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Anandas in the Himalayas

Panchakarma – 7N

Panchakarma at Ananda in the Himalayas is a personalised Ayurvedic cleansing and rejuvenation programme designed to support the body's natural balance and overall wellbeing. The programme follows traditional Ayurvedic principles and is conducted under the supervision of experienced Ayurvedic physicians. It includes a detailed health assessment, personalised Ayurvedic therapies, a prescribed wellness diet and supportive practices such as yoga, pranayama and meditation. The treatment plan is tailored to the individual's constitution, health condition, digestion and specific requirements. Ananda's published Panchakarma programme is offered over 21 nights, with comprehensive and intensive options that differ in the number of included therapy hours. The overall approach focuses on traditional Ayurvedic purification, relaxation and lifestyle balance.

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

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Cost:

Single – USD 12966

Double – USD 20945

Package Inclusion:

- **Pre- arrival consultation with a Wellness Consultant**
- **Pre-arrival diet recommendations and lifestyle guidelines**
- **Consultations with Lead Consultants for your programme - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation.**
- **Physiotherapy Consultation (for Comprehensive Programmes only)**
- **Emotional Wellbeing Consultation (for Comprehensive Programmes only)**
- **Ananda Wellness meals (breakfast/ lunch/ dinner) as per guidance of the Lead Consultant**
- **Access to scheduled wellness activities: Yoga, Pranayama, Meditation, Vedanta talks, Fitness, weekly cooking demonstrations, and weekly treks**
- **Daily use of the Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, and Kneipp Hydrotherapy Foot Bath**
- **Pick up & Drop from Jolly Grant Airport**
- **5% GST include**

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