



# lavanya

DETOX ● NOURISH ● REJUVENATE

(2 NIGHTS & 3 DAYS)



**JIVAGRAM**  
CENTRE FOR WELLBEING

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR, SECTOR 89, FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## LAVANYA

Be pampered to the core with Ayurvedic herbal routines that exfoliate and cleanse your skin as well as nourish it from deep within. Special steam therapy, facials and massages promote lymph circulation and stimulate skin cells that give you a healthy, smooth and beautiful skin, naturally. Enjoy this combination of hand-picked herbal routines that revitalize your skin cells, leaving you feeling younger.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 2 nights & 3 days | **Cost: Double** INR 25,800\* | **Individuals** INR 14,400\*

### TREATMENT JOURNEY

<b>Day 1</b>	Abhyanga, Swedana Potali Facial
<b>Day 2</b>	Udvartana, Mukhlepa
<b>Day 3</b>	Abhyanga, Shastika Shali Pinda Sweda Potali Facial

**Lavanya** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhayanga steam Potali Facial which releases stress and opens the pore on your skin to receive the benefit of nourishing therapies
- This is followed by Shastika Shali Pinda Sweda and Ayurvedic Facial

### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App

### BENEFITS OF THE PROGRAM

- Removes toxins from deep pores
- Balances Vrajak Pitta on skin
- Adds radiance to your skin
- Reduces signs of ageing and dullness
- Naturally improves skin elasticity
- Relaxes you and reduces stress

### BOOK YOUR PROGRAM TODAY!

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**T&C apply\* Package price applicable till 30th June 2019.**



# मोक्ष

(Liberation)

DETOX ● NOURISH ● REJUVENATE

(3 NIGHTS & 4 DAYS)



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## MOKSHA

Moksha unties knots deep in your body and mind, letting you release stress and relax. Special herbal massages and steam therapies in this program replenishes you with Prana energy, as you feel your stress melt away. Moksha is a combination of our signature Ayurvedic therapies and massages that detoxify your body, rejuvenate your mind and nourish your soul to bring you into a state of wellbeing.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 3 nights & 4 days | **Cost: Double** INR 34,600\* | **Individuals** INR 19,550\*



### TREATMENT JOURNEY

- |              |                                    |
|--------------|------------------------------------|
| <b>Day 1</b> | Abhyanga, Swedana<br>Shiroabhyanga |
| <b>Day 2</b> | Shirodhara, Nasya                  |
| <b>Day 3</b> | Padabhyanga, Shirodhara            |
| <b>Day 4</b> | Pidichil                           |

**Moksha** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation, your doctor will identify special herbs and oils for the therapy
- Your Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhyanga steam head massage to release stress as well as to prepare your body for nourishment
- This is followed by Shirodhara, Padabhyanga and Pidichil therapies



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App



### BENEFITS OF THE PROGRAM

- Reduces stress and anxiety
- Improves sleep
- Strengthens immunity
- Relieves headaches and pains
- Improves blood circulation
- Helps increase concentration
- Stimulates flow of energy
- Strengthens the heart

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ojas

DETOX ● NOURISH ● REJUVENATE

(2 NIGHTS & 3 DAYS)



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## OJAS

Feel your mind, body and spirit come alive again with our signature wellness treatments. Heal your innerself and recuperate from maladies with our soothing and nourishing Ayurvedic massages and steam therapies. This three-day rejuvenation package will give you a sense of blissful rejuvenation and newness



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 2 nights & 3 days | **Cost: Double** INR 25,600\* | **Individuals** INR 14,300\*



### TREATMENT JOURNEY

- |              |  |
|--------------|--|
| <b>Day 1</b> | Abhyanga, Swedana<br>Shiroabhyanga, Karnpooran |
| <b>Day 2</b> | Shastik Shali, Pinda Sweda<br>& Padabhyanga    |
| <b>Day 3</b> | Pidichil & Nasya                               |

**Ojas** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment
- This is followed by Pidichil and Nasya therapies



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App



### BENEFITS OF THE PROGRAM

- De-stresses and relaxes your body and mind
- Boosts vitality, endurance, and strength
- Stimulates muscles and nerves
- Increases metabolism which increases Ojas
- Improves mood and reduces stress
- Regulates Circadian Cycle

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# शान्ति

(Peace)

DETOX ● NOURISH ● REJUVENATE

(3 NIGHTS & 4 DAYS)



