

# Ayurveda

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## Sample Daily Schedule

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### *Day of Arrival:*

- 3pm:** Welcome ceremony
- 4pm:** Consultation
- 5.30pm:** Abhyanga massage
- 7.30pm:** Ayurvedic dosha-specific dinner

### *Sample Full Day:*

- 7am:** Herbal/Ayurvedic tea or fresh juice
- 8am:** Yoga
- 9am:** Morning walk/Cultural experience
- 10am:** Dosha-specific breakfast
- 11.30am:** Ayurveda treatment
- 2pm:** Dosha-specific lunch
- 3.00pm:** Abhyanga followed by Choornaswedana or Abhyanga followed by Shirodhara
- 4.30pm:** Herbal/Ayurvedic tea or fresh juice
- 5pm:** Meditation
- 8pm:** Dosha-specific dinner

### *Day of Departure:*

- 7am:** Udvarthana scrub
- 8.30am:** Dosha-specific breakfast
- 11am:** Final consultation
- 12pm:** Transfer to airport

## Sample Treatments & Movement Therapies

**Udvarthana:** Invigorating and exfoliating, this Ayurvedic massage uses a paste of fragrant medicated powders rubbed into the skin in the reverse direction of hair growth. Leaving skin soft and refreshed, it not only helps to remove dead skin cells and fatty deposits, it also improves blood circulation and removes stagnant toxins from the body. For even better results, an after-treatment steam is advised.

**Sarvangadhara:** Two therapists continuously pour warm oil, medicated milk or a herbal decoction over the whole body in a unique pattern to strengthen the nervous system and protect against pain and future neurological issues. Excellent for anyone with high blood pressure, general fatigue and skin disorders.

**Choornaswedana:** Also known as a bundle massage, this treatment combines a full body massage with warm herbal poultices. The poultices serve as extensions of the therapist's hands, helping to unlock areas of tension.

**Shirodhara:** In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. A great jet-lag reliever said to help with insomnia, migraines, stress and the functioning of the senses.

### Important Considerations:

1. Ayurvedic Immersions are supervised by an experienced Ayurvedic physician who qualified at one of India's finest Medical Universities.
2. All Ayurvedic products used are herbal and natural.
3. There can be no guarantee of healing as this depends on several factors including age, health conditions, immune system strength and adaptability in response to herbal medicine.
4. In the event of emergency, paramedic support is available 24 hours a day.
5. The Ayurvedic physician will advise changes to Immersion programmes based on thorough ongoing assessments.
6. Ayurvedic Immersions are not advised for pregnant women and children below the age of 12.