



PANCHAKARMA HOLISTIC RETREAT

DETOXIFICATION, TRANSFORMATION, REJUVENATION

Starting from 7, 14, 21 nights.

ETERNAL REMEDY FOR THE MODERN HUMAN

Fazlani Nature's Nest Panchakarma holistic cleansing retreat is perfect for anyone wanting to detoxify, lose weight and improve gut health. The traditional science of Ayurvedic Panchakarma is the process of cleansing or detoxifying the body to achieve the state of wellbeing and it offers the most natural and complete purification. It is the ideal method of releasing impurities and rejuvenating the body and mind from within.

Guided by Ayurvedic Doctor during your initial consultation, your Dosha **Prakruti** personality type and **Vikruti** health issues are diagnosed, and treatment program is customized for each guest with their specific constitution in mind. The Panchakarma program also includes nutrition guidance by following **Ayurvedic Wellness Cuisine which is Dosha specific**. The diet complements the Panchakarma treatments and augments the healing and cleansing benefits of the of this ancient healing tradition.

Ayurveda has emphasized that health is not only the state of having any disease but **balance of Dhatu, Agni, and Mal kriya**. The Panchakarma purification programme adheres to 3 phases of detoxification and cleansing with five main karmas.

- 1. Purvakarma** or the first stage of pre-purification measures to prepare the body for receiving the cleansing therapies and rituals and assist in toxin removal. It includes digestive juice stimulants (dipana), and ingestion of digestants (pachana), followed by Snehapana or escalating consumption of medicated ghee and Snehana, Svedana which is Olation and Steam therapy or massage therapy by medicated oils. The Purvakarma therapies help to tune the digestive system for detoxification Svedana or therapeutic sweating and is given every day immediately following the Snehana.
- 2. Pradhan karma or Panchakarma**, the Main second stage consists of main panchakarma cleansing therapies which include Vamana (emesis), Virechana (Purgation), Anuvasan vasti (medicated oil enema), Kashaya Vasti (Decoction enema), and Nasyam (elimination of toxins through the nasal passages and para-nasal sinuses).
 - **Vamana: Emesis**
 - **Virechan: Purgation**
 - **Anuvasan Vasti: Enema using medicated oils**
 - **Kashaya Vasti: Enema using herbal decoction**
 - **Nasyam: Nasal passages and instillation**
- 3. Paschatkarma or the third stage** which focuses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system. Lifestyle changes are prescribed to continue the care at home.



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AMARINE PANCHAKARMA THERAPIES

Science of Life to create balance of body, mind and consciousness

abhyangam

Ancient Ayurveda massage technique enhances energy and refreshes you with the brisk invigorating strokes. Your therapist will customize health-giving oils, which aid the natural defense mechanisms of the body, to correct dosha disorders. Full body medicated oil application combined with a closed boxed steam treatment to sweat out the toxins, improve muscle tone and increase flexibility.

navarakizhi

Nourishing and cooling massage with oil and special rice (navara) poultices dipped in milk to nourish and deeply hydrate the skin.

udwarthanam

A dry herbal powder specialized massage to break up cellulite, tone the skin and muscle after weight loss using deep rubbing and specific restorative movements.

ksheerdhara

Pouring of medicated herb infused milk over the third eye and scalp to moisturize and cool the scalp and body.

Shirodhara

Shirodhara awakens the third eye as a controlled flow of warm herbal oil is gently poured over the forehead, lulling the entire body into a state of calmness, enhance sleep & reduce stress.

choornaswedam

Utilizing warm muslin poultice with a variety of organic herbs to massage along energy lines to improve balance and your overall state of well-being.

greeva/katee vasti

This specialized treatment is ideal for neck or lower back pain and stress caused by poor posture. Warm herbal oil is applied and then retained on the lower back by a traditional technique using black gram dough.

pizhichil

This is one of the most effective rejuvenation treatments and involves lukewarm herbal oils that are continuously applied all over the body by two therapists in a special rhythmic manner. The massage is very slow and light, without exerting much pressure and it builds immunity for healthy life and helps stimulate rejuvenation of the body.



