
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.

SwaSwara's Ayurveda Detox and Panchakarma programme starts from 14 nights 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 nights. 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 Dosha-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 01/01/2022 till 31/12/2022

Duration	Single	Double
	Total	Total
14 days (Detox)	3,88,220	6,59,400
21 Days (Panchakarma)	5,82,330	9,89,100

- Note:**
- Can be extended on a pro rata basis.
 - 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.

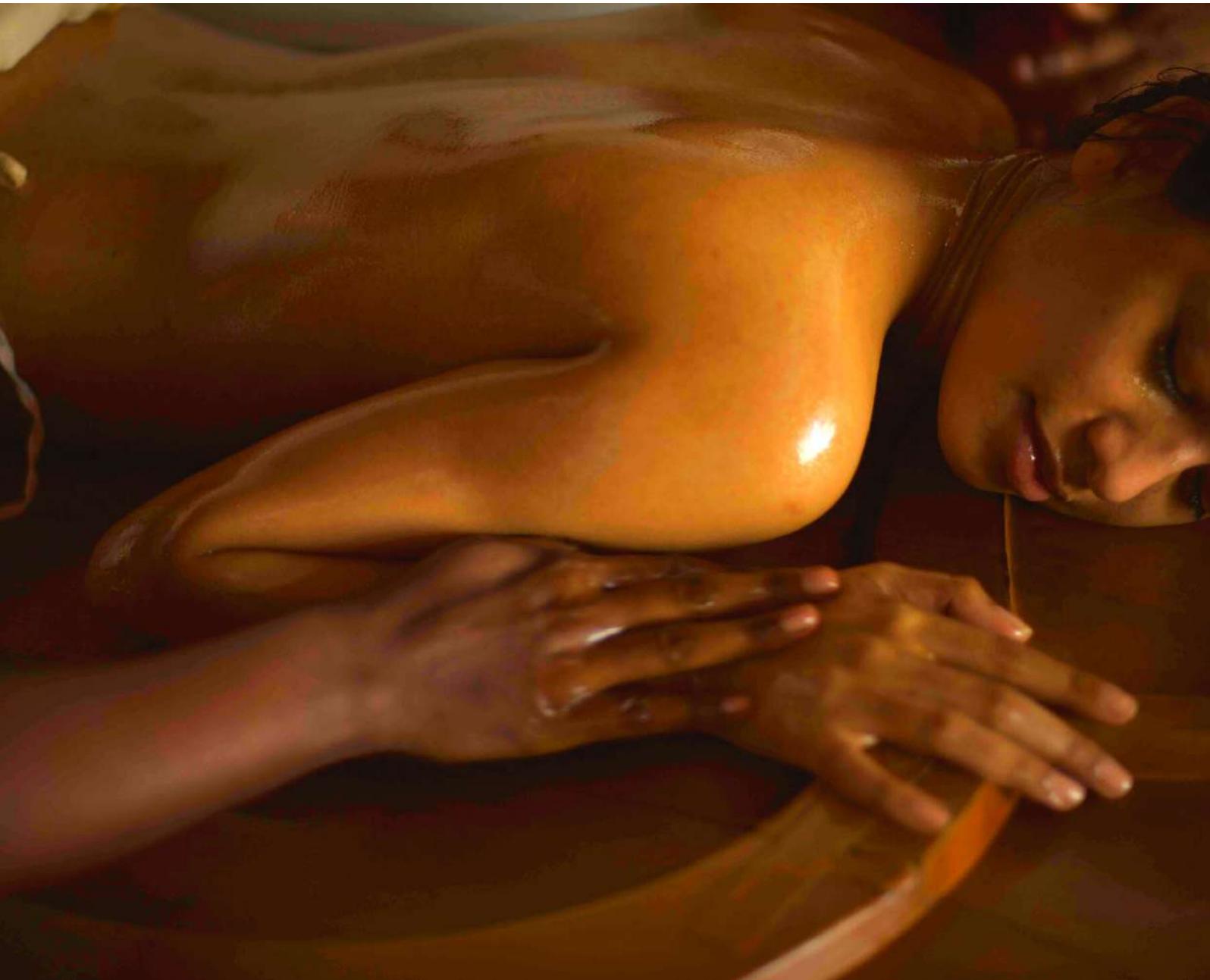
INCLUSIONS

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.

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.



60 min	07.30 - 08.30	Guided Yoga Asana session
30 min	15:15 - 15:45	Yoga Nidra, a special focus session
30 min	18:15 - 18:45	Meditation session

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.



