



CGH – Swaswara

Weight loss program – 14N

The Weight Management approach at Swaswara is a deeply personalised Ayurvedic wellness journey that integrates detoxification, yoga, and mindful living to support natural and sustainable weight loss. Rooted in classical Ayurveda, the program begins with an in-depth consultation to determine individual body constitution and metabolic patterns, followed by a customised protocol combining Panchakarma-based detox therapies, dosha-specific nutrition, and daily yoga and meditation practices. The emphasis is on internal cleansing, improving metabolism, and restoring balance through a disciplined yet nurturing environment, where food is treated as medicine and tailored to each individual. A 14-night program focuses on initiating Ayurvedic detoxification and metabolic correction through structured therapies and dietary alignment, while a 21-night program enables a complete Panchakarma cycle with deeper toxin elimination, enhanced metabolic reset, and more sustained weight management outcomes, supported by continuous medical guidance and holistic lifestyle integration.

**** Please note-Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Single – Euro 3905

Double – Euro 5005

Weight loss program – 21N

Single – Euro 5857

Double – Euro 7507

Package Inclusions:

- 🌿 Daily consultations with the Ayurvedic doctors and Yoga instructors
- 🌿 Ayurvedic Curative treatments, medicated oils & herbal concoctions, enaemas, internal medications if & as prescribed by the Doctor
- 🌿 Daily gentle yoga, Pranayama & Meditation sessions
- 🌿 Accommodation and all meals (which will be pure vegetarian & Dosha specific as prescribed by the Ayurveda doctor)

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Warm medicated / herb / spices infused drinking water (as prescribed by the Doctor) in a flask which will be replenished by the restaurant.

Pure cotton pyjamas and kurta to wear during your stay, which are replaced daily and laundered free of cost.

Airport pick-up & drop from Dabolim/Mopa airport

Guided Art & pottery sessions.

Interactive cooking classes for Ayurveda Satvik cuisine.



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