

# Ayurvedic Detox Program (1 - 14 day)



Ayurvedic detox focuses on starting the natural purification process in the body with nutritional supplements, teas and massages. Even the water you drink between meals is recommended to be lukewarm to facilitate the excretion of toxins, as warm water facilitates the passage of toxins into the intestines. In the Ayurvedic Detox Program, complete purification is provided with personalized therapy and cleansing techniques according to your body structure.

- Ayurvedic consultation at the beginning of the program
- Ayurvedic consultation at the end of the program
- Ayurvedic pulse examination
- Full body analysis
- Consultation by a nutritionist
- Personalized health plan before departure
- Vitalica Wellness Ayurvedic detox nutritional supplements
- Ayurvedic detox foods (breakfast, lunch and dinner)
- Ayurvedic detox drinks (prepared according to personalized prescription)
- Follow up throughout the program
- Healthy eating group lesson at the Chef's Studio
- 4 sessions of body type-specific ayurvedic detox massage
- 3 sessions of body type-specific marma (Ayurvedic joint) massage
- 2 sessions of shirodhara (head and neck therapy)
- 3 sessions of body type specific detox vasti (Ayurvedic bowel wash) or virechana (Ayurvedic bowel cleansing)
- 1 session of nasayam (Ayurvedic nose and sinus cleansing)
- 1 session full body Ayurvedic mask
- 4 sessions of ozone sauna

# For who the *Ayurvedic* Detox Program is suitable?



This program is suitable for people over the age of 18 who need physical, mental and emotional purification. It is suitable for all our guests who have a high level of stress, toxin exposure or addiction, who aim for long-term results, and who want to relax and purify.

Panchakarma (Ayurvedic detox) is a healing process that leads to restoration and rejuvenation of the body.

According to Ayurveda, most diseases can be prevented long before they occur in one's body or mind, allowing the body to be cleansed and detoxified. Lifestyle disorders can be cured with the help of Panchakarma.

Please note that this program is not designed to diagnose, treat, cure or prevent any disease. However, changing your lifestyle can help you improve;

- **Cardiac diseases - blood circulation problems, hypertension**
- **Respiratory problems - cough, cold, asthma, allergies**
- **Gastrointestinal problems**
- **Dermatological diseases - eczema, psoriasis**
- **Joint diseases - arthritis, gout**
- **Insomnia**

Ayurvedic treatment strengthens the immune system and restores the tired body to its health. Before joining the program, your current health status Be sure to be evaluated by a certified Ayurvedic practitioner.

# Ayurvedic Rituals & Massages

Ayurveda is an ancient 5,000-year-old natural healing system that originated in India. The name Ayurveda is derived from the ancient Sanskrit root words "ayur" (life) and "ved" (knowledge), meaning "science of life".



- Ayurvedic Himalayan Whisper Ritual
- Ayurvedic Stress Management Program
- Ayurveda Body Rejuvenation Program
- Ayurvedic Detox Massage (Abhayanga), Nasayam Massage, Marma Joint Massage, Ayurvedic Takradhara Therapy, Aloe Vera Full Body Massage, Ayurvedic Honey Massage, Ayurvedic Udvartana Massage, Ayurvedic Kati Vasti, Ayurvedic Janu Vasti, Ayurvedic Greeva Vasti

\*Therapies are not included in the program price.

# Ayurvedic Himalayan Whisper Ritual (2 hrs 30 min)



This ritual includes a combination of classical body and mind relaxing therapies practiced in the great Himalayas region of India. These treatments provide deep muscle relaxation and a sense of calm.

## **Indian Head and Shoulder Massage (30 min)**

Warm vegetable oils are poured onto your upper chest, neck, shoulders, head, hair and forehead, Massage with relaxation techniques.

## **Ayurvedic Royal Facial (30 min)**

It starts with cleansing your face and continues with an ayurvedic skin care series prepared by the doctor with a blend of natural herbs uniquely customized according to your personal experience and type.

## **Ayurveda Abhyanga Massage (30 min)**

Using warm, soothing aromatic ayurvedic herbal oils, it gives deep relaxation and healing to your muscles, focusing on removing toxins and opening your body's pores.

## **Hand and Foot Massage (30 min)**

Relaxing hand and foot massage energy in our hands and feet inspired by the points. This energy massage points with classical techniques makes the functioning and metabolism of the whole body much more efficient and smooth, giving a feeling of deep relaxation.

