



➤ Ananda Ayurvedic *Rejuvenation* and *Immunity* Booster

Ananda's Ayurvedic Rejuvenation and Immunity Booster Programme is designed to improve body vitality through intensive Ayurvedic treatments, nourishing diet, immunity boosting rasayanas and yoga practices. These therapeutic and cleansing therapies are known for their immuno-enhancing, neuro-nutrient, healthy ageing and anti-cellular stress effects. The programme focuses on balancing nutrition, creating a richer ojas system, boosting agni and enhancing microcirculation to strengthen immunity. This results in improved *immunity* and *energy*, better *metabolism* and healthy, glowing, *refreshed skin*.

The **7-day Programme** contains a series of detoxifying, de-stressing and revitalizing experiences. Key treatments help in improving the digestive fire and boost the circulatory functions. Purvakarma or pre-operative measures are done to dislodge the toxins from ‘Srothas’ or circulatory pathways to prepare the body for major cleansing therapies.

The **14-day Ayurvedic Rejuvenation Sodhanam** results in deep therapeutic effect and relief from specific medical and health conditions. Intensive cleansing procedures over 3 to 4 days eliminate toxins and balances the doshas (elements) in the body. A balanced diet, based on one’s body type and ayurvedic lifestyle routine, is prescribed as aftercare or ‘Paschatkarma’ to maintain the result of the cleansing and to boost metabolism.

The **21-day Ayurvedic Rejuvenation Rasayanam** programme results in complete wellbeing. After two weeks, the cleansing treatments make the body more receptive to rasayanam, a medicinal programme, which helps in keeping the body young and agile, preserving health and longevity and increasing physical and mental capabilities.

Rejuvenation/Rasāyana agents promote nutrition through different modes like, at the level of rasa (tissue transfer), agni (digestive fire) and srota (micro-channels). This is how Ayurvedic immunology conceives a bond between micro nutrition with immune enhancing effect. Major cleansing treatments like medicated enemas will be included in this programme for 5 to 6 days to balance the doshas in the body.

Ananda’s signature Ayurvedic Rejuvenation and Immunity Booster programme improves immunity, enables better metabolism, enhances energy and vitality and ensures glowing and refreshed skin. The weekly progress checks and programme revisions make the comprehensive Rejuvenation programme more intense, personalized and result oriented.

Ayurvedic Rejuvenation	COMPREHENSIVE		
<i>Inclusions</i>	7 nights	14 nights	21 nights
THERAPIES			
Ayurveda	13	26	38
Cleansing	3	6	9
PERSONAL SESSIONS			
Yoga	2	4	6
Pranayama	2	3	4
Meditation	1	2	3
CONSULTATIONS			
Ayurveda	1	1	1
Physiotherapy	1	1	1
Emotional Healing	1	1	1

