

Zen Resort Bali : AYURVEDA

Ayurveda, the “science of life and the art of healing”, is the world’s most ancient holistic health philosophy and system that covers every aspect of wellbeing: health, beauty, food, spirit, sex and living in harmony with each other and with nature. For over 5000 years in India, Ayurveda has been the practical basis of treating the root causes of many health disorders and diseases, often giving a real cure rather than temporary relief. Life based on the principles of Ayurveda resist ill health, arrests premature aging and retains youthfulness.

The core objective of Ayurveda is to keep a healthy person healthy, not only physically but also mentally, morally and spiritually. Health begins with the fitness and the strength of the body, deepens to emotional stability, leading to intellectual clarity and wisdom, and through this to spirituality.

The philosophy of Ayurveda treats the body, mind, and soul as inter-related and in doing so harmonizes the biological, physical, and neurological systems. The understanding that each one of us is a unique individual is important in targeting Ayurveda treatments to address specific health conditions. Ayurvedic massage is a core component of the treatment. Massage opens the body’s energy paths; stimulates and enhances circulation of body fluids, activating the lymphatic system; regulates the digestive systems; strengthens muscles, bones, and blood vessels; improves skin and body tone, and revitalizes the body’s self healing mechanisms.

Ayurvedic massage treatments with oil, ghee, milk, steam etc remove the debris and toxins from the skin and cells become receptive to the absorption of medicated herbal paste treatments inducing healing mechanisms. It is important to repeatedly saturate the body’s receptive cells and ideally a two to three week program of ayurveda treatments annually brings lasting benefits.

Kerala, in southern India, is recognized as the home of modern ayurveda. Our Ayurveda and Yoga practitioners, formally qualified from the College of Ayurveda in Kerala and with many years of practical experience, together with our trained Balinese therapists will assess your Ayurvedic body type and lifestyle, and any ailments and imbalances. Based on this evaluation and your constitution, various Ayurvedic therapies and dietary regimes will be discussed and advised towards designing your own individual health and beauty plan.

Ayurveda is increasingly recognized as a highly beneficial system to complement modern medical practices to treat and cure the causes and symptoms of poor health, for example fatigue, sleeplessness, anxiety, stress, obesity, early aging, many diseases and other physical and mental disorders that affect an increasing number of people due to the stresses and pressures of “modern” lifestyles.

2. MAJOR BENEFITS OF AYURVEDIC TREATMENTS

1. **Jarahar (Anti aging):** Daily massage to the spine soles of the feet and head, with almond oil increases virility and semen. The human body made up seven components:, namely, Rasa – Hormones, fluids and lymph, Rakta – Blood, Mamsa – Flesh, Medha – Tendon of nerves, Asthi – Bones, teeth, and nails, Majja – Marrow, and Shukra – Semen or ovum. The massaging of all these seven components is effective for body, mind and soul balancing and important for anti ageing, vitality and maintaining good health.
2. **Shramahar (Reduction of Fatigue).** Fatigue is caused by physical and mental strain. In turn fatigue affects the muscles and causes tension. Rubbing, patting, and squeezing the muscles gently removes fatigue.
3. **Vatahar (Reduction of the Humor of Vata).** Humour consists of four chief fluids in the body, namely, blood, phlegm, black bile, and yellow bile. These determine the physical and mental qualities of a person.
4. **Darsanakar (Improves Eyesight).** Massage improves eyesight and keeps blindness and other diseases of the eyes away. Massage of the feet, especially under the big toe, spine, neck and head will eliminate eye problems and improve vision.
5. **Pushtikar (Body Strengtheners).** Rubbing, pressing, kneading, and so on increase and improve the circulation of vital life fluids and strengthen the body on the whole.
6. **Ayushkar (Longevity).** With regular massage, one can increase the longevity of one's life.
7. **Swapnakar (Sleep Induction).** Ordinarily massage induces sleep but massage of the head and feet before going to bed can bring deep, peaceful sleep.
8. **Twakdahritakar (Skin Strengtheners).** Massage makes the skin smooth, shining, and strong. Dryness is a sign of the vata element in the body being disturbed. Sometimes dryness is also caused due to anxieties and worries, though people in cold regions develop dry skin due to the chilly weather.
9. **Klesha Sahatwa (Tolerance against Diseases)** A certain resistance against diseases increases with massage because it stimulates the production of antibodies and strengthens the seven components of the body mentioned in Jarahar.
10. **Abhihat Sahatwa (Tolerance against Injuries)** A person who receives massage regularly recovers from injuries faster than a person who does not receive massage.
11. **Kapha/ Vata Nirodhaka (Protection against Phlegm and Wind Ailments)** Massage protects the person from all ailment caused by kapha and vata.
12. **Mriga Varna Balaprada (Skin strengthener and healthy color enhancing)** The color, complexion, texture, and strength of the skin improve with massage.

