

**08.** Nurtured, developed and perfected the science of Ayurveda continuously through the legacy and experience of eight generations of eminent physicians; Svaztha Ayurveda Retreat Thekkady is dedicated to practicing authentic Ayurveda, retaining the centuries old tradition and adapting to the changes of the modern world. Ayurveda says maintenance of positive health through a disciplined lifestyle is the means of keeping away from illness. Several factors individually and collectively lead to accumulation of toxins in the body and mind of the individual. Understanding this phenomenon and the role of Ayurveda in the elimination of these toxins through various purificatory methods and later restoring health through various rejuvenating methods our ayurvedic retreat in Thekkady, have designed a whole bunch of treatment packages aimed at boosting natural immunity to help a person live a healthy, happy life.

### **08 A CURATIVE PACKAGES**

#### **HEALING PROGRAM- 15 days**

At a point of time in your life you discover the truth and fact that health is the most important asset in your life. To gain this wealth of health, to cure yourself of the illnesses haunting you and to achieve complete rejuvenation your body and mind our 14 days Panchakarma program is an ideal period to go deep into you and reverse the trends of the past wrong lifestyle habits and take a quantum shift towards your wellbeing, energy and clarity of mind. The cumulative effect of the medicines, daily treatments, lifestyle modifications and healthy food for an extended period establishes an internal calm, removes deep rooted toxins and allows the body to settle down better with each passing day. The 14 days Healing Program at Svaztha's Ayurvedic resort Thekkady is the answer to real long lasting change, supporting health, longevity and vitality. This intensive process is the gift of Ayurveda and is performed with perfection at Svaztha Ayurveda Retreat.

#### **SPINE CARE PROGRAM 15/21 Days**

Vata kalpa is a well-researched and tried treatment package formulated by Shri. Ayyappan Vaidyar, the grandfather of Dr. Jinu, the present custodian of the legacy. The package comprises special internal medicines and external treatment techniques to cure cervical spondylosis, spinal and disc problems, rheumatic and osteo arthritis and neuro-musculo-skeletal ailments.

#### **DEEP HEALING PROGRAM -21 days**

This program in Svaztha Ayurvedic retreat, Thekkady is developed as an ultimate mind-body healing system for deeply detoxifying the body and mind, restoring the tridosha balance, reversing the aging process and rejuvenating you in totality. The three weeks program allows you to go deeper into the purification and healing process for more intense and sustainable results by effectively and deeply removing toxic build up and deep rooted stress from your body and mind, while rebuilding the immune system, boosting the energy, and repairing the damaged tissues for complete wellbeing. The benefits of the three weeks program extend beyond detoxification and rejuvenation to positive changes at the mental, emotional and intellectual levels. You will leave feeling strong, healthy, calm, content, energized and reborn

#### DEEP CLEANSING AND REJUVENATING PROGRAM-28 Days

Owing to a host of extrinsic and intrinsic factors diseases manifest the body. Many of them are chronic and require periodic treatments. Ayurveda focuses on eradicating the cause and cutting off the pathological path to cure or treat an illness. This intensive course is followed by strengthening the body and mind by way of creating an immunological barrier around them. Thus the agony due to the manifestation of the disease is addressed and the quality of life improves. . This treatment aims at discarding these elements by means of induced Snehana, Swedana, Nasya, Virechana, Snehavasthi and Kashayavasthi. Chronic diseases like degenerative joint diseases, rheumatism, skin diseases, muscular dystrophies, strokes, paralysis are a few examples that require long term programs of four weeks or more. By the time of completion of this course the complete cleansing happens to inhibit the cause and course of the disease and rejuvenation helps in the growth of healthy tissue and restoration of normal functions. You leave the place feeling free of your ailment and ready to take on the life thread healthily.

And more curative treatment solutions for any other ailments.

#### **WELLNESS PACKAGES**

##### TASTE OF AYURVEDA -05 days

This short wellness package targeted at draining out the negativity, stress and tensions from the inner chambers of the mind and recharging it with positive energy to keep the mind calm and composed which automatically translates to better health. The five days refresh program in our ayurvedic retreat Thekkady, will reestablish in you a renewed sense of happiness, wellbeing, freshness and an enhanced level of energy all of which will continue long after you leave Svaztha Ayurveda Retreat. This program is best suited to those who want to experience the benefits of our programs but are bound by time constraints.

##### BEAUTY CARE PROGRAM-05 Days

Beauty bestows confidence and the enchanting radiance it spreads around is immense. To maintain and enhance the beauty and vigor, Svaztha Ayurveda Retreat Thekkady has put together this age defying package with flexibility to meet the beauty needs of both sexes of all ages starting from children to super senior citizens.

#### REFRESH PROGRAM-07 days

When you feel yourself too worn out, just take some time out of your busy schedule to reset, recharge and relax with our seven days wellness program, and get a taste and feel of wellness with the healing touch of Ayurveda. Every day you are to experience the customized, sophisticated one and a half hour treatment, coupled with wholesome and nutritious Ayurveda food, and the eternal unwind in our naturally beautiful Svaztha Ayurveda Retreat. We bid you good bye after seven days when you leave the place with sparkling eyes, glowing skin, renewed energy and vigor and a promise of return whenever you feel you need us.

#### REVIVE PROGRAM- 09 days

Is a simple purification process in our ayurvedic retreat in Thekkady to eliminate the toxins accumulated in the body owing to various factors like your hectic lifestyle drains off your lack energy completely, if you are feeling over stressed or if you are noticing the early signs of illness like body and joint stiffness, pain, altered sleep pattern or impaired digestion; then it is time for you to immediately take time to focus on you and your health. The revive program at Svaztha Ayurveda Retreat Thekkady allows you for a more intensive rejuvenation treatment over a longer period of time. Delegating more time to these healing treatments enhances the benefits of the program providing a more profound effect of transformation. This treatment package is the key to keep them balanced and maintain health in spite of the climatic and seasonal changes which are not under one's will and control. By way of this purification the wayward bodily functions are brought back to normalcy to give the person a feel and life of freshness and happiness.