



GOA DEVAAYA RETREAT

AYURVEDA HEALTH PACKAGES

TAKE A BREAK PACKAGE (03 nights) 06 sessions of treatment

A complete experience of tranquillity, pampering yourself with the best treatments to give you a relaxed and royal experience of Ayurveda.

Option of therapies includes:

Abhayanga, Shirodhara, Udwartanam, Podikhizi, Navrakizhi, Mukhalepam, Pada-Prapidana, & Satvik Veg Diet.

WELLNESS & REJUVENATION PACKAGE (07 nights) 14 sessions of treatment

This package includes rasayan/ rejuvenation process to expunge harmful radicals from your body. Revitalize yourself with specific diet along with Ayurveda treatments.

Option of therapies includes:

Abhayanga, Shirodhara, Podikhizi, Leg Massage, Pada-Prapidana, Udwartanam, Spinal Pichu, Takradhara, Navrakizhi, Mukhalepam, Khizhi, & Satvik Veg Diet.

DE -STRESS / ANTI -DEPRESSION PACKAGE (5, 7 or 14 nights) 10, 14 or 28 sessions of treatment

It is a comprehensive program to purify mind, body & soul exclusively made for professionals who are always under stress and under high risk of major stress related illnesses. This program renders preventive practices to help in controlling their stress.

Option of therapies includes:

Abhayanga, Shirodhara, Podikhizi Steam, Udwartanam Steam, Takradhara, Padaprapidana, Padabhyanga, Navrakizhi, Matravasti, Nasya & Satvik Veg Diet.

HYPERTENSION PACKAGE (5, 7 or 14 nights) 10,14 or 28 sessions of treatment

This is a customized programme that includes stimulating and purifying therapies, daily Yoga and Meditation to recharge your body and refresh your mind. This treatment plan is tailored - made accordingly as per the individual body constitution - i.e. thorough assessment of prakruti -vikruti & other clinical parameters by our in-house doctor.

Option of therapies includes:

Abhayanga, Herbal Scrub, Navrakizhi, Shirodhara, Padaprapidana, Padabhyanga With Panchadhatu Bowl, Nasya, Spinal Pichu, Matravasti, & Satvik Veg Diet.

JOINT CARE / ARTHRITIS/SCIATICA PACKAGE (7 or 14 nights) 14 or 28 sessions of treatment

A corrective life style coaching with an indigenous and traditional approach from Ayurveda. This programme is a perfect indulgence of integrative approach to your ailment.

Option of therapies includes:

Abhayanga, Podikhizi, Snehapana, Udwartanam Steam, Kashaya Vasti, Navrakizhi, Vasti, Pichu, Matravasti, Dhara, Khizhi, & Satvik Veg Diet.



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DIABETES MANAGEMENT PACKAGE (7 or 14 nights) 14 or 28 sessions of treatment

A corrective life style coaching with an indigenous and traditional approach from Ayurveda makes this programme program a perfect diabetes management with an integrative approach.

Option of therapies includes:

Abhayanga, Herbal Scrub , Podikhezhi, Snehapana, Udwartanssteam, Navrakizhi, Padaprapidana, Shirodhara, Spinal Pichu, Padabhyanga with Panchdhatu Bowl & Satvik Veg Diet.

ANTI-AGEING (07 or 14 nights) 14 or 28 sessions of treatment

This package helps in radiating and glowing skin. Our exclusive program will enhance your beauty through carefully chosen beauty treatments while cleansing the mind and spirit through different therapies, meditation and Pranayama. It is a holistic approach to prevent the effects of growing old and gives the radiating glow to you that last longer.

Option of therapies includes:

Abhayanga, Shirodhara, Piddichill, Podikhezhi Matravasti, Mukhalepam Kashyavasti, Udwartanam, Mukhalepam, Herbal Scrub, Takradhara, Podikhezhi, Navrakizhi, Padaprapidana & Satvik Veg Diet.

SLIMMING PROGRAMME – Obesity, Weight Loss (14 nights Onwards) 28 or more sessions of treatment

The key to our sustainable weight management program is contrasting to the extreme adaptations, restrictions or aggressive changes to your lifestyle by combining conventional analysis with Ayurveda Shodhana (Detoxification) procedures to eliminate Ama (toxins), corrects your metabolism with dosha based diet & cherish sustainability through Yoga

Option of therapies includes:

Snehapana, Podikhezhi Steam, Abhayanga Steam, Virechan (Panchkarma) Herbal Scrub, Rukshaudwartan Steam, Khizhi & Satvik Veg Diet.

PANCHAKARMA (14 or 21 nights) 28 or 42 sessions of treatment

This body purifying therapy eliminates the internal causative factors of disease, i.e. toxins formed in the body as a result of continuous metabolic process, which gets deposited in the various tissues of the body & impairs normal body functioning. Vamana, Virechana, Nasyam, Basti & Raktamokshana are the five procedures involved in panchakarma which purifies the body.

Option of therapies includes:

Abhayanga, Snehapana, Podikhezhi, Udwartanam, Abhayanga, Herbal Scrub, Navrakizhi, Shirodhara, Piddichill, Pichu, Dhara, Matravasti, Takradhara, Padaprapidana, Podikhezhi, Mukhalepam & Satvik Veg Diet.