3. AYURVEDIC TREATMENT OPTIONS AND BENEFITS

3.1 AYURVEDIC FULL BODY MASSAGE TREATMENTS



ABHYANGAM Oil (Full Body Medicated Oil Massage, 1 Hour, 2 Therapists): Abhyangam is ayurveda's principal healing tool and the mother of all massages. This is a powerful massage regime in which medicated oils customized to your individual body type, are applied liberally over the entire body and deeply massaged into the skin. This treatment is very effective in detoxifying, nourishing, and revitalizing the whole body. Abhyangam achieves healing effects by naturally harmonizing mind, body, and spirit. **BENEFITS:** Increases tissue strength and improves general fitness. It simulates blood circulation, rejuvenates the whole body, removes cellulite, anti aging, helps sleep better, promotes vitality, reduces vata imbalances and stress. Recommended for stiffness, stress, arthritis backache.

ABHYANGAM Ghee (Full Body Medicated Ghee Massage, 1 Hour, 2 Therapists): The same treatment as for Abhyangam oil (see above) is given with medicated ghee. **BENEFITS:** Improves blood circulation, removes dead cells, skin is more soft and shiny, reduces stiffness and increases organs flexibility.



ABHYANGAM Fruit (Full Body Fruit Massage, 1.5 Hour, 2 Therapists): The same treatment as for Abhayangam oil is given first and then fruit juices are applied all over the body massage is repeated. **BENEFITS:** This is very effective for all type skin diseases, beautifies and enhances skin complexion, revitalizes the sense of touch and feeling.

UDWARTANA (Weight loss herbal powder full body massage, 1 Hour, 2 Therapists): Udwartana means to energize and elevate the whole body. A special mix medicated powders is applied all over the body and deeply massaged with specific palm and finger movements. **BENEFITS:** Highly recommended for weight loss, toning the skin & muscles. Improves blood circulation and removes cellulite. Imparts good complexion, revitalizes the skin as well as the sense of touch, and enhances youthfulness.



3.2 AYURVEDA BODY COMPRESSOR TREATMENTS



MARMA Energy (Ginger herbal oil compressor body massage 1.5 Hour, 2 Therapists): This Ayurvedic treatment focuses on rejuvenating and revitalizing the body's energy points. It begins with warm ginger compresses all over the body followed by a powerful energy balancing massage achieved through gentle and firm circular motion with herbalized oils. The treatment ends with a cleansing and

relaxing facial mask that uses customized herbal ingredients to your ayurvedic body type.

BENEFITS: A very effective treatment for revitalizing the body and mind. Enhances well being, feeling of confidence & helps relieve hemiplegia, paralysis & rheumatoid ailments.

PATRASWEDA ELAKIZHI (Herb and medicated oil body compressor massage, 1 Hour, 2 Therapists): Patra and ela mean leaf, Kizhi means linen bundle. Elakizhi or Patrasweda is a kind of sudation therapy using a mixture of herbal leaves, grated coconut, mustard and rock salt. The proportion of these ingredients varies according to the symptom of disease and ailments.. The leaves are fried with



several other herbal ingredients and tied in linen and dipped into warm medicated oil and skillfully massaged over the whole body. **BENEFITS:** This is highly effective treatment for various muscular pains and nervous problems such as backache, slip disc, Spondylitis, Sciatica, Rheumatism, Arthritis, sprains, cramps, and swelling of the joints, etc.



SHASTIKA PINDA SWEDA NJAVARA KIZHI (Rice-milk compressor body massage, 1 Hour, 2 Therapists): NJAVARA is a special kind of rice widely used in Ayurveda treatments. The rice is cooked in milk and an herbal medicated decoction made of kuramthotti. Two to four bowls are made of this specially prepared rice and tied up in linen kizhi. This kizhi is cooked in herbal warm milk is skillfully

massaged all over the body. **BENEFITS:** This treatment is effective for strengthening and toning skin, tissues and muscles, debility monoplegia, weakness and rheumatism, and joint pains, osteo arthritis, cholesteramia. This treatment also softens the skin and enhances the complexion.

