

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME
Amritha uk/17



Duration of package: 7 Days

This package nourish you with happiness and energy .It also will retards ageing, overcomes fatigue It improves clarity of vision, renders nourishment, longevity, good sleep ,good skin(tone, complexion and elasticity) and a sturdy physique.

7 Days programs.

- Welcome drink
- Prabhadha Karma* - 7 days
- Doctor Consultation - 7 days
- Body massage - 7 days
- Elakizhi - 7 days
- Sneha vasthy - 3 days
- Dhara - 3 days
- Foot Massage - 7 days

Total Package amount: 580€

Prabhadha karma*

Is one among the daily regiments which is explained in ayurveda for healthy day. It helps you to cleanses your organs of head neck and boost up your senses organs

- Wake up- 6 AM (*Brahma muhurtham*)
- *Dhantha dhavanam*- Brushing with herbal twigs.
- *Anjanam* - Usage of collyrium (medicated powder) in eyes.
- *Nasyam*- Nasal instillation.
- *Gandoosham*- Gargling with medicated oil or decoction.
- *Dhoomapanam*- Inhalation of medicated smoke.
- *Thamboolam* - Chewing betel leaf and with other herbals.
- *Snanam*- Hot water bath.

Package include

24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off at the railway station, Medicines and food are served at room.

Package doesn't include

Internal medicine

Any extra treatment if so any

Any other services if so any

Pickup from Airport – 3500/- INR

Leaving for Airport – 3500/- INR

PVA AYURVEDIC

MULTI- SPECIALITY NURSING HOME

Ashoka uk/17



Duration of package: 30 Days

This package nourish you with happiness and energy .It also will retards ageing, overcomes fatigue It improves clarity of vision, renders nourishment, longevity, good sleep ,good skin(tone, complexion and elasticity) and a sturdy physique.

30 Days programs.

- Welcome drink
- Prabhadha Karma* - 30 days
- Snehanam - 4 days
- Doctor Consultation - 30days
- Njavara kizhi - 7 days
- Elakizhi - 7 days
- Vasthy - 8 days
- Dhara - 7 days
- Foot Massage - 7 days
- Head massage - 3 days

Total Package amount: 1249€

Prabhadha karma*

Is one among the daily regiments which is explained in ayurveda for healthy day. It helps you to cleanness your organs of head neck and boost up your senses organs

- Wake up- 6 AM (*Brahma muhurtham*)
- *Dhantha dhavanam*- Brushing with herbal twigs.
- *Anjanam* - Usage of collyrium (medicated powder) in eyes.
- *Nasyam*- Nasal instillation.
- *Gandoosham*- Gargling with medicated oil or decoction.
- *Dhoomapanam*- Inhalation of medicated smoke.
- *Thamboolam* - Chewing betel leaf and with other herbals.
- *Snanam*- Hot water bath.

Package include

Food and accommodation,24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Internal medicine

Any extra treatment if so any

Any other services if so any

Pickup from Airport – 3500/- INR

Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME
Ashwagandha uk/17



Duration of package: 21 Days

This package nourish you with happiness and energy .It also will do bowel cleansing, overcomes fatigue, good sleep ,good skin(tone, complexion and elasticity) and a sturdy physique.

21 Days programs.

- Welcome drink
- Prabhadha Karma* - 21 days
- Snehapanam - 4 days
- Doctor Consultation - 21 days
- Njavara kizhi - 3 days
- Elakizhi - 7 days
- Vasthy - 8 days
- Pizhichil - 7 days

Total Package amount: 915 €

Prabhadha karma*

Is one among the daily regiments which is explained in ayurveda for healthy day. It helps you to cleanness your organs of head neck and boost up your senses organs

- Wake up- 6 AM (*Brahma muhurtham*)
- *Dhantha dhavanam*- Brushing with herbal twigs.
- *Anjanam* - Usage of collyrium (medicated powder) in eyes.
- *Nasyam*- Nasal instillation.
- *Gandoosham*- Gargling with medicated oil or decoction.
- *Dhoomapanam*- Inhalation of medicated smoke.
- *Thamboolam* - Chewing betel leaf and with other herbals.
- *Snanam*- Hot water bath.

Package include

Food and accommodation,24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Internal medicine

Any extra treatment if so any

Any other services if so any

Pickup from Airport – 3500/- INR

Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME
Charma reksha uk/17



Duration of package: 8 Days

This package nourishes you with happiness and energy. It improves skin texture, complexion and beautifies body. Enhance blood circulation and it removes extra fat and returns the body. This package will improve metabolic activity of the body.

