

---

# 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.

**Goals:** 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 days 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 days. 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, therapeutic body treatments, supplemented by an appropriate Doshha-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.

All Inclusive Rates in INR Valid From 1 <sup>st</sup> January 2019 to 31 <sup>st</sup> December 2019		
Published Rates		
	Single Occupancy	Double Occupancy
14 days (Detox)	Rs. 3,88,220	Rs. 6,59,400
21 days (Panchakarma)	Rs. 5,82,330	Rs. 9,89,100
Can be extended on a pro rata basis		

*Note: All rates are inclusive of taxes, consultations, treatments, massages, oils, herbs, yoga, meditation, accommodation and meals during your stay. The price includes pick up and drop from Goa airport.*

## INCLUSIONS

### AYURVEDA

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

**Therapeutic massages** – 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. The number of treatments on check in and check out days may vary depending on the time available.

*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.

**Yoga wear** – We provide cotton yoga wear to use during your stay with us.



30 min	Morning meditation
60 min	Morning Yoga Asanas including Pranayama; parallel group sessions for beginners and Advanced practitioners
30 min	A special focus session every day
60 min	Evening Yoga Asanas group session for intermediate level
30 min	Evening meditation such as Chanting / Yoga Nidra / Trataka / Mind-Sound-Resonance Technique

## 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 spacious Konkani villas that boast an open inner courtyard and partially open-to-sky bathrooms. To make the most of the beautiful natural surroundings only the bedrooms are enclosed and air-conditioned; the rest of the villa opens out to nature.

## ACTIVITIES

SwaSvara offers multiple well being and nature based-activities. Being an intense Ayurveda programme all physical activities will be subject to the Ayurveda doctor's approval.



Scheduled Activities	Frequency
Interactive cooking classes	Four times a week
*Boat cruise; combined with a guided walking excursion** from Town Beach to explore Gokarna village & temples	One temple town excursion and one boat cruise on completion of treatments in the programme
Guided bird watching; prior booking required	Weekly once - Wednesday
Guided sessions for art and pottery with our resident artist	All days, excluding Sunday
Meditative art with our resident artist	12 noon; excluding Sunday

*\*Boat cruise subject to weather conditions & is not available during monsoons.*

*\*\*For those on this intense Ayurveda focused programme, all physical activities are subject to the doctor's approval.*

## AIRPORT PICK UP AND DROP

The distance between Goa's Dabolim airport and SwaSwara is 158 km - a drive of approximately 3.5 to 4 hours. The price includes pick up and drop from Goa airport.

## CHECK-IN & CHECK-OUT TIMINGS

Check-in	01.00 pm	Early check-in To guarantee a room prior to 11.00 am, 100% of the previous night charge will be levied.
Check-out	11.00 am	Late check-out 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

50% advance payment must be received 60 days prior (or before the cut-off date mentioned for reservation) for booking confirmation, and the balance payment may be made any time before your arrival at SwaSwara.

- Full refund if cancelled 30 days in advance.
- 50% refund if cancelled 21 days in advance.
- No refund if cancelled less than 20 days in advance.

