



CGH – Swaswara

Psoriasis – 14N

At CGH Earth SwaSwara, psoriasis is approached not merely as a skin condition, but as a deeper imbalance within the body and mind, aligned with Ayurveda's principle of addressing root causes rather than symptoms. The 14- and 21-night healing journeys are built around their intensive Ayurveda Detox and Panchakarma programmes, which begin with a detailed consultation by experienced Vaidyas to understand one's prakriti (constitution) and imbalances. The treatment progresses through classical preparatory and cleansing therapies such as Snehapana (internal oleation) and Virechana (purification), designed to eliminate accumulated toxins (ama) and restore doshic balance. CGH Earth SwaSwara places strong emphasis on complete personalization—every therapy, diet, and even daily routine is tailored to the individual, supported by a satvik, dosha-specific nutrition plan and guided yoga and meditation practices that work in tandem with Ayurveda. Set along the tranquil Om Beach, the retreat's immersive environment further enhances the healing process, allowing guests to disconnect from external stressors and reconnect with their inner rhythm. .

****** Rates are subject to availability and conversion rates at the time of booking.**





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This integrative approach not only helps reduce inflammation, scaling, and recurrence associated with psoriasis, but also encourages long-term lifestyle transformation rooted in balance, awareness, and sustainable wellbeing

(One treatment per person rates):

Single – Euro 3905

Double – Euro 5005

Psoriasis – 21N:

Single – Euro 5857

Double – Euro 7507

14N Package – Psoriasis: (Two treatments per person)-

Single – Euro 4235

Double – Euro 5500

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21N Package – Psoriasis:(Twotreatmentsper person)-

Single – Euro 6352

Double – Euro 8250

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

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Package Inclusions:

- ✿ 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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