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PROGRAM GOALS

- Rejuvenation
- Detoxification
- Weight Loss
- Improved Gut Health
- Address symptoms of Aging and enhance Well being
- Improve Skin and Hair condition

PROGRAM BENEFITS

- Rehabilitation post illness
- Detoxification
- Restoring metabolic potential of organ systems.
- Enhancing mental clarity, awareness.
- Delaying the appearance of signs of ageing
- Strengthening connective tissue functions.
- Improving skin tone and tautness.
- Boosting up immunity & energy level.
- Improving strength, endurance, energy & vitality

RECOMMENDED FOR

- Obesity
- Skin disorders like Psoriasis
- Arthritis and Joint Pains
- High Cholesterol
- Anxiety and Stress
- Sleep disorders like Insomnia
- Chronic Diabetes
- Liver issues like Fatty liver
- Nerve disorders and Parkinson's
- Rehabilitation post illness
- Suffering from Menopause and Gynaecological issues



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UNIVERSAL PROGRAM INCLUSIONS

Consultations & Assessments

- Consultation with Wellness Physician and understanding your health and wellness goals
- Pulse & Body Composition analysis
- Bio-Impedance Health markers analysis upon arrival
- Regular monitoring of the vitals.
- Post Retreat Wellness Physician's consultation

Nutritional Support

- Daily 3 Curated wellness meals focusing on nutrient-dense whole foods using the farm to fork concept
- Daily herbal detox elixirs including slow pressed juices and superfood beverages during meals.
- Daily holistic detox herbal supplements (to support the healing process of the body)
- Post Retreat conclusion dietary guidelines.

Activities

- Rebooting the mind and body through daily therapeutic Yoga, Chakra Meditation and Pranayama breathing exercises
- Partaking in Resort daily activities including Nature Walks, Art therapy in Hobby studio, Scheduled Fitness Group Sessions, Hiking and Complimentary Access to Resort's Equine & Bird Park.

Treatments and Therapies

- Physician curated Wellness treatments daily that best match your goals & intentions



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TREATMENTS & THERAPIES 7 NIGHTS

- Dosha specific Prescribed Snehana and Sudation Ayurvedic Massages (60 mins) Abhyangam, Udvarthanam or Navarakizhi or Choornaswedam or Patra Pinda Potli Swedanam, Pizhichil) **6**
- Doctor Prescribed Panchakarma Therapies (Anuvasana Vasthi or Vaman or Virechan or Nasyam) **4**
- Dosha specific Prescribed Ayurvedic Dhara Therapy (60 mins) **2**
- Private Pranayama & Yogic Cleansing Kriya (60 mins) **1**

TREATMENTS & THERAPIES 14 NIGHTS

- Dosha specific Prescribed Snehana and Sudation Ayurvedic Massages (60 mins) Abhyangam Udvarthanam or Navarakizhi or Choornaswedam or Patra Pinda Potli Swedanam, Pizhichil) **12**
- Doctor Prescribed Panchakarma Therapies (Anuvasana Vasthi or Vaman or Virechan or Nasyam) **8**
- Dosha specific Prescribed Ayurvedic Dhara Therapy (60 mins) **4**
- Private Pranayama & Yogic Cleansing Kriya (60 mins) **2**

TREATMENTS & THERAPIES 21 NIGHTS

- Dosha specific Prescribed Snehana and Sudation Ayurvedic Massages (60 mins) Abhyangam Udvarthanam or Navarakizhi or Choornaswedam or Patra Pinda Potli Swedanam, Pizhichil) **16**
- Doctor Prescribed Panchakarma Therapies (Anuvasana Vasthi or Vaman or Virechan or Nasyam) **12**
- Dosha specific Prescribed Ayurvedic Dhara Therapy (60 mins) **6**
- Private Pranayama & Yogic Cleansing Kriya (60 mins) **3**



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LEGENDS



OPTIONAL



MOST LOVED



RECOMMENDED