

KERALA, PRIME BODY CARE IN AYURVEDA

(PANCHAKARMA & RASAYANA)

Ayurveda means "Science of Life"



Many scholars regard Ayurveda to be the oldest therapeutic discipline. Ayurveda means "Science of Life" in Sanskrit. Ayurvedic knowledge dates back over 5,000 years in India and is known as the "Mother of All Healing." It has its origins in ancient Vedic culture and has been passed down the generations in an oral tradition from great masters to their students.

While some of this knowledge was written down a few thousand years ago, much of it is still unavailable. Many of the natural treatment techniques that are presently popular in the West, such as Homeopathy and Polarity Therapy, have their roots in Ayurveda.



There are many Ayurveda Centers in India where you can go for wellness retreat for mind, body, soul and spiritual relief. All of them provide the top class professional treatments and healing. However, we suggest doing this at Somatheeram in Kerala.

Somatheeram is a serene Ayurvedic beachfront resort tucked amidst the renowned greenery of Kerala, popularly known as God's own country. This award-winning resort offers you the expertise and specialization of the best Ayurvedic hospitals set within the relaxing atmosphere of a holiday retreat. Here you can experience the traditional Ayurvedic therapies, wellness packages and Yoga practices while enjoying world-class amenities and breath-taking sceneries.

A variety of authentic Ayurvedic treatments are offered at the retreat including Panchakarma/ Detoxification therapy, Rejuvenation therapy, Slimming therapy, Stress management, Anti-ageing, Beauty care as well as clinical treatments for specific ailments.



Yoga and Meditation helps you to make your body extremely agile. Blood circulation is improved by the flexibility of the spine and joints, as well as the suppleness of muscles. Yoga is a mind-body discipline.



AYURVEDA PANCHAKARMA & RASAYANA PACKAGES

1. Rejuvenation Therapy. (Recommended Duration: Minimum 7 Days and above)
2. Body Purification Therapy. (Recommended Duration: Minimum 14 Days and above)
3. Slimming Programme. (Recommended Duration: Minimum 14 Days and above)
4. Stress management Programme. (Recommended Duration: Minimum 14 Days and above)
5. Beauty Care Programme. (Recommended Duration: Minimum 14 Days and above)
6. Ayurveda Anti Ageing Programme. (Recommended Duration: Minimum 14 Days and above)

Each of the above packages includes the following services for the duration of stay

- Accommodation as per the category of booking
- Daily Ayurvedic treatments
- Ayurvedic vegetarian full board meal
- Initial, daily and final consultation by the doctor
- Free medicines during the treatment period
- Composition of an individual Ayurveda diet menu

The following services are provided complimentary along with every package booking

- Daily Yoga classes
- One half-day backwater tour in a country boat (only for package booking of 14 days or more)
- Airport transfer from Thiruvananthapuram
- German, Italian, French and Russian interpreters
- Any other services will be stated clearly along with the respective package.
- Duration of the treatments may vary according to the direction of the doctor and process may change depending upon the patient's body condition.
- The consulting doctor will take final decision of the programme.



PRIME BODY CARE IN AYURVEDA

REJUVENATION THERAPY (RASAYANA CHIKILSA)

- This treatment includes body massage with medicated oil and cream by two masseurs using hand and foot, internal rejuvenation medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day for 7 to 14 days. This therapy is to rejuvenate the mind, body and soul, to tone up the skin, and to strengthen all systems so as to achieve ideal health and longevity.

BODY PURIFICATION THERAPY (SHODHANA CHIKILSA)

- It is a process of purifying the whole body to attain proper balance of Vatha, Pitha and Kapha based on the Panchkarma and Swethakarma Treatment. The 15 day package process includes Body Massage, Snehapanam, Nasyam, Virachanam (Medicated purgative), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, Steam Bath, and internal herbal medicines.

BEAUTY CARE PROGRAMME.

