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WELLNESS PACKAGES



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Nurtured, developed and perfected the science of Ayurveda continuously through the legacy and experience of eight generations of eminent physicians; Svaztha Ayurveda Retreat 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 purification methods and later restoring health through various rejuvenating methods Svaztha Ayurveda Retreat have designed a whole bunch of treatment packages aimed at boosting natural immunity to help a person live a healthy, happy life.

Wellness is a state of being healthy where the body, mind and soul are in a perfect state of equilibrium, making one feel healthy and wholesome. Ayurveda emphasizes on protecting the health of the healthy primarily and later on the curative aspect for the diseased. Preventive health management and wellness development are the key focus areas at Svaztha Ayurveda Retreat. Wellness therapies are aimed at improving the overall well-being of a person, by creating and maintaining a healthy balance between the body, mind and soul through preventive measures as stipulated in Ayurveda.

TASTE OF AYURVEDA -03 days

Recharge Program is the shortcut to paradise on earth. An escape of three days from your hectic life and secluding and submitting yourself to the recharging system at Svaztha Ayurveda Retreat to recharge your stressed mind and tired body assures you stay in better health for a long time. The soothing and nurturing treatments daily combined with a healthy fresh traditional vegetarian cuisine enjoyed in the enticing tranquil surrounds of the Svaztha Ayurveda Retreat is one of the best gifts you can give to yourself and your loved ones.

TASTE OF WELLNESS -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. Our five days refresh program 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.

BEUTY 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 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 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 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.

AND HAD MORE PROGRAMS

svaztha WELLNESS PACKAGES INCLUDE

- ♦ Accommodation as per the category of booking
- ♦ Initial consultation, daily monitoring-counseling and final consultation and advice by the doctor.
- ♦ One session of external treatment program per day.
- ♦ Internal medicines for wellness packages, if prescribed, would be charged extra.
 - ♦ Prescribed Ayurveda Vegetarian Meals.
 - ♦ Unlimited free Wi-Fi in the lobby and restaurant.

For booking and enquiry contact : www.svaztha.com