CHOORNASWEDA PODIKIZHI (Herbal Powder mix compressor body massage, 1 Hour, 2 Therapists): Podkizhi is another method of therapeutic sweating by fermenting the body thoroughly with linen bundles (Kizhi) compressors containing a powder mix including various herbs. The Kizhi are heated in a pan smeared with castor or neem oil and subsequently applied all over the body to induce sweating. **BENEFITS:** Effective in relieving ailments involving vitiated vata and kapha doshas, for example rheumatism and joint pains.





PIZHICHIL (or “royal treatment” herbal oil compressor body massage, 1.5 Hour, 2 Therapists): Pizhichil means an oil bath. Luke warm medicated oil is soaked in a palm-sized linen bundle and squeezed briskly and kneaded all over the whole body. This is followed by a gentle massage. **BENEFITS:** This is an effective treatment of muscular skeletal disease and chronic fatigue syndrome. Increases body immunity through renewal of the skin and removal of toxins. Recommended for rheumatoid arthritis, joint pains, lumbago, sciatica, hemiplegics, paralysis, sexual disorders, tiredness and nervous disorders.

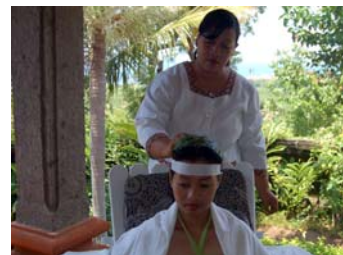
3.3 AYURVEDA TARGETED BODY TREATMENTS

PADAGHATA (Body massage with feet, 1.5 Hour, 2 Therapists): In this treatment the therapist skillfully massages using soles of feet instead of hands. The therapist balances by holding on a long and strong rope tied to the ceiling and holds the lower end of the rope while using the feet to massage. **BENEFITS:** Removes deep seated pain in the joints and bones, deeply relaxing, helps in removing toxins from deeper tissues and helps remove excess fat.



SHIROABHYANGAM (Head - face - neck Herbal Oil Massage, ½ Hour): A soothing massage of the head, neck and shoulder is given with warm herbal oils. This massage increases the oxygen supply to the brain along with the improved blood circulation. Massage of the eyebrows relaxes the whole body and is therapeutic for eyes and nerves. **BENEFITS:** The increased flow of cerebrospinal fluid increases the level of life energy. The scalp massage cures dryness, reduces hair loss and risks of premature baldness. Massage of the forehead improves sight and power of concentration, facilitates sound sleep, cools the eyes, and reduces headache. The treatment is profoundly soothing and relaxing.

TALAPOTICHIL (Medicinal paste head treatment, 1 Hour, 2 Therapists): Wrapping up the head with medicinal paste is known as Talapotichil. It is a recommended treatment for a range of ailments that afflict the head. The paste is applied on the crown and built up to 3 cm thickness and the whole area is then wrapped over with leaves. The paste is removed after some 30 minutes. **BENEFITS:** This form of treatment is effective for mental stress relief, insomnia, headache, migraine, depression, & hyper active conditions.





SHIROVASTI (Stress relieving herbal oil head treatment, 1 hour, 2 Therapists): In this ayurvedic treatment a leather sleeve about six to eight inches high is placed on the head and a band tied around the forehead to secure it in place. The inside bottom edge of this sleeve remains on the crown. The sleeve is filled with luke warm herbal medicated oils and kept in place and followed by a gentle massage. **BENEFITS:** This treatment is prescribed for cases of facial paralysis, dryness of nostrils, mouth, and throat, deafness and earache, insomnia and dizziness, migraine, neurological disorders, psychological stress, and skin disorders such as eczema and psoriasis.

SHIROPICHU (Forehead and scalp herbal oil massage,

1 Hour, 2 Therapists): Shiropichu is similar to Shirovasti except for the modes of application which varies. You will sit with head upright or lie down, face up in a comfortable position. To begin with oil is applied to the crown and a head band (varti) tied just above the ear level. A piece of cloth about nine inches square, folded to palm size and known as the fichu is then dipped herbal oil and placed gently on the fore head. **BENEFITS:** This treatment is effective for facial paralysis, headache, insomnia, dermatitis of the scalp, dandruff, eczema, and some neurological disorders.



