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SwaSwara

Rejuvenation Therapy – 7N

Ayurveda Rejuvenation at SwaSwara is a personalised wellness programme designed to relieve stress, revitalise the body and mind, and encourage a healthier lifestyle through traditional Ayurvedic principles. The programme combines therapeutic Ayurvedic massages, doctor consultations, a personalised dosha-specific vegetarian diet, yoga, pranayama and meditation. It may be suitable for individuals seeking relaxation and support for concerns such as muscular discomfort, back pain, joint stiffness and stress associated with modern lifestyles. The programme focuses on rejuvenation without the intensive preparatory cleansing procedures used in the retreat's Detox and Panchakarma programme.

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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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Rejuvenation Therapy – 7N

Cost:

Single - Euro 2441

Double - Euro 2651

Package Inclusions:

- **Consultations**
- **Accommodation**
- **Treatments**
- **Massages**
- **Oils**
- **Herbs**
- **Yoga sessions**
- **Meditation sessions**
- **Meals during your stay.**
- **The price includes pick up and drop from Goa's Dabolim Airport and Mopha Airport.**
- **5% GST include**

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