## **Herbal Steam Bath (30 min)**

It ensures that your toxins are expelled from your body. Toxins are collected in the pores after Abhyanga and when sweating during the herbal steam bath, the toxins come out from the pores of the body.



# Ayurvedic Stress Management Program (2, 3, 5 days)



This pack is designed to give your mind and body complete relaxation. It offers a combination of classic Indian ayurvedic therapies that aid in mental detox and give a feeling of mental relaxation and freshness.

The package includes the following treatments;

- Ayurvedic Shirodhara massage or takradhara according to doctor's recommendation
- Aromatherapy massage
- Full body ayurvedic detox (Abhyanga massage)
- Chakra Healing Session
- Meditation and breathing sessions
- Steam room
- Aloe-vera massage
- Reflexology massage

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# Ayurveda Body Rejuvenation Program (3 day)



\*For guests who purchase detox for 3 days or more.

It contains an excellent combination of treatments that help your body heal faster and rejuvenate your entire body. The treatments within the scope of this package clear the edema and blockages in your body, support more efficient blood flow in the body and the removal of toxins.

## 1 Day

- Manual lymphatic drainage
- Hot and cold liver compress
- Herbal steam

## 2 Day

- Nasayam
- Ginger compress
- Aromatherapy massage
- Herbal steam

## 3 Day

- Ayurvedic Abhyanga massage
- Herbal steam





# Massages

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- Ayurvedic Detox Massage / Abhayanga
- Ayurveda Marma Joint Massage
- Ayurvedic Nasayam Massage
- Shirodhara Massage
- Ayurvedic Takradhara Therapy
- Aloe Vera Full Body Massage
- Ayurvedic Honey Massage
- Ayurvedic Udvardhana Massage
- Ayurvedic Kati Vasti
- Ayurvedic Janu Vasti
- Ayurvedic Greeva Vasti



## Ayurvedic Detox Massage Abhayanga

Abhyanga is the primary healing tool of Ayurveda and the mother of all massages. It is a full body massage with herbal oils specific to your body type to detoxify, nourish and revitalize body tissues. Abhayanga has a deeper and more comprehensive effect than ordinary massages. It achieves the deepest healing effect by naturally harmonizing the mind, body and spirit. It is also one of Ayurveda's most rejuvenating treatments.

## Ayurvedic Marma Joint Massage

It prevents muscle and fiber damage by protecting the body from the harmful effects of muscle stiffness and cramps. Blood circulation Activates, provides energy to the tissues, and supports the heart and circulatory system. It regulates the functional harmony between the joints and calms the person.



## Ayurvedic Nasayam Massage

This treatment cleans the channels in the head and neck area. It is useful in the treatment of headaches, migraine, cervical spondylosis and facial paralysis. It is very effective in diseases such as sinusitis, chronic colds and chest congestion. From the shoulders up, the guest's body is massaged to make him sweat. The prepared medicinal mixture is poured into the nostrils while the patient is breathing in sufficient doses. During the procedure, a special massage is applied to the nose, neck, shoulders, palms and surrounding areas. The main treatment is followed by a relaxing head and shoulder massage.

## Shirodhara Massage

It is a unique form of ayurvedic head massage made with herbal oils. The special herbal oil is gently and steadily poured onto the forehead in a continuous flow with rhythmic rocking motion, resulting in a feeling of deep relaxation and inner peace. It works on the cerebral system, helps the nervous system to relax. Improves the function of the five senses, helps to relieve insomnia, stress, anxiety, depression, hair loss, fatigue, Vata (wind element of the body) imbalance. It helps.

## **Ayurvedic Takradhara Therapy (45 min)**

It is a special Ayurvedic therapy using a special blend of medicinal herbs. In traditional Takradhara therapy Herbal medicines brewed mixture is poured on the forehead with special techniques, giving calmness and relaxation to the mind, providing relief from stress and sleep. It is applied together with a relaxing shoulder and head massage.

- It cures migraine headaches and ear, nose and throat diseases.
- It is good for insomnia.
- It is good for skin diseases and psoriasis.
- Increases blood circulation to the brain.
- Help the brain and mind relax and unwind.
- It reduces mental stress and hypertension.
- It prevents hair loss, graying of hair, scalp and dandruff problems.