PADA ABHYANGAM (Leg & feet medicated oil massage, 1 Hour, 2 Therapists): A very stimulating acupressure points activating medicated oil massage of the lower legs and feet. **BENEFITS:** This treatment soothes and cools the eyes. Induces deep sleep. Improves luster of the skin, smoothens cracked skin of the feet, reduces hyper tension and relieves tiredness of the feet and legs.

KATIVASTI (Medicated oil treatment for body aches, 1 Hour, 2 Therapists): The waist area of the body is called kati. A rectangular leak proof reservoir made of black gram dough is built up on the lower back, around the lumbo-sacral area. Lukewarm medicated oil is gently poured in. The oil and the receptacle are kept on for about 30 minutes and after removal the affected area is gently massaged with the same oil. This treatment also applies for knee joint (Janu Vasti) and the neck (Greeva Vasti).. **BENEFITS:** This ayurvedic treatment is beneficial for spinal ailments, muscular pain, back pain, lumbar spondylosis, and spinal disorders such as degenerative inter-vertebral disc prolapse sciatica etc.





UPANAHA SWEDA (Medicated and herbal paste pain relieving massage, 1.5 Hour, 2 Therapists): An upanaha Sweda or poultice is the local application of a medicinal paste to alleviate pain associated with swelling. The specially prepared paste comprises selected anti-inflammatory and pain relieving crushed seeds mixed with heated herbal oils and herbs leaves together with wheat and rice flour. A

moderately thick layer of the warm paste is built upon the affected parts. The layer is then gently pressed over with herbal leaves and subsequently wiped off. **BENEFITS:** This ayurvedic treatment helps remove muscle and tissue swelling and it is very effective for all type of spot pains.

UROVASTI (Heart and cardiac medicated oil massage, 1 Hour, 2 Therapists): Urovasti is administered to the auras of the chest to treat pain in the sternum area. As in kativasti a reservoir is built up on the chest with black gram paste. Medicinal oil is poured in and retained there for some 30 minutes, followed by gentle relaxing massage all over the body. **BENEFITS:** Strengthening of the heart, Relieves deep anxiety, anger & sadness. Beneficial for cardio myopathy



3.4 AYURVEDA RELAXING FLOW TREATMENTS



SHIRODHARA and KSHEERDHARA (Forehead flow with medicated oils/butter milk/herbal milk, 1 Hour, 2 Therapists): Dhara means flow. This treatment involves a continuous flow of warm heated herbal oils from an earthen vessel on the forehead. When medicated butter milk replaces oil the therapy is called Takkadhara. And if herbalized milk then it is called Ksheeradhara.. **BENEFITS:** This treatment

profoundly relaxes the nervous system, relieves stress and strain and is highly effective in improving memory, treating migraine, E.N.T disorders, enhances deep sleep and reduces tension, etc

SARVANGADHARA (Full body flow with herbal oil/ butter milk/ herbal milk, 1.5 Hour, 2 Therapists): An Ayurveda treatment in which herbal oil, medicated milk, or butter milk etc. are poured in a continuous stream all over the body. **BENEFITS:** This treatment helps to sooth the frayed herpes ends, promotes blood circulation, relaxes muscles and induces sleep. Recommended for neurological problems, spondylitis and paraplegia.



3.5 AYURVEDA EYE, EAR, AND NASAL TREATMENTS



NETRADHARA (Herbal milk eye cleansing, ½ Hour, 2 Therapists): In this Ayurvedic treatment the eyes are bathed in a cooling stream of herbal extracts mixed in milk and water. **BENEFITS:** This treatment soothes, cools, and relaxes strained and sore eyes. It removes toxins and eye impurities and contributes to reduced risk of cataract formation. It also helps in treating chronic conjunctivitis, improves eye sight and makes the eyes sparkle.

NETRA TARPANA (Medicated ghee eye treatment, ½ Hour): Netra Tarpana is a treatment for the eyes. Leak proof receptacles are built around the eyes about 1.5 inches high. Refined and medicated ghee is applied with the eyes closed. You will be asked to slowly open your eyes for some 3 minutes and then close them again. The ghee is gently removed. Exposure to strong sunlight must be avoided for a few hours after this treatment. **BENEFITS:** Relieves eye strain often caused by long hours of glaring of computer and TV screens which leads to refractive errors of the eyes, chronic conjunctivitis, and corneal ulcer. This treatment is recommended for dry eye syndrome, glaucoma, poor eye co-ordination, burning sensation in the eyes and also night blindness.