- One looks beautiful and radiant only when beauty of the inner body surfaces. Inner beauty can be achieved through Yoga, Meditation and use of beauty enhancers. Outer beauty includes the obvious traits such as contours of the body, texture of the skin and the quality of the hair and nails.
- Massage is the easy method for the proper circulation of vital fluids to give a beautiful luster to the skin. In this programme herbal face pack, herbal cream massage, massage with special oils, fruit juices, herbal juices, body pack, head pack, steam bath or herbal bath and intake of herbal juices are included.
- This treatment improves the skin complexion, skin tone and muscle tone.



SLIMMING PROGRAMME

- This includes two types of massages (1) Medicated Herbal Powder Massage (2) Medicated Herbal Oil Massage. These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A special Ayurvedic diet is advised during the treatment period.

MANASANTHY (STRESS MANAGEMENT PROGRAM)

- The human mind is full of stress which creates hormonal imbalance and psychosomatic disorders such as Hypertension, Ulcerative Colitis, Ischemic Heart Disease, Peptic Ulcer, Diabetic Mellitus, Bronchial Asthma, Migraine, Rheumatoid Arthritis etc. This is a combination of Yoga-Meditation and Ayurveda Therapy with holistic method. This treatment is very effective for stress management as well as for the purification of your body and mind helping you to attain the right balance and temperament of the mind. This therapy includes Yoga, Meditation, Rejuvenation Therapy, Dhara, Njavarakizhy, Thalam, Herbal Steam Bath, Herbal Pack etc, with intake of Herbal Medicines.

AYURVEDA ANTI AGEING PROGRAMME:

- The various cells and tissues of the body undergo changes as age advances. So, it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Ayurveda prescribes treatment for repairing the wear and tear of the body due to ageing process. After proper purification by evacuating measures, one can increase the vital energy called 'ojas' which improves strength and vitality through the 'Rasayana' intake.
- This process ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. The 28 day package process includes body massages with special oils and herbal juices, njavaratheppu (massage with rice pudding), narangakizhi, kayasekam with medicated oil or decoctions or milk, Snehapanam, Virachanam, ksheeravasthy, Snehavasthi thalapothichil, sirodhara, head massage with special herbal juices, Thalam, sunbath, herbal bath, steam bath and Rasayana intake with special diet.



Please Note > Apart from the above regular Treatment Programs, Ayurveda offers effective treatments for all health conditions. Below programs are some of them and the cost can be advised upon request.

PSORIASIS TREATMENT PROGRAMME (SIDHMA CHIKILSA)

- This is an effective treatment for all types of psoriasis. This special Ayurvedic treatment programme lasts for 21 to 28 days. This programme includes special Lapanam, Abhyangam, Snehapanam, Pizhichil, Medicated Steam Bath and Sirovasthi along with exclusively prepared internal herbal medicines.

SPINE AND NECK CARE PROGRAMME

- This special treatment keeps your spine and neck healthy and cures problems related to neck and spine. This programme includes Special Massages, Kativasthi, Snehavasthi, Kashayavasthi, Pizhichil, Njavarakizhi, special Exercises etc.

BODY IMMUNIZATION /LONGEVITY TREATMENT (KAYAKALPA CHIKILSA)

- This is the prime treatment in Ayurveda for reducing the ageing process, arresting the degeneration of the body cells and immunization of the system. Giving RASAYANA (very special Ayurvedic medicine) internally is the main part of this programme, based on the Panchakarma and Swethakarma treatment. The 28-day package process includes Body massage, Snehapanam, Virachanam, Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and Medicated Steam Bath. This treatment is best effective if taken before the age of 60, for either sex.

----- End of our Services -----



Please Note >

- ❖ All of the programs will be administered under the close supervision of an Ayurvedic doctor.
- ❖ If desired, you can visit various tourist attractions prior to the Ayurveda program.
- ❖ Please check before booking your flight since some airlines go directly to Kerala.
- ❖ The schedule, programmes are subject to change for any reason.
- ❖ Before traveling to India, always verify the current Covid19 protocol.
- ❖ Apart from India, we have Ayurvedic Packages, Yoga & Meditation programmes in Nepal & Sri Lanka as well.
- ❖ For reservation & queries please mail us at info@angloindiago.com
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