



➤ *Ananda Renew*

Both age and health are reflected in skin, bones and joints. As the body's *largest* organ skin is the *first* layer of defence from external factors, but often due to several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and smoking its ability to work as an effective barrier is impaired.

The Renew programme using Ayurvedic, Oriental and International therapies works on *building* skin health and unlocks youthful essence through skin cleansing and skin nourishment. This programme also *improves* musculo-skeletal health and provides relief from muscle stiffness, rheumatism and arthritis.

The Foundation 5-night Programme includes therapies to detoxify the skin and renovate underlying skin issues, and nourish the skin by hydrating, lubricating, and rejuvenating skin cells. The second phase includes beneficial Ayurvedic therapies to reduce wrinkle formation by nourishing and hydrating. It also improves blood circulation by cleansing the channels of lymphatic circulation thereby enhancing toxin elimination. Special oil blends are used for facial skin healing and combined with ancient marma massage and light nurturing strokes. This helps to purify and open up the energy field of the face & neck. After this, you experience improved skin health & improved lymphatic drainage.

The Comprehensive Renew Programme uses therapies to improve circulation, helping in removing ama or metabolic waste, thereby improving agni or metabolic fire, soothing the musculoskeletal system. Stimulating therapies improve energy flow within the body and restore the body's natural equilibrium. Besides improved skin health, overall benefits from the programme are improved joint flexibility, strengthened muscular system, and slowing of the degeneration process

Renew	FOUNDATION		COMPREHENSIVE	
<i>Inclusions</i>	5 nights	7 nights	7 nights	14 nights
THERAPIES				
Ayurveda	2	3	6	11
International	3	4	6	13
PERSONAL SESSIONS				
Yoga			1	3
Pranayama			1	2
Meditation			2	4
CONSULTATIONS				
Ayurveda	1	1	1	1
Physiotherapy			1	1
Emotional Healing			1	1