## CHILD POLICY

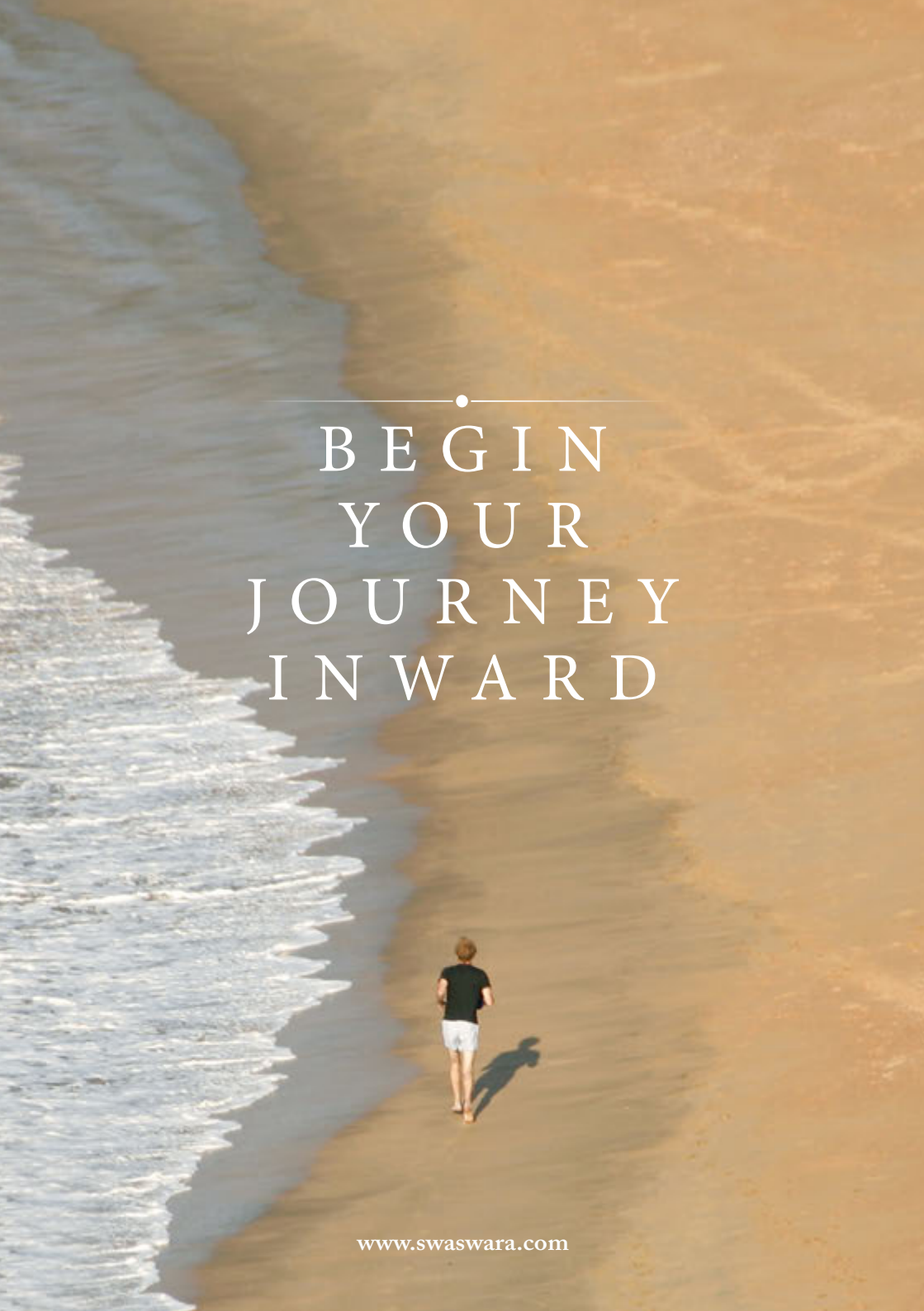
In order to preserve the tranquility of this unique Indian Spa, we welcome children above the age of 15 years only. Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above. However, those under 18 years can take part in all the other scheduled activities like yoga, meditation, treks, art & pottery and use of the swimming pool.



[www.swaswara.com](http://www.swaswara.com)

SwaSwara, Om Beach, Donibhail, Gokarna, Uttara Kannada, Karnataka-581326  
Reservations+91 484 4261751 | [greswaswara@cghearth.co.in](mailto:greswaswara@cghearth.co.in)

 CGHEarthSwaSwara  cghearthswaswara  cghswaswara #MeAndCGHEarth

A high-angle, wide shot of a person walking away from the camera on a sandy beach. The person is wearing a dark t-shirt and light shorts. The ocean waves are visible on the left side, and the sky is a warm, golden color, suggesting sunset or sunrise. The text is centered over the image.

BEGIN  
YOUR  
JOURNEY  
INWARD