1. Ayurveda Package-5days

Ayurveda Packages inclusive of Doctor Consulation:-

5 Day Detox

Daily treatment 1 hour 40 min

- Day 1 Abhyanga + Shirodhara + Swedna
- Day 2 Marma + Hridya basti or Kati Basti + Swedna
- Day 3 Pind swedna + Netra terpan + Anuvasan basti
- Day 4 Pind swedan + Asthapan basti + Nabhi basti
- Day 5 Abhyanga + Anuvasan Basti + Janu Basti + Sweden

2. Ayurveda Package-7 Days

Ayurveda Packages inclusive of Doctor Consulation.

7 Day Detox

Daily treatment 1 hour 40 min

- Day 1 Abhyanga + Shirodhara + Swedna
- Day 2 Abhyanga + Shiropichu ++ Swedna
- Day 3 Marma + Hridya basti or Kati Basti + Swedna
- Day 4 Abhyanga + Swedna + Nasya + Karnapurna Virechna
- Day 5 Pind swedna + Netra terpan + Anuvasan basti
- Day 6 Pind swedan + Asthapan basti + Nabhi basti
- Day 7 Abhyanga + Anuvasan Basti + Janu Basti + Swedna
- Sweden

3. Ayurveda Package-10 Days

Ayurveda Packages inclusive of Doctor Consulation.

10 Days Detox

Daily treatment 1 hour 40 min

- Day 1 Abhyanga + Shirodhara + Swedna
- Day 2 Abhyanga + Shirodhara + Swedna
- Day 3 Marma + Hridya basti or Kati Basti + Swedna
- Day 4 Abhyanga + Shiropichu + Swedna
- Day 5 Abhyanga + Swedna + Nasya + Karnapurna Virechna
- Day 6 Pind swedna + Netra terpan + Anuvasan basti
- Day 7 Pind swedan + Asthapan basti + Nabhi basti
- Day 8 Abhyanga + Anuvasan Basti + Janu Basti + Swedna
- Day 9 Udvartana + Swedna + Asthapan vasti + Nasya and Karnapoorna

- Day 10 Ubtan Massage + Swedna + Anuvasan Vasti

4. Ayurveda Package-14 Days

Ayurveda Packages inclusive of Doctor Consulation.

14 Days Detox

- Daily treatment 1 hour 40 min

- Day 1: Abhyanga + Shirodhara + Swedna
- Day 2: Abhyanga + Shirodhara+ Swedna
- Day 3: Marma + Hridya basti or Kati Basti + Swedna
- Day 4: Abhyanga + Shiropichu + Swedna
- Day 5: Abhyanga + Swedna + Nasya + Karnapurna Virechna / vaman
- Day 6: Pind swedna + Netra terpan + Anuvasan basti
- Day 7: Pind swedan + Asthapan basti + Nabhi basti
- Day 8: Abhyanga + Anuvasan Basti + Janu Basti + Swedna
- Day 9: Udvartana + Swedna + Asthapan vasti + Nasya and Karnapoorna
- Day 10: Abhyanga + Prishtha Basti + Swedna + Anuvasan vasti
- Day 11: Marma massage + Swedna + Asthapan vasti
- Day 12: Pind swedan + Netra tarpan + Anuvasan vasti
- Day 13: Abhyanaga + Shirodhara + Swedna + Asthapan vasti
- Day 14:Ubtan Massage + Swedna + Anuvasan Vasti