KARNA POORANAM (Herbal oil ear treatment, ½ Hour) : Karma panorama literally means filling the ears. The ear lobes are gently massaged with herbal oil. Lukewarm purified medicated oil is gently poured into each ear facing up. **BENEFITS:** This ayurvedic treatment cleanses the ears, improves hearing and is beneficial for a range of ear infections and hearing disorders.

NASYAM (Herbal oil nasal treatment, ½ Hour, 2 Therapists): Your shoulders, neck and face are first vigorously massaged with special herbal oils. This is followed by sudation; firstly face steam is applied and also inhaled; secondly a towel dipped in a hot herbal liquid is applied to work up a sweat. Natural oils of certain herbs are given as nasal drops. After a few minutes gentle massage is applied to the nose, cheeks, neck, shoulders, palm and feet. This shortly results in mucus oozing down from the nasal region to the throat. This is spitted out followed by a warm water gargle to cleanse the throat. **BENEFITS:** This ayurvedic treatment unblocks congested sinuses and helps relieve headaches, psychological stress, and contributes to cleansing of the whole nasal and throat system and other ailments, signa sigties, catarrh epilepsy, etc



3.6 AYURVEDA BATH AND BEAUTY TREATMENTS



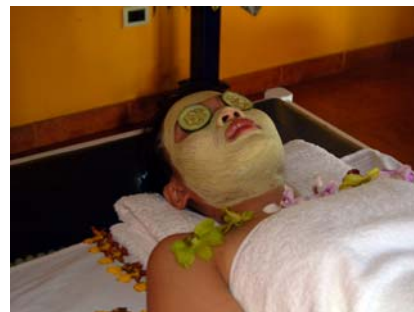
AVAGAHA SWEDA (Herbal steam water bath, ½ Hour): Avagaha means immersion and Sweda is sweating. You will be seated in a large tub filled up to the navel with steaming and warm water prepared with anti-vata herbs. This process will induce body perspiration, thus releasing impurities and toxins. This treatment is particularly effective when taken after Abhyangam. **BENEFITS:** This treatment is effective for stomach and digestion problems, urinary complaints, hernia, rheumatism, and other disorders of the Vata and Doshas. It is highly effective for aching and sore muscles and painful joints, and removing cellulite.

BASHPASWEDA (Herbal steam weight loss bath, ½ Hour): Bashpa means steam. This is also a type of sudation therapy. Here herbal steam is applied evenly to the entire body. Before starting therapy you will be given cool liquids to prevent dehydration and then made to sit down in your individual wooden steam box. In this position the entire body except the head is exposed to the medicated herbal steam built up within the box compartment. **BENEFITS:** This ayurveda treatment is recommended for all types of body pains and aches. It opens the pores and flushes toxins and impurities and cleanses the whole body system. Excellent to improve the blood circulation, fat removal and weight loss.



SNANA (Therapeutic herbal bath, ½ Hour): Snana is an ayurvedic bathing treatment. A daily bath after an abhyangam or self administered body oil massage is prescribed as part of the dinacharya (daily routine) in ayurvedic texts. The bath is filled with warm water that has been previously boiled with various roots, tree barks, and herb leaves selected individually for each person's prakruti (constitution) and any specific ailments. Cleaning agents like green gram powder are applied all over the body and an herbal shampoo for the hair. **BENEFITS:** A highly cleansing and toning treatment that removes toxins of the body through sweating, reduces body pains, and acts as an energizer, and enhances complexion and feeling of health and well-being.

SUNDARARYA VARDDHINI (Ayurveda Facial, 1 Hour, 2 Therapists): This Ayurvedic treatment regime helps firming and shaping up the facial features and improves skin complexion. Herbal face packs, herbal cream and herbal oil massage are gently massaged all over the face, head and neck. **BENEFITS:** This ayurvedic beauty therapy works well for pimples, black specks, wrinkles, sagging of skin, loss of eyelashes, etc.



