



Swaswara

Rejuvenation therapy – 7N

Our ‘Ayurveda Rejuvenation’ programme addresses health issues arising from the rigors of modern lifestyles. Suitable for overall recalibration or for relief from specific ailments such as arthritic related problems, musculoskeletal problems, back pain, circulation and sinus related problems. The programme is also suitable for those who do not wish to undergo the preparatory procedures of the intense Ayurvedic detox & cleanse therapy such as the ‘Snehapana’ – ingesting of medicated Ghee followed by ‘Virechana’ the purging procedure.

Rejuvenation therapy – 7N

Single – Euro 1988

Double – Euro 2548

Rejuvenation therapy – 14N

Single – Euro 3976

Double – Euro 5096

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



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Package Includes:

- 🌿 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.
- 🌿 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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