8 Days programs.

- Welcome drink
- Doctor Consultation - 8 days
- Udhwarthanam wrapping - 2 days
- Steam - 2 days
- Face massage - 2 days
- Njavara kizhi - 3 days
- Facial - 1 day
- Nasyam - 1 day
- Medicated milk bath - 1 day
- Kashaya bath - 1 day
- Purgation - 1 day
- Shirodhara - 3 days

Total Package amount: 359€

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any

Any other services if so any

Pickup from Airport – 3500/- INR

Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME
Lavanya uk/17



Duration of package: 7 Days

*This package helps you to improve the complexion, give shine and vitality to your face.
Improves blood circulation and revitalizes the skin.*

7 Days programs.

- Welcome drink
- Doctor Consultation - 7 days
- Body massage - 7 days
- Steam - 7 days
- Face massage - 7 days
- Foot massage - 7 days
- Facial - 7 days
- Head massage - 7 days
- Special diet

Total Package amount: 459€

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any
Any other services if so any
Pickup from Airport – 3500/- INR
Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME



Liver cleansing program uk/17

Duration of package: 8 Days

Cleansing the liver maintains the level of healthy nutrients in the body and keeps it healthy and strong. The benefits of this package are low instances of recurrent infections, better sugar control, and controlled level of cholesterol.

8 Days programs.

- Welcome drink
- Udhwarthanam - 2 days
- Doctor Consultation - 8 days
- Abhyangam - 2 days
- Steam bath - 2 days
- Njavara kizhi - 2 days
- Special diet
- Intake medicine

Total Package amount: 269€

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall usage, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any
Any other services if so any
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Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME



Lung cleansing program uk/17

Duration of package: 7 Days

This package alleviates breathing problem in a number of capacities, and it helps clear mucus from the sinuses and lungs. This makes relieves congestion and makes breathing easier. Also increases blood circulation the lungs, which increases dilation during constriction.

Days programs.

- Welcome drink
- Doctor Consultation - 7 days
- Sneha panam - 3 days
- Abyangam - 3 days
- Steam - 3 days
- Vamanam - 1 day
- Nasyam - 3 days
- Uro Vasthy - 4 days
- Dhoomapanam - 7 days

Total Package amount: 229€

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any
Any other services if so any
Pickup from Airport – 3500/- INR
Leaving for Airport – 3500/- INR

PVA AYURVEDIC

MULTI- SPECIALITY NURSING HOME

Punarnava uk/17



Duration of package: 14 Days

This package nourishes you with happiness and energy. It improves clarity of hearing, lung cleansing, renders nourishment, longevity, good sleep, good skin (tone, complexion and elasticity) and a sturdy physique.

14 Days programs.

- Welcome drink
- Prabhadha Karma* - 14 days
- Doctor Consultation - 14 days
- Body massage - 7 days
- Steam - 7 days
- Virechanam - 1 day
- Njavara kizhi - 7 days
- Sneha Vasthy - 4 days
- Head massage - 7 days

Total Package amount: 633€

Prabhadha karma*

Is one among the daily regiments which is explained in ayurveda for healthy day. It helps you to cleanness your organs of head neck and boost up your senses organs

- Wake up- 6 AM (*Brahma muhurtham*)
- *Dhantha dhavanam*- Brushing with herbal twigs.
- *Anjanam* - Usage of collyrium (medicated powder) in eyes.
- *Nasyam*- Nasal instillation.
- *Gandoosham*- Gargling with medicated oil or decoction.
- *Dhoomapanam*- Inhalation of medicated smoke.
- *Thamboolam* - Chewing betel leaf and with other herbals.
- *Snanam*- Hot water bath.

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Internal medicine

Any extra treatment if so any

Any other services if so any

Pickup from Airport – 3500/- INR

Leaving for Airport – 3500/- INR

PVA AYURVEDIC
MULTI- SPECIALITY NURSING HOME
sunethra uk/17



Duration of package: 8 Days

This package alleviates stressed eyes, reduces puffiness, strengthens optic tissue, and treats corneal problems. After the programs your eyes will feel good and look great. It improves eye sight and also improves your eye muscles functioning. This package can prevent computer vision syndrome.

8 Days programs.

- Welcome drink
- Doctor Consultation - 8 days
- Tharpanam - 8 days
- Abyangam - 2 days
- Steam - 2 days
- Dhara - 7 days
- Njavara kizhi - 2 days
- Nasyam - 7 days

Total Package amount: 499€

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any
Any other services if so any
Pickup from Airport – 3500/- INR
Leaving for Airport – 3500/- INR

PVA AYURVEDic
MULTI- SPECIALITY NURSING HOME
Weight reduction program uk/17



Duration of package: 15 Days

Our special program of Ayurvedic massage assists the process of weight loss by countering flabbiness and toning the muscles as well as removing cellulite. During massage herbal oil penetrate the pores of the skin, nourishing the whole body system and liquefying toxins. It also will do bowel cleansing.

15 Days programs.

- Welcome drink
- Snehapanam - 4 days
- Doctor Consultation - 15 days
- Udhwarthanam - 9 days
- Purgation - 2 days
- Face massage - 4 days
- Yoga - 14 days

Total Package amount: 499 €

Package include

Food and accommodation, 24x7 Doctor Service, Free Wi-Fi facility, Hot water, Free food, Open dining hall, Ayurvedic library, Picking and see off to the railway station, Medicines and food are served at room.

Package doesn't include

Any extra treatment if so any
Any other services if so any
Pickup from Airport – 3500/- INR
Leaving for Airport – 3500/- INR