

JIVA





AYURVEDA PACKAGES

Consultation

Trupti

Abhyanga

Vishrama

Dincharya

Udvardanam

Mukhalepa

Vishuddhi



DE STRESS (SHAMANA)



DE STRESS (SHAMANA) 3 DAYS PACKAGE

Day 1

Consultation with the Wellness Physician which focuses on general wellbeing, healthy diet & Lifestyle.

Duration: 30 minutes

Trupti (Contentment)

Embrace harmony & lose yourself in this entrancing experience designed to suit for jet lag

Day 2

Abhyanga with Swedana & Herbal Snana

The medicated herbal oil application which will help to enhance blood circulation, reduce stress & remove fatigue, pains

Duration: 90 minutes

Day 3

Jiva Facial: *You can select any one from our extensive facial menu*

Duration: 60 minutes

Day 4

Inclusions

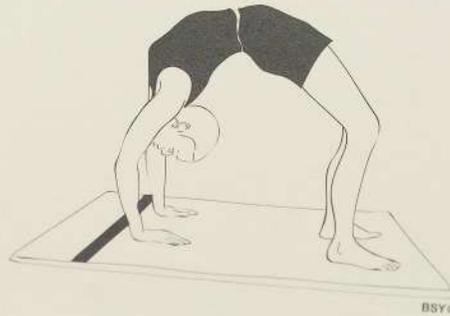
Complimentary music therapy CD

2 personalized yoga sessions

Special healthy cuisine from the chef according to the Prakruthi

DETOX (SHUDDHI)

- Lie flat on the back.
- Bend the knees bringing them close to the buttocks.
- Position the hands by the sides of the head with the fingers pointing towards the body.
- Pressing against the palms lift the head and torso, placing the crown of the head on the floor.
- Make the body stable and steady and then raise the body up by straightening the arms and legs.
- Try to arch the back as much as possible.
- Hold the final pose for as long as comfortable breathing normally.
- Slowly lower the body gently back down on to the floor.
- This is 1 round.
- Practise up to 3 rounds.



BSYC

JIVA
Wellness through Yoga

DETOX (SHUDDHI)

7 DAYS PACKAGE

Day 1

Consultation with the Wellness Physician which focuses on general wellbeing, healthy diet & Lifestyle

Duration: 30 minutes

Trupti (Contentment)

Embrace harmony & lose yourself in this entrancing experience designed to suit for jet lag

Duration: 120 minutes

Day 2

Vishrama (Deep Muscular)

A deep muscular massage with hot compress for profound relaxation

Duration: 120 minutes

Day 3

Dincharya

This program gives you an experience of the physical cleansing process in the daily routine wherein each of your senses is carefully looked after

Duration 120 minutes

Day 4, Day 5, Day 6

Udvardanam.

This is a body toning program.

Duration: 75 minutes

Day 7

Mukhalepa (Herbal facial)

Duration: 60 minutes

Inclusions

3 personalized Yoga sessions

A complimentary music therapy CD

Special healthy cuisine from the chef according to the Prakruthi

HOLISTIC (SARVA)



HOLISTIC (SARVA) 14 DAYS PACKAGE

Day 1

Consultation with the Wellness Physician which focuses on general wellbeing, healthy diet & Lifestyle

Duration: 30 minutes

Trupti (Contentment)

Embrace harmony & lose yourself in this entrancing experience designed to suit for jet lag

Duration: 120 minutes

Day 2

Vishrama (Deep Muscular)

A deep muscular massage with hot compress for profound relaxation

Duration: 120 minutes

Day 3

Abhyanga with Swedana & Herbal Snana

The medicated herbal oil application which will help to enhance blood circulation, reduce stress & remove fatigue, pains

Duration: 90 minutes

Day4, 5,6,7,8

Udvartanam

This is a body toning program

Duration: 75 minutes

Day 9

Dincharya

This program gives you an experience of the physical cleansing process in the daily routine wherein each of your senses is carefully looked after

Duration: 120 minutes

HOLISTIC (SARVA)

14 DAYS PACKAGE

Day 10

Champi (Indian Head massage)

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural sheen & glossiness of the hair fiber

Duration: 45

Day 11

Vishuddhi.(Detox)

Exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph & energy

Duration: 120 minutes

Day 12

Indian Aroma Therapy

This is a relaxing experience with our essential signature oils

Duration: 60

Day 13

Signature Facial

Using our exclusive range of 100% natural & rare hand blended products, our signature facial is tailored to suit all skin types

Duration: 90 minutes

Day 14

Inclusions

5 personalized Yoga sessions

A complimentary music therapy CD

Special healthy cuisine from the chef according to the Prakruthi



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