



Intensify natural body defense mechanism -
Fight against any virus
Immunity Booster stay package from Heritage Ayurveda

Main expectation of the package

- Rejuvenation and Enhancing of Immunity.
- Improve the digestive power
- Soft cleaning

Treatments

1st Phase

- Traditional disinfectant procedures
- Doctor's consultation
- Prepare the whole body for soft cleaning
(An assortment of foot, head and body therapies)
- Traditional methods of cleaning and stimulating Sensory Organs (Kawalagraha, Gandusha, Fomentation and inhalation)
- Acupuncture for enhancing Immunity
- Medicine for correcting the digestion and wholesome vegetarian diet.
- Soft Purgation

2nd Phase

- Chief doctor's consultation
- Special therapies for immunity enhancing and strengthening of natural defense mechanism of the body. (Special fumigation, kawalagraha , Gandusha)
- Medicine for Immunity enhancing and balancing body bio energies and nourishing diet.
- Advanced Acupuncture
- Arrange medicine to continue at home

3rd phase (Guest who staying more than 14 days)

- Further treatments as recommended by the Chief doctor
- Special rejuvenating therapies
- Nasya karma or Vasthi karma (Nasal or Enema treatments)
- Akshi tharpana or Kati Vasti/ Greeva Vasti/ Janu vasti (Eye treatment or Back/Neck/or knee joint treatments as required)
- Special Marma massage
- An assortment of foot, head, body therapies and bath as necessary
- Acupuncture
- Special fumigation

Additional treatment at a supplement

- Aura treatments with an extra payment

Other Supplementary Programs to augment the treatment regimes

1. Regular yoga programme with our renowned Yoga Teacher in the morning
2. Special yoga session with a doctor – ‘Pranayama” breathing exercises for 30 minutes
3. Special lecture on Food habits, Daily Healthy activities, Immunity Enhancing Tips
4. Meditation to strengthen mental health
5. Acupuncture

Recommended stay

- 2 weeks or above

The Program

On Arrival - Doctors consultation
A resident Ayurveda Doctor will examine the guest on arrival and a welcome treatment in the form of an Ayurveda Therapy to relax the feet will be given. This is called "Pada Avagahanaya" or Foot in Oil Bath and "Pada Abyanga" or Foot Massage.
After a comprehensive medical examination, the Chief Doctor/Senior Doctor will determine the body type and the Doshas and will prescribe an individual Ayurveda medical treatment plan to suit the needs of the guest.
The selection and the frequency of treatment will be as prescribed by the Chief Doctor. This treatment plan will be administered daily by an experienced team of well trained, friendly Therapists under the direct supervision of qualified resident Ayurveda doctors.

The General Daily Programme

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| 6.50 am – 07.50 am | - | Yoga (6 days a week except Friday)
Meditation (Once a week on Friday) |
| 7.30 am – 9.00 am | - | Breakfast
Dispensing of Morning Medicine |
| 8 am – 12.30 pm | - | Administration of treatments/therapies as per individual treatment plans. An average of 4 treatments are administered daily. |
| 12.30 pm – 2 pm | - | Lunch |
| 2 pm – 5.00 pm | - | Administration of treatments/therapies as per Individual treatment plans.
Administration of special treatments as recommended by the Chief Doctor |
| 5 pm - 6.00 pm | - | Yoga (5 times weekly)

Cookery demonstration, (once a week on Sunday)

Meditation (Once a week on Tuesday) |
| 6.30 pm – 8.30 pm | - | Dinner
Dispensing of Evening Medicine |
| 8.30 pm - 9.30 pm | - | Introduction to Ayurveda – A lecture by a doctor
Herbs & Spices - A lecture by a doctor
(Once a week) |

**Sukhee Deegayu ko Bhawa....!!!
May you have a healthy long life...!!!**