## **Aloe Vera Full Body Massage (60 min) (With Herbal Steam Bath)**

It is a therapeutic massage that heals the body in various ways. Massage with a blend of healing ayurvedic oils and herbs and high quality aloe vera. After 50 minutes of massage, 15-20 minutes of herbal steam bath is done. Massage, all the irritating consequences of stress It will eliminate the tension in your neck, relax your back and

relieve tension in your neck. The care made with the extremely rich active ingredients of natural and fresh organic Aloe Vera gel will bring you relaxation and joy of life. Your skin will become velvety soft and supple. Aloe Vera contains more than 200 active ingredients, including vitamins, minerals, amino acids, enzymes, polysaccharides and fatty acids.

## **Ayurvedic Honey Massage (30 min)**

This massage involves working on the soft tissues of the body. Honey is applied to the treated area and then a special massage technique is used. After the treatment, the skin is cleaned with hot towels and the treatment is ended with relaxing and nourishing massage therapies using warm oils.

- Relieves daily stress and muscle tension, supports relaxation.
- It helps to increase blood and oxygen delivery to the treated areas.
- Helps the rehabilitation of muscle injuries as the muscles are stretched and relaxed.
- Honey has strong antibacterial and antiseptic properties that are effective on at least sixty types of bacteria. It helps to remove toxins from the body.



- It provides the absorption of honey up to 100% to the human body. The effect of honey can be felt immediately after a single treatment.
- Helps increase vitality and relax your mind and body.

**Note:** Do it on doctor's advice.

Avoid if you have bee allergy, sunburn, high blood pressure, high temperature.

### **Ayurvedic Udvartana Massage (50 min)**

It is a deep tissue Ayurvedic massage using dry herbal powders and medicated oils.

- Removes toxins from the skin.
- Regulates blood flow
- It destroys excess fat accumulated under the skin.
- Improves skin color.
- It lowers cholesterol.
- Recovers joint mobility problems.
- It reduces stress.

### **Ayurvedic Kati Vasti (60 min)**

An effective classic ayurvedic for many problems related to the spine and lumbar region. Known as treatment. It is a lumbosacral ayurvedic therapy from India that uses ayurvedic oils that have the ability to heal the body at the cellular level and increase the lubricity of joints and muscles.

- Spine pain disorders
- Degenerative spine diseases
- Lumbar spondylitis
- Sciatica
- Lumbar disc protrusion
- Sagging and herniation
- Lumbosacral strain
- Lumbar spondylolisthesis
- Relief in low back pain
- Cleaning the body channels
- Relief in vata dosha imbalance
- Strengthening nerves and muscles

### **Ayurvedic Janu Vasti (60 min)**

It is a traditional ayurvedic treatment that provides great benefits in knee joint problems, Osteoarthritis, degenerative joint diseases, inflammation, swelling in the knee area. It is a very useful treatment method, especially in elderly people due to aging. This ayurvedic treatment helps to lubricate the synovial joints and deep tissues of the knees. It strengthens the joints and makes joint movements much softer. Eliminates stiffness and pain in the knee joint areas. It also prevents aging-related degeneration of the knee joint. The main treatment is followed by a relaxing full body ayurvedic abhyanga massage.

- Increases blood circulation in the knee area.
- Provides relief in calcification.
- Useful in IBS (iliotibial band syndrome).
- Osgood - Schlatter's disease
- Elimination of vata dosha imbalance
- Provides smooth movements and pain relief by lubricating the synovial joint.
- Reduce inflammation around the knee
- It works on the lymphatic system and clears the edema.
- It strengthens the joint structure.
- It provides rest and nutrition of tissues and muscles.
- Treats sports injuries
- It relieves pain, sprains, ligament tears, inflammation.
- Relaxes and nourishes bones, muscles, ligaments and nerves.
- Preserve knee cartilage.
- It reduces spasm and stiffness of the muscles in the knee and calf area.
- Improves mobility.

### **Ayurvedic Greeva Vasti (45 min)**

Ayurveda, the best treatment for acute or chronic neck pain and related conditions-includes. Greeva vasti is a classic ayurvedic treatment for the cervical area. This treatment is the therapy of giving heat to the cervical region with the help of special techniques and natural ayurvedic oils.

- It is useful in cervical spondylitis.
- Relieves muscle stiffness and spasm.
- Soothes the elevated dosha.
- It strengthens the nerves.
- It is useful in cervical spondylosis.
- Strengthens the cervical muscles.

Note: Treatments can be added or modified according to the patient's health status.





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