



➤ 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*.

Who is this programme for: For healthy aging and improving immunity. Also for those experiencing , post-surgical care, post cancer care, gynaecological issues.

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 Rejuvenation programme more intense, personalized and result oriented.

Ayurvedic Rejuvenation	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions Nights:	7	14	21	7	14	21
THERAPIES						
Ayurveda, Cleansing	11	22	34	17	35	54
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	4	7	9	4	7	9
CONSULTATIONS						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