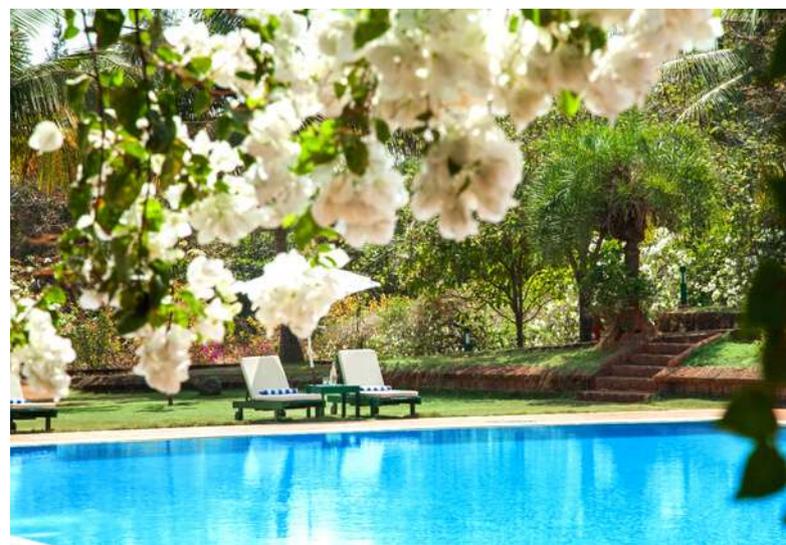


ACCOMMODATION

Accommodation in rustic Konkan villas that are cradled in colours of the earth, using locally available material such as laterite and coconut thatch. The villas have an open-to-the-elements aesthetic, with an open inner courtyard and partially open-to-sky bathrooms. Only the bedrooms are enclosed and air-conditioned, while the rest of the villa gets you in touch with nature directly. The yoga deck on the second level offers spectacular views of the forests and glimpses of the ocean, while serving as a perfect spot to just revel in being.

ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities. For guests on this intense Ayurveda programme, all physical activities will be subject to the Ayurveda doctor's advice.



Nature Trails & Bird Watching

What better way to start your day than with a sighting of Hornbills or the White bellied Sea Eagle that nests in our property! With a protected patch of forest and the rainwater lakes, SwaSwara plays host to a wide variety of migratory and resident birds, with occasional visits from endangered species too. Experience all this and more on a bird watching walk. You could also hike across Om Beach, up the cliffs through the scrub jungle and acacia plantation to Half-moon beach and trek back uphill along a mud road to the resort.

Interactive Cooking of Healthy Cuisine

Every day, our chefs offer interactive classes for healthy cooking. Guests join our chefs to learn how to cook healthy, tasty food and improve consumption habits. They give you recipes to try at home (with almost no oil, refined sugar or flour) with healthy alternatives you can find in your city.

Art Studio

Healing with art and pottery is an experience our guests look forward to. Expressing oneself through art is an activity we have enjoyed as children. At SwaSwara you get back in touch with that forgotten child within you. To break the ice, our artist-in-residence interacts with you throughout besides introducing you to a wide range of creative activities. Guided sessions for art and clay modelling with our resident artist are available everyday. This interaction with art will unleash your imagination and bring you closer to self-discovery.

Boat Ride

You can contact our front desk for Boat Rides to Mirjan Fort, Long Beach and Tadadi Harbour. A very interesting cruise to the historic Mirjan Fort, takes you through the sea up the Aganashini river. A tuk tuk ride will get you from the boat jetty to the fort. Return by boat to OM Beach. Cruise by the pristine long beach where you can explore a relatively un touristy beach and fishermen's village and a typical Konkan style temple. Cruise to the busy fishing harbour to experience the local flavor of a bustling fish market. Return by Tuk Tuk.

Visit the Temple Town of Gokarna

Meander around and find yourself back in time at Gokarna's 2 streets amid the sacred cows; visit its famous Shiva temple; or tour the inland temples and forts.

Library with Wifi Connectivity

A circular, well lit space that is open all day and has an eclectic collection of books. The library can be air-conditioned if you wish, and is the only wi-fi enabled area in SwaSwara

Note:

Use of the Swimming Pool is subject to Government protocol.



AIRPORT PICK UP AND DROP

- The distance between Goa's Dabolim airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The price includes pick up and drop from Goa airport.

CHECK - IN & CHECK - OUT

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

- To book a program, 50% advance payment must be received 60 days prior to arrival date or before the cut-off date mentioned by the central reservation system.
- For booking confirmation, 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the central reservation system.
- Full refund if cancelled 30 days prior to the date of arrival.
- 50% refund if cancelled 15 days before the arrival date. The balance amount will be retained for a future booking date valid for one year from the date of cancellation.
- No refund if cancelled less than 14 days before the arrival date. The full amount will be retained for a future booking date valid for one year from the date of cancellation.
- Re-booking is subject to availability of rooms.
- No refund of the retained amount post one year from the date of cancellation

CHILD POLICY

- We welcome children above the age of 15 years only. The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.
- 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.

COVID-19 SAFETY

SwaSwara follows the highest safety & hygiene standards and complies with all COVID-19 protocols.

BEGIN
YOUR
SOULFUL
HOLIDAY