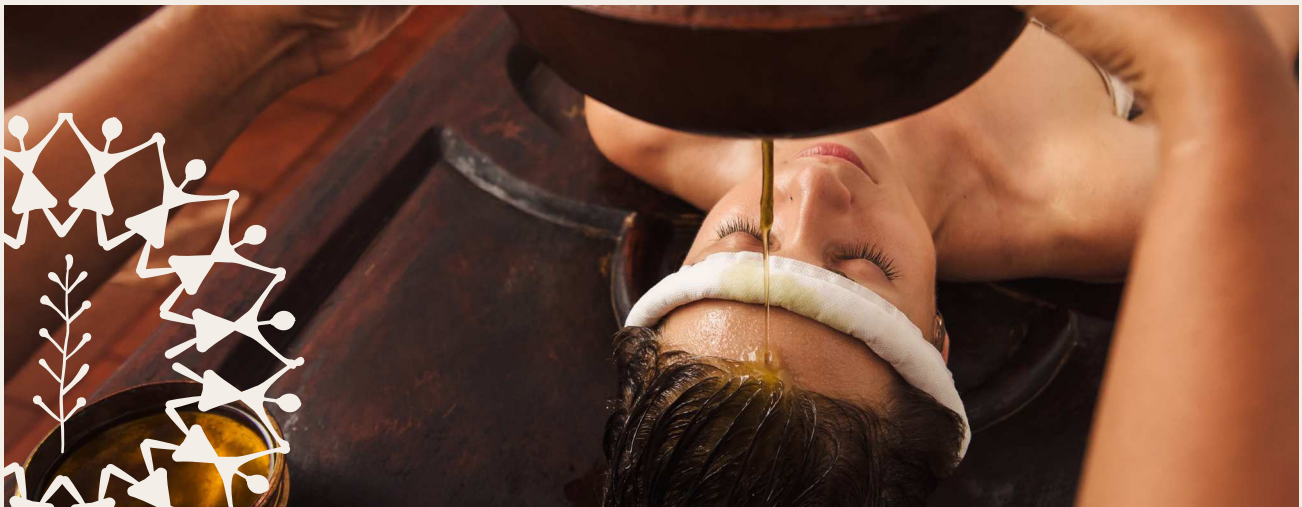
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## SHANTI

Take a break from your busy life and rediscover relaxation. Let us guide you to the state of complete relaxation of the body and mind with this special package. A thoughtfully planned combination of steam, oiling and deep-tissue massage therapies, the Shanti program releases stress and disease causing toxins to maintain Tridoshic balance which calms your mind, body and soul.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 3 nights & 4 days | **Cost: Double** INR 32,900\* | **Individuals** INR 18,700\*



### TREATMENT JOURNEY

<b>Day 1</b>	Abhyanga, Swedana Shiroabhyanga
<b>Day 2</b>	Shirodhara, Nasya
<b>Day 3</b>	Pidichil, Karnpooran
<b>Day 4</b>	Netrabasti, Padabhyanga

**Shanti** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya.

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Your Ayurvedacharya will plan the right diet and recommend customized life-style steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment
- This is followed by Karnapurana, Shirodhara, Nasya, Netrabasti and Padabhyanga



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App



### BENEFITS OF THE PROGRAM

- De-stresses and relaxes your-body and mind
- Stimulates muscles and nerves
- Increases metabolism which increases Ojas
- Boosts vitality, endurance, and strength
- Improves mood and reduces stress
- Regulates circadian cycle
- Improves cardiac health

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# शुद्धी (Purification)

DETOX ● NOURISH ● REJUVENATE

(4 NIGHTS & 5 DAYS)



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## SHUDDHI

Feel your pain wash away with our therapeutic, deep-tissue massages and special therapies for detoxification and pain management. Rediscover vitality with a combination of steam and multi-layered massages which stimulate micro-channels (srotas) in the body to eliminate ama (toxins) and relieve pain. The program is perfect for minor as well as chronic pains.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 4 nights & 5 days | **Cost: Double** INR 40,200\* | **Individuals** INR 23,100\*



### TREATMENT JOURNEY

<b>Day 1</b>	Abhyanga, Swedana Shiroabhyanga
<b>Day 2</b>	Kashaya Basti & Shirodhara
<b>Day 3</b>	Abhyanga, Swedana Shiroabhyanga
<b>Day 4</b>	Kashaya Basti
<b>Day 5</b>	Pidichil

**Shuddhi** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya.

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment
- This is followed by Kashaya Basti and Pidichil therapies for holistic pain relief



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App



### BENEFITS OF THE PROGRAM

- Removes toxins from body channels (srotas)
- Balances vata dosha—the root-cause of pain
- Strengthens joints, nerves and muscles
- Improves blood circulation
- Stimulates flow of energy
- Reduces dependence on pain medication

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