



DETAILS OF OUR AYURVEDA TREATMENTS
Summer 2025 and Winter 2025 / 2026

Annex 1

The medication and packs at Celestia Ayurveda Resort are made with fresh herbs and plant-based raw materials. To make sure our clients benefit from every therapy, we prepare medications using a clean, sanitary, and effective manner. Our herbal remedies are simpler to use than conventional Ayurvedic medications.

The individual attention we provide to every guest is one of our top priorities. However, during treatment, there are several procedures that apply to all patients equally.

Our Ayurveda Treatment Packages includes,

- Initial consultation, interim consultation and final consultation by experienced Ayurvedic Doctors.
- In house Ayurveda treatments with professionals
- 2-3 hours of Ayurvedic treatments per day

Per Person/ Per Day Rates as follows,

1. WELLNESS PACKAGE	100 USD
2. PANCHAKARMA PACKAGE	125 USD
3. ALANKARA PACKAGE	150 USD
4. HIGH CURE PACKAGE	150 USD



IMPORTANT:

The Ayurvedic Doctor's recommendation after the consultation shall be the sole basis for treatment recommendation included in the above ayurvedic packages.

- **WELLNESS PACKAGE**

Ayurveda helps relax the body and mind despite the hectic modern-day lifestyles that many of us lead. It does this by teaching us the techniques needed to fight the stress of daily life, even under challenging circumstances. As a wellness seeker, you can restore balance and harmony, and return home physically, emotionally, mentally and spiritually rejuvenated.

The “Ayurveda wellness” program is designed to enhance the overall wellbeing of a person in moderately good health, by helping in nourishing the body, revitalizing the nervous system, overcoming fatigue, promoting sound sleep and increasing work efficiency levels.

Ayurveda wellness program can be provided to guests who can stay at the resort for 1, 4, 7, 14 and 21 days.

Program includes,

- Shiro abyanga
- Vakra abyanga
- Muga lepa
- Udwardhana
- Vashpa sweda

Daily 3 hours specialized Ayurvedic treatment under Doctor’s consultation and supervision



- **PANCHAKARMA PACKAGE**

Panchakarma is a Sanskrit word that means “Five actions” or “Five procedures”. This is a method of cleansing the body of all the unwanted waste after lubricating it. Panchakarma is the most definitive mind-body-spirit healing experience for purifying the body, strengthening the immune system, restoring balance and well-being, and re-connecting you with your soul. It is one of the most effective healing therapies in Ayurveda Science and Medicine. It promotes Healing, Purification and Rejuvenation.

Panchakarma will remove the excess doshas and correct imbalances in them as well as eliminate the harmful ‘ama’ out of your system through the body’s own organs and channels of elimination (colon, sweat glands, lungs, bladder, urinary tract, stomach, intestines, etc.). Panchakarma purifies the tissues at a very deep level. Ayurveda recommends Panchakarma as a seasonal treatment for maintaining mental and physical hygiene and balance. (Recommended minimum duration for this package 07 days)

Five methods or procedures (Panchakarma)



- **Vamana (therapeutic emesis)**

Induced vomiting helps clear the upper gastro till the duodenum (end of stomach) and part of the respiratory tract.

- **Rakthamokshana**

Known as bloodletting, is a unique para-surgical procedure, where the vitiated blood is eliminated from the body by application of a leach.

- **Vasti (drug induced enema)**

The procedure during which a drug is administered through the rectum. During the process, various medicated substances, in the form of decoction or medicated oils, are released into the rectum of the patient.

- **Nasya**

Nasal instillation of medicated substances helps clear the respiratory tract and para-nasal sinuses.

- **Virechana (purgation)**

Induced purgation clears the lower gastro from the duodenum (end of stomach) till the exit.

Apart from the above operative treatments, the following preoperative measures can also be recommended by the in-house Doctors.

- Akshi tarpana (Eye rejuvenation therapy)
- Shirodhara
- Choorna Pinda swedha
- Vaspaha swedha/steam bath
- Herbal bath
- Sambahana
- Shatika pinda swedha
- Shiro abayanga



Panchakarma package includes the following post-operative measures as well:

- Diet plan
- Yoga
- Meditation

- **ALANKARA PACKAGE**

As a holistic health science, Ayurveda relates to every aspect of the mind, body, and the soul, and it considers beauty as an intimate part of the human personality. Ayurveda beauty care deals with the overall wellbeing of the body, including skincare, hair growth, eyesight, hands and nail care. The best part of this holistic program is removing all the toxic wastes from the body and uplifting the purification process which lays emphasis on internal beauty. This aims to achieve a sense of mental peace and tranquility which is incorrectly promoted by cosmetics. In other words, it emphasizes internal beauty rather than externally made-up beauty.

Our herbal medicines act as Nutri cosmetics which nourish the tissues and micro channels of the body. Special medicinal oils are chosen by a doctor as per your body type and then utilized in a massage that improves circulation, revitalizes the body and eliminates impurities. They also lessen hair loss, condition the scalp, improve eyesight and help with your sleep disorder. One of the most important reasons for the increasing demand in Ayurveda beauty and skin care is that this system can clearly bring out a clear, glowing skin together with happiness and relaxation which otherwise cannot be achieved by cosmetics. This therapy variant does not include panchakarma treatments.

- Alankara package can be provided to guests who can stay at the resort for 1,4,7, 14 and 21 days
- Select one of the below packages as per Doctor's recommendation.
- Treatment Program includes the following,

1) **Kesha Alankara (Hair care)**

- Shridhara
- Vakra abhyanga
- Muga Lepa
- Sambahana
- Vashpa Swede



2) **Nayana Alankara (Eye care)**

- Shiro abhyanga
- Vakra abhyanga
- Akshi tarpana
- Sarvangadhara
- Avagaha Swede



3) **Sarma Alankara (Skin care)**

- Shiro abhyanga
- Muga Lepa
- Udwarthana
- Pada abhyanga
- Avagaha Swede



- **HIGH CURE PACKAGE**

This program is particularly designed for persons who has chronic illness such as Arthritis, Asthma, Psoriasis, Burn-out syndrome Varicose vein with or without wound Migraine, Paralysis, Fatty liver, Anaemia(blood disorder), Irregular menstruation, GERD (Gastro Esophageal Reflux Disease) and for persons who wish to strengthen their body's immune defenses and regain their vital energy after a long illness.

These conditions require more intensive, specific treatments, more medicines, closer monitoring and supervision by our doctors. The diet may also have to be stricter to assist the cure of these diseases.

For this treatment package, panchakarma treatment as well as more specific treatments such as Sarvangadara, Kati vasti / Uro vasti/ Janu vasti, are included along with special medicated paste bandage. The suitability of these will be determined by our doctors.

(Recommended minimum duration for this package 28 days)

The treatments recommended will be based upon the consultation and recommendation of the in-house doctor.



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” – World Health Organization.