



## ***Ananda Pancha Karma***

### *Rejuvenate with Villa Ananda's Residential Pancha Karma Program*

Pancha Karma is Ayurveda's signature system for detoxifying and rejuvenating all of our bodily tissues and functions. Luxurious and in-depth purifying treatments provide the basis for health, rejuvenation and longevity. In our day to day life, our body and mind accumulate toxins causing deterioration, weakening our systems and opening the door for diseases to develop. Pancha Karma reverses these negative effects by cleansing the body of toxins, improving its functions and restoring our state of balanced health.

Includes customized nutrition, juice fasting, herbal teas, personalized Ayurveda therapies, tandem massage, Aromatherapy and Yoga Meditation, all within Villa Ananda's exquisite ambiance.

One week prior to your Pancha Karma, you begin the preparation process of Purva Karma (pre-Pancha Karma) which includes internal oleation, dietary adjustments and Triphala. This essential process aids in loosening toxins lodged in the tissues for their further elimination from the GI tract. Before your arrival you will receive a simple set of instructions on how to follow the Purva Karma.

Each day of our seven-day Ananda Pancha Karma, we focus on a different organ system. Generally we move through the week as follows, although each program is tailored to individual needs:

- Day 1 Digestion
- Day 2 Liver/Gallbladder
- Day 3 Kidneys
- Day 4 Respiratory
- Day 5 Circulatory System
- Day 6 Immune System
- Day 7 Reproductive System





## *Diet*

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The first 3 days of your Pancha Karma consist of a light fast of fresh vegetable juices and herbal teas for the specific organ system and body type along with a delicious Goddess Soup, an immune booster vegetable herbal puree. You will feel renewed as the digestive system is given a rest allowing for a deeper process of detoxification. Fresh fruits, spiced oatmeal, kitchari (mung beans and basmati rice) and steamed vegetables are introduced after the third day. All recipes are created for each individual body type. The food is prepared and served with love and gratitude for the healing that provides.

## *General Daily Treatments*

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Yoga and Meditation  
Colon Cleanse  
Aromatherapy Steam  
Skin Brushing  
Body Treatment: Tandem Oil Massage w/ Forgiveness Ritual  
Aromatherapy Chakra Anointment  
Color Therapy  
Shirodhara

Every day begins with Yoga Meditation to relax the body and calm the mind in preparation for the purifying treatments. Generally the first 3 days we administer a gentle herbal Colon Cleanse with body type specific herbs. Body Treatments following the cleanse may include those listed above as well as Udwartan, Pizichili, Kutir Experience or Herbal Body Wraps. All treatments use Aromatherapy and herbal medicated oils. We have over a hundred pure essential oils and a variety of base oils including organic sesame seed, coconut, jojoba, almond that are used to create a balancing blend specifically made for you.

In the afternoon, additional treatments may be administered based on individual:

Aromatherapy Inhalation  
Lepa - hot herbal paste on kidneys  
Organic Facial  
Basti

We begin at 8 am and finish around 3pm. This allows time for you to rest, swim, journal or walk on the beach. Ananda Pancha Karma is a very personalized, nurturing program that deeply cleanses the body tissues. Often when going through the process, emotions rise to the surface and are released. Guests experience a sense of lightness, clarity and openness as they progress through the week.



## Ananda Pancha Karma Cost

*7 Day Ananda Royal Pancha Karma:*     \$4500 usd

8 nights lodging, 7 Days of Treatments, Food, Yoga, Transportation to and from airport.

*6 Day Ananda Pancha Karma:*             \$4