

AYURVEDA DETOX & PANCHAKARMA



SwaSvara
a cgh earth experience



AYURVEDA DETOX & PANCHAKARMA

AYURVEDA DETOX STARTS AT 14 DAYS.
THE PANCHAKARMA (GHEE DETOX) REQUIRES A MINIMUM OF 21 DAYS

Goal: Detox and cleanse accumulated toxins from the body using classical and traditional Ayurveda procedures. This programme always begins with the Purvakarmas, or the preparatory therapy where the body is prepared for removal of toxins through two methods. Firstly by 'Snehanam', where the body is oiled internally by ingesting medicated ghee for the number of nights prescribed by the Vaidya and externally by 'Swedanam' where the body is made to undergo therapeutic sweating. Depending on the medical condition and the Doshas, the Vaidya will further determine the course of cleansing processes for each individual.

SwaSvara's Ayurveda Detox and Panchakarma programme starts from 14 nights onwards. After a detailed consultation with our Ayurveda doctor and prior to starting the therapeutic external body treatments, this intense, holistic programme begins with the Ayurvedic detox procedure of ingesting medicated ghee for a few nights (Snehapana), followed by a day of purging (Virechana) to cleanse and eliminate the accumulated toxins out of the body.

During this programme each individual is put on a personalised, Dosha-specific diet which will be followed strictly as prescribed by the doctor. On the Ayurveda doctor's advice, up to two treatments will be offered on a daily basis, supplemented by light yoga and meditation sessions. During their stay, guests are encouraged to use the in-house art & pottery studio and take part in the interactive cooking sessions too to learn Ayurvedic cooking. Due to the intense and curative nature of this programme, all physical and outdoor activities including yoga will be subject to the Ayurveda doctor's advice & approval only.

‘Panchakarma’ which literally means five-fold method, is essentially about intense purification of the body and requires a minimum stay of 21 nights. The Panchakarma is the intensive cleansing treatment which follows the early texts of Ayurveda like Charaka Samhita. The five actions of Panchakarma according to Charaka Samhitha are Vamana (induced vomiting), Virechana (purgation), Kashaya Vasti and Sneha Vasti (two kinds of medicated enemas) and Nasya (nasal medication). It is always preceded by the preparatory process called Purvakarma or Snehapana & Virechana.

The third and final stage of treatment is ‘Samana’ or ‘Paschatkarma’ where the patient undergoes corrective measures through internal medicines, and therapeutic body treatments, supplemented by an appropriate Dosha-specific diet and gentle healing activities for the body & mind. On completion of this course of treatment, the imbalances of the Doshas, which lead to diseases in the body, get stabilised and are brought to equilibrium.



INCLUSIONS

AYURVEDA

Doctor's consultation – All Ayurvedic therapies start and end with a consultation with the doctor.

Therapeutic treatment – This recalibrating programme focuses on traditional Ayurveda Detox & cleanse therapies. Being curative in nature, the treatments are based on the doctor's diagnosis. He will determine the type, duration, and schedule of each treatment; and up to 2 treatments are given each day.

Note: There will be restrictions with regards to treatments during the menstrual cycle.



YOGA AND MEDITATION

Consultation with yoga instructor – One detailed consultation on arrival.

Yoga sessions – Group sessions for Yoga Asanas, Pranayama, Yoga Nidra and meditation are offered through the day at SwaSwara. Being on an intense Ayurveda programme it is necessary that the guests consult with their Ayurveda doctor prior to joining any of the Yoga Asana sessions. We provide cotton pyjama sets to use during your stay with us.



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Yoga session
30 min	12:15 - 12:45 15:15 - 15:45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session

