



Centauria

AYURVEDA LAKE RESORT

ONE DAY, TWO DAY & THREE DAY AYURVEDA AND WELLNESS TREATMENTS PROGRAMME

- ❖ Our One Day, Two Day & Three Day Packages provides the ultimate in pampering, Resulting in total relaxation of Mind, Body and Spirit.
- ❖ This programme will vary from person to person according to the Doctors diagnosis, treatment & personal advice on Healthy Living Nature's way.

- ❖ **OBJECTIVES OF THE PROGRAMME**
 1. To obtain mental and physical relaxation.
 2. To detoxify & Revitalizing the body.
 3. To develop the general immunity, Stimulation & Rebuild of the body

One Day Treatment Programme

- Herbal Oil Body Massage
- Herbal Oil Head Massage
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Facial Treatment (Cleansing, Scrubbing, & Tonner)
- Face Pack
- Herbal Inhalation
- Steam Bath &
- Herbal Bath

Duration 3 ½ hours



Two Day Treatment Programme

1st Day

- Doctor Consultations
- Herbal Oil Body Massage
- Herbal Oil Head Massage
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Herbal Bath

2nd Day

- Herbal Oil Body Massage
- Herbal Oil Head Massage
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Facial Treatment (Cleansing, Scrubbing, & Tonner)
- Face Pack
- Herbal Inhalation
- Steam Bath &
- Herbal Bath



Three Day Treatment programme

1st Day

- Doctor Consultations
- Herbal Oil Body Massage
- Herbal Oil Head Massage
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Herbal Bath

2nd Day

- Herbal Oil Body Massage
- Herbal Oil Head Massage
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Facial Treatment (Cleansing, Scrubbing, & Tonner)
- Face Pack
- Herbal Inhalation
- Steam Bath &
- Herbal Bath



3rd Day

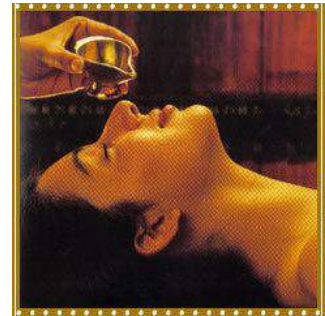
- Shirodara
- Herbal Oil Foot Massage
- Herbal Oil Face Massage
- Pindasweda
- Herbal Bath or Flower Bath



*Combines the ancient secrets of Asian beauty with holistic therapies to nourish the soul.
Celebrate the harmony of transforming the mind, beautifying the body and nurturing
the soul.*

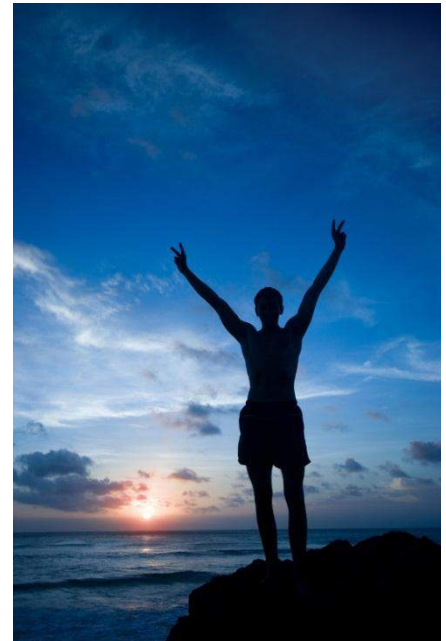
AYURVEDA PANCHAKARMA AND WELLNESS TREATMENTS PROGRAMME

- ❖ Panchakarma And Wellness Treatments Programme is Purification (Detoxification) Therapy in Ayurveda.
- ❖ Regular Purification (Detoxification) is essential for harmonious interaction of the body, mind and Spirit. Over the years, Your body collects toxins from food, pollution, smoking, alcohol and drugs. Panchakarma therapy removes the toxins through a series of oil massages, heat treatment, herbal baths, herbal steams, Ayurvedic herbal medicines and specific diets.
- ❖ You will find the Application of herbal oils and massages natural and pleasing.
- ❖ Included:
 - Doctor's consultations (up to daily),
 - Ayurveda treatments (5 to 6 per day),
 - Herbal medicines
 - Yoga & Meditation Programme
 - Cooking demonstration
 - Ayurveda Lecture



Five Day Treatment programme

- Doctor Consultations
- 03 Herbal Oil Body Massage
- 03 Herbal Oil Head Massage
- 05 Herbal Oil Foot Massage
- 04 Herbal Oil Face Massage
- 02 pinda sweda
- 02 shiridhara
- 05 herbal bath
- 02 steam bath
- 01 facial treatment
- 01 Panchakarma treatment
- Final consultation & Take away Herbal medicines



Seven Day Treatment programme

- Doctor Consultations
- 05 Herbal Oil Body Massage
- 04 Herbal Oil Head Massage
- 07 Herbal Oil Foot Massage
- 06 Herbal Oil Face Massage
- 02 pinda sweda
- 03 shiridhara
- 07 herbal bath
- 02 steam bath
- 01 facial treatment
- 02 Panchakarma treatment
- Yoga & Meditation
- Final consultation & Take away Herbal medicines



Ten Day Treatment programme

- Doctor Consultations
- 07 Herbal Oil Body Massage
- 06 Herbal Oil Head Massage
- 10 Herbal Oil Foot Massage
- 09 Herbal Oil Face Massage
- 03 pinda sweda
- 04 shiridhara
- 10 herbal bath
- 03 steam bath
- 01 facial treatment
- 02 or 03 Panchakarma treatment
- Yoga & Meditation
- Final consultation & Take away Herbal medicines



Fourteen Day Treatment programme

- Doctor Consultations
- 09 Herbal Oil Body Massage
- 08 Herbal Oil Head Massage
- 14 Herbal Oil Foot Massage
- 12 Herbal Oil Face Massage
- 04 pinda sweda
- 06 shiridhara
- 13 herbal bath
- 04 steam bath
- 01 facial treatment
- 01 Udwarthana treatment
- 01 Flower Bath
- 02 or 03 Panchakarma treatment
- Yoga & Meditation
- Final consultation & Take away Herbal medicines



Twenty One Day Treatment programme

- Doctor Consultations
- 11 Herbal Oil Body Massage
- 14 Herbal Oil Head Massage
- 21 Herbal Oil Foot Massage
- 20 Herbal Oil Face Massage
- 06 or 07 pinda sweda
- 07 or 08 shiridhara
- 20 herbal bath
- 06 or 07 steam bath
- 01 or 02 facial treatment
- 02 or 03 Udwarthana treatment
- 01 or 02 Sarvangadara treatment
- 01 Flower Bath
- 02 or 03 Panchakarma treatment
- Yoga & Meditation
- Final consultation & Take away Herbal medicines

