or recovery from prolonged stress, travel fatigue or early functional imbalances.

Through a combination of personalised treatments, herbal support and therapeutic nutrition, this programme promotes cellular nourishment, mental clarity and overall balance. It is particularly suitable for first-time Ayurveda guests who wish to experience a complete therapeutic process without undergoing detoxification.





PROGRAMME FOCUS

- ♦ Tissue nourishment and vitality enhancement
- ♦ Digestive and metabolic stabilisation
- ♦ Improved sleep, energy and mental clarity

PROGRAMME INCLUSIONS

- ♦ Initial Ayurvedic consultation upon arrival
(up to 60 minutes × 1 session)
- ♦ Daily physician review (up to 15 minutes × 5 sessions)
- ♦ Welcome massage (60 minutes × 1 session)
- ♦ Customised Ayurveda treatments (105 minutes × 6 sessions)
- ♦ Group yoga sessions (2 sessions daily × 7 days)
- ♦ Individually planned therapeutic Ayurveda diet
- ♦ Herbal preparations prescribed during the programme
- ♦ Nattika Essence service
- ♦ Final consultation with post-programme care plan
(up to 30 minutes × 1 session)