ZEN RESORT INCLUSIVE AYURVEDA WELLNESS PACKAGES

AYUR3 RELAXATION (3 Nights/ 4 Days)

Double Occupancy Euro 130 per night per person;

Single Supplement Euro 20 per Night

6 Ayurvedic and 3 Balinese Spa Treatments

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Avagaha Sweda

Day 3: Yoga; Njavarakhizi; Ksheeradharma; Bashpasweda

Day 4: Sunrise Dolphin Sail; Facial and Hair Cream Bath; Departure

AYUR5 REJUVENATION (5 Nights/ 6 Days)

Double Occupancy Euro 125 per night per person;

Single Supplement Euro 20 per Night

9 Ayurvedic and 3 Balinese Spa Treatments

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 3: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 4: Yoga; Visit Banjar Hot Natural Springs, Forest walk, Vihara Buddhist Temple

Day 5: Yoga; Podikizhi; Ksheeradharma; Bashpasweda

Day 6: Sunrise Dolphin Sail; Facial and Hair Cream Bath; Departure

AYUR7 PURIFICATION (7 Nights/ 8 Days)

Double Occupancy Euro 120 per night per person;

Single Supplement Euro 20 per Night

13 Ayurvedic and 3 Balinese Spa Treatments

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 3: Yoga; Podikizhi; Ksheeradharma; Bashpasweda

Day 4: Yoga; Visit Banjar Hotsprings, Rainforest walk, Vihara Buddhist Temple

Day 5: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 6: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 7: Yoga; Marma; Netradhara; Karnapooranam; Bashpasweda

Day 8: Sunrise Dolphin Sail; Facial and Hair Cream Bath; Departure

AYUR13 HOLISTIC HEALTH (13 Nights/ 14 Days)

Double Occupancy Euro 115 per night per person;

Single Supplement Euro 20 per Night

25 Ayurvedic and 3 Balinese Spa Treatments

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 4: Yoga; Banjar Hot Natural Springs, Rain forest walk, Vihara Temple

Day 5: Yoga; Marma; Shiroabhyanga; Bashpasweda

Day 6: Yoga; Abhyanga Fruit; Snana

Day 7: Yoga; Pizchilil; Avagaha Sweda

Day 8: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 09: Yoga; Podikizhi; Shirodhara, Bashpasweda

Day 10: Yoga; ElaKizhi, Talapotichil, Snana

Day 11: Yoga; Udwartana, Karna Pooranam; Snana

Day 12: Yoga; Snorkeling and Scuba Diving at Menjagan Island

Day 13: Yoga; Shiro Abhyangam, Netradhara, Baspasweda

Day 14: Sunrise Dolphin Sail; Facial and Hair Cream Bath; Departure

AYUR21 HOLISTIC WELLNESS(21 Night/22 Days)

Double Occupancy Euro 110 per night per person;

Single Supplement Euro 20 per Night

49 Ayurvedic and 3 Balinese Spa Treatments

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 4: Yoga; Marma; Shiroabhyanga; Bashpasweda

Day 5: Yoga; Abhyanga Fruit; Snana

Day 6: Yoga; Natural hot Springs, Rain Forest Walk, Vihara Temple

Day 7: Yoga; Pizchilil; Avagaha Sweda

Day 8: Yoga; Podikizhi; Shirodhara, Bashpasweda

Day 9: Yoga; ElaKizhi, Talapotichil, Snana

Day 10: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 11: Yoga; Udwartana, Karna Pooranam; Snana

Day 12: Yoga; Abhyanga Oil; Shirodhara; Bashpasveda

Day 13: Yoga; Abhyanga Oil; Karnapoorama; Bashpasveda

Day 14: Yoga; Snorkeling and Scuba Diving at Menjagan Island

Day 15: Yoga; Udwartana, Shirodhara, Avagaha Sweda

Day 16: Yoga; Shiro Abhyangam, Netradhara, Bashpasweda

Day 17: Yoga; Navarakizhi, Sundararya Varddhini, Snana

Day 18: Yoga; Podikizhi; Netradhara; Bashpasweda

Day 19: Yoga; Podikizhi; Nasyam; Bashpasweda

Day 20: Yoga; Marma Energy, Shirodhara Buttermilk, Snana

Day 21: Yoga; ElaKizhi, Shirodhara, Avagha Sweda

Day 22: Sunrise Dolphin sail; Facial and Hair Cream Bath; Departure