

9 — Ananda Ayurvedic Rejuvenation and Immunity Booster

Ananda's Ayurvedic Rejuvenation and Immunity Booster programme is designed with the aim of restoring the vitality of the body by eliminating toxins through traditional cleansing treatments and by enhancing the body's immunity through the combination of Ayurvedic treatments, body type based diet and Yoga. In this programme we work on the proper activity pattern and food habits to lead a healthy life based on the principles of Ayurveda.



Ananda Ayurvedic Rejuvenation and Immunity Booster

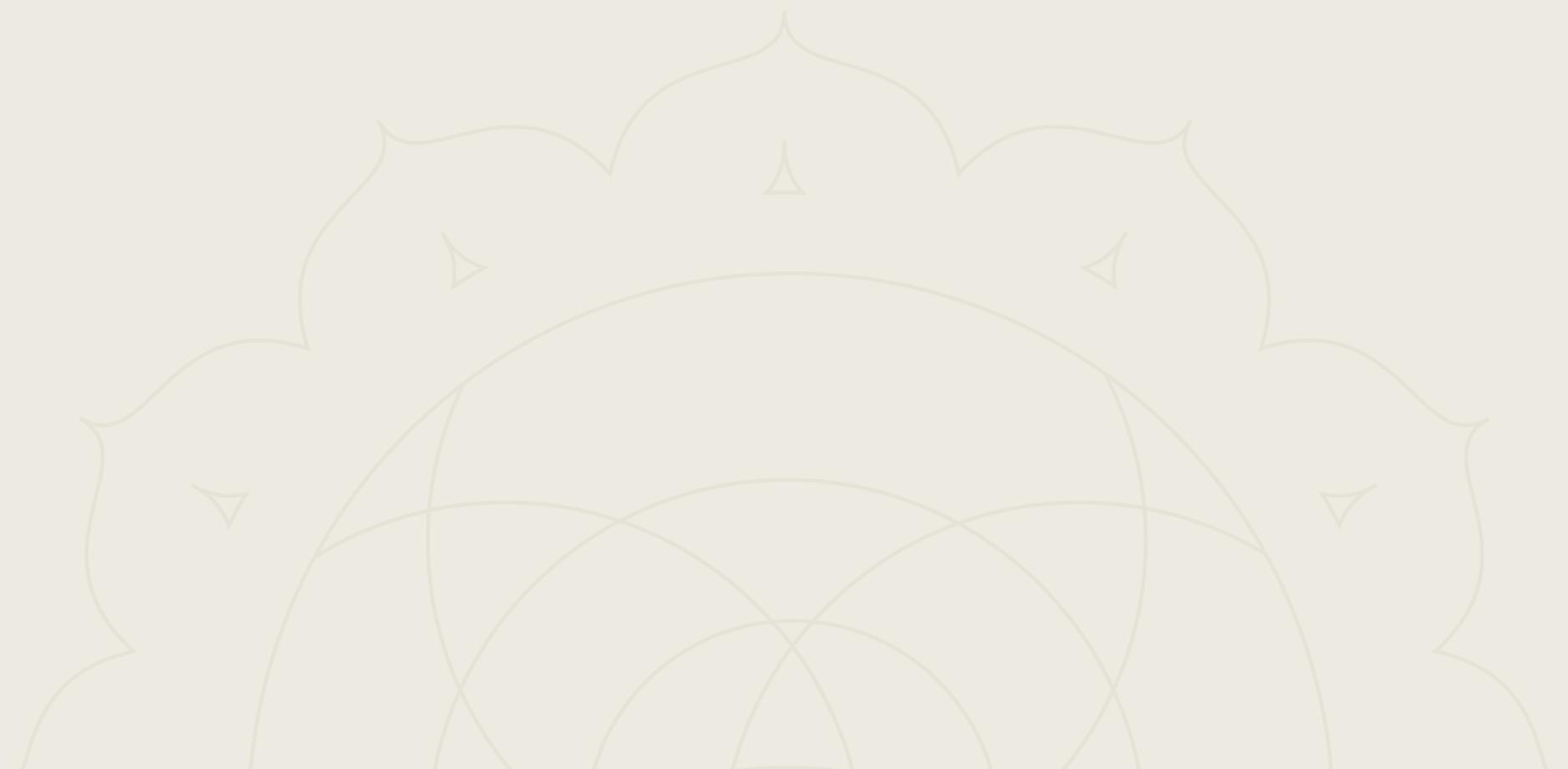
The 7 day Ayurvedic Rejuvenation and Immunity Booster programme contains a series of detoxifying, de-stressing and revitalizing experiences. Key treatments include Shirodhara (to revitalize the mind), cleansing experiences like Nasyam, Sneha Vasti and other Hatha Yoga techniques. Other treatments like Udhwarthana and Abhyanga improve the agni or the digestive fire and boost the circulatory functions. Purvakarma or pre-operative measures like Abhyanga and Choornaswedana 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 procedures like Vastis (medicated enemas) and Nasyam (nasal cleansing) over 3 to 4 days eliminate toxins and balance the doshas in the body. The weekly progress checks and programme revisions make the 14 night Rejuvenation programme more intense, personalized and result oriented.

Rasayanam or tissue nourishment is done through treatments like Phizhichil, Shirodhara etc. 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, rejuvenation experiences detoxify and clear the channels in the body making them 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. 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.





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INCLUSIONS

AYURVEDIC REJUVENATION

<i>Nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>
<i>Ayurveda Therapy sessions</i>	10	21	31
<i>Cleansing Therapy</i>	3	6	9
<i>Personal Yoga sessions</i>	2	4	6
<i>Personal Pranayama sessions</i>	2	3	4
<i>Personal Meditation sessions</i>	1	2	3

THERAPIES

AYURVEDIC REJUVENATION

<i>Nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>
<i>Ayurvedic Therapy</i>	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa (facial)	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa (facial)	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Tan Lepa, Thalapizhichil, Kati Vasti, Mukh Lepa (facial)
<i>Cleansing Therapy</i>	Customised-based on consultation	Customised-based on consultation	Customised-based on consultation