DIET

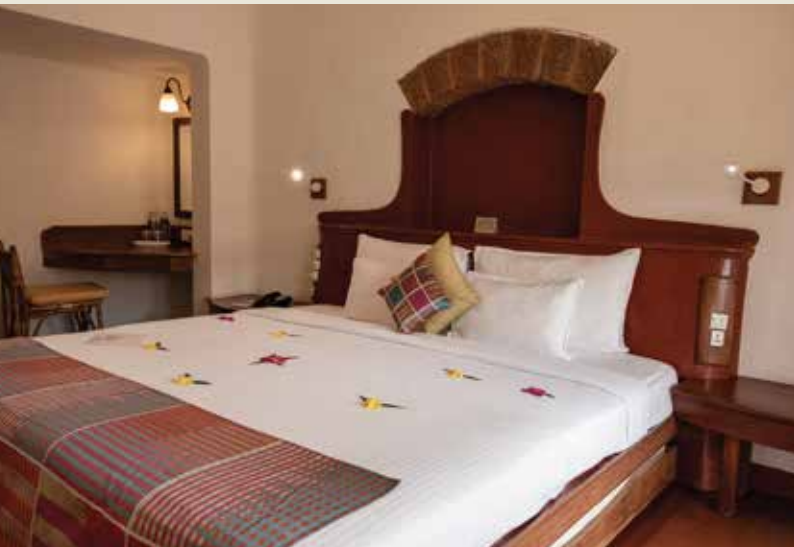
This programme includes all meals and the diet will be pure vegetarian. Based on the Ayurveda doctor's analysis of a guest's Prakruti / body constitution, each guest will be prescribed a pure Satvic, Dosha-specific diet, which will have to be strictly followed.





ACCOMMODATION

Accommodation in rustic Konkan villas that are cradled in colours of the earth, using locally available material such as laterite and coconut thatch. The villas have an open-to-the-elements aesthetic, with an open inner courtyard and partially open-to-sky bathrooms. Only the bedrooms are enclosed and airconditioned, while the rest of the villa gets you in touch with nature directly. The yoga deck on the second level offers spectacular views of the forests and glimpses of the ocean, while serving as a perfect spot to just revel in being.



ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities. For guests on this intense Ayurveda programme, all physical activities will be subject to the Ayurveda doctor's advice.

Nature Trails & Bird Watching

What better way to start your day than with a sighting of Hornbills or the White-bellied Sea Eagle that nests in our property! With a protected patch of forest and rainwater lakes, SwaSvara plays host to a wide variety of migratory and resident birds, with occasional visits from endangered species too. Experience all this and more on a bird-watching walk.

Interactive Cooking of Ayurvedic Dosha Cuisine

Every day, our chefs offer interactive classes for healthy cooking. Guests join our chefs to learn how to cook healthy, tasty food and improve consumption habits. They give you recipes to try at home (with almost no oil, refined sugar or flour) with healthy alternatives you can find in your city.



Art Studio

Healing with art and pottery is an experience our guests look forward to. Expressing oneself through art is an activity we have enjoyed as children. At SwaSwara you get back in touch with that forgotten child within you. To break the ice, our artist-in-residence interacts with you throughout besides introducing you to a wide range of creative activities. Guided sessions for art and clay modelling with our resident artists are available every day. This interaction with art will unleash your imagination and bring you closer to self-discovery.

Boat Ride

Subject to Ayurveda Doctor's advice you can contact our front desk for Boat Rides to Mirjan Fort, Long Beach and Tadadi Harbour. A very interesting cruise to the historic Mirjan Fort takes you through the sea up the Aganashini river. A tuk-tuk ride will get you from the boat jetty to the fort. Return by boat to OM Beach. Cruise by the pristine long beach where you can explore a relatively untouristy beach and Fisherman's village and a typical Konkan-style temple. Cruise to the busy fishing harbour to experience the local flavour of a bustling fish market. Return by Tuk Tuk.

Visit the Temple Town of Gokarna

Meander around and find yourself back in time at Gokarna's 2 streets amid the sacred cows; visit its famous Shiva temple; or tour the inland temples and forts.

Library

A circular, well-lit space that is open all day and has an eclectic collection of books. The library can be air-conditioned if you wish.





AIRPORT PICK UP AND DROP

The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 to 5 hours.

CHECK-IN & CHECK-OUT

- Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night charge will be levied.
- Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am.
- F&B and Ayurveda services after check-out time will be chargeable.

BOOKING AND CANCELLATION POLICY

- Confirmation of the treatment is against 50% advance payment that must be paid at the time of booking the programme or before the cut-off date mentioned by the Wellness reservations.
- 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the Wellness reservations.
- Complete refund, if the booking is cancelled 30 days in advance.
- 50% refund if the booking is cancelled 21 days in advance.
- No refund if the booking is cancelled in less than 20 days.

CHILD POLICY

- We welcome children above the age of 15 years only. The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.
- Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above. However, those under 18 years can take part in all the other scheduled activities like yoga, meditation, treks, art & pottery and use of the swimming pool.

SAFETY & HYGIENE

- SwaSwara follows the highest safety & hygiene standards.





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SWASWARA



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SwaSwara, CGH Earth



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