



Immunity Booster Stay Package

HERITANCE AYURVEDA

Intensify your body's natural defence mechanism with holistic authentic ayurveda practices

14-day treatment package





What can you expect?

- Rejuvenation and enhancing of immunity
- Improving the digestive power
- Soft ayurvedic cleansing
- Balance in body, mind and soul

Phase 1 of treatment plan

- Traditional disinfectant procedures
- Doctor consultation
- Prepare the whole body for soft cleaning with an assortment of foot, head and body therapies
- Cleaning and stimulating sensory organs (kawalagraha, gandusha, fomentation and inhalation)
- Acupuncture for immunity enhancement
- Ayurvedic medicine for correcting digestion
- Wholesome vegetarian diet
- Soft purgation





Phase 2 of treatment plan

- Consultation with Chief Doctor
- Special therapies for immunity enhancing and strengthening of natural defence mechanism of the body such as special fumigation, kawalagraha, gandusha
- Ayurvedic medicine for Immunity enhancement and balancing body bio energies Nourishing diet
- Advanced acupuncture
- Arrangement of ayurvedic medicine to continue at home

For guests staying over 14-days

Additional healing treatments will be curated as follows;

- Further treatments as recommended by the Chief Doctor
- Special rejuvenating therapies
- Nasal or enema treatments (nasya karma or vasthi karma)
- Eye, back, neck or knee joint treatments as required (akshi tharpana, kati vasti/ greeva vasti/ janu vasti)
- Special marma massage
- An assortment of foot, head, body therapies and bath as recommended
- Acupuncture
- Special fumigation





Additional treatments and programs

Aura treatments **additional supplement applicable*

Supplementary Programs

- Regular yoga programs with our renowned Yoga Teacher in the morning
 - Special yoga session with a doctor - 'Pranayama' breathing exercises for 30 minutes
 - Special lectures on food habits, daily healthy activities, immunity enhancing tips
 - Meditation to strengthen mental health
 - Acupuncture
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