



Yoga Naturopathy-Panchkarma Treatments

Each treatment will be customized for individual client based on Ayurvedic Doctor's advise

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|-----------|-----------------------------|
| 1 | Signature Massage |
| 2 | Abhyanga |
| 3 | Shirobhyang |
| 4 | Shiropichchu |
| 5 | Shirobasti |
| 6 | Shirodhara by oil |
| 7 | Shirodhara by kwath |
| 8 | Shirodhara by buttermilk |
| 9 | Katibasti |
| 10 | Janubasti |
| 11 | Grivabasti |
| 12 | Pristhabasti |
| 13 | Akshi-tarpan |
| 14 | Snehadhara Pinzichil |
| 15 | Karma Puran |
| 16 | Gandoosh Kaval |
| 17 | Sarnvahan |
| 18 | Whole Body Lepa |
| 19 | Lepa-locally |
| 20 | Udvartan |
| 21 | Baluka Saindhav Svedan |
| 22 | Nadi Svedan |
| 23 | Sarvang Vashp Svedan |
| 24 | Shashtik Shali Pinda Svedan |
| 25 | Patra Pinda Svedan |
| 26 | Matra Basti |
| 27 | Nasya |

VEDA-LIFE

Relax . Renew . Revive.



The following VEDALIFE rates include: One Day Accommodation, Wellness Food according to diet prescribed by the Ayurvedic Doctor, Various Therapies such as Naturopathy , Yog, Shatkarma etc. according to ailment.

Accommodation	Facilities
UPWAN DELUXE	Beautifully designed rooms best suited for families or individuals which require larger space. The guestroom can be customized for queen plus single bed or single beds as needed.
RUDRA SUPER DELUXE	Luxury suites most suitable for couples or those requiring separate dining area. Includes all the customized amenities of Upwan Deluxe rooms along with a separate dining table for four and jacuzzi in suite.

All rooms include high-end furnishings, State-of-the-art temperature control to make you feel comfortable in all weather, and beautiful balconies to take in the picturesque views of the Himalayan range. All rooms have a walk in closet, LED television, and tea/coffee maker. Bathrooms have latest technology hydrotherapy showers, bathrobe, slippers and luxury toiletries.

Note: All prices in Indian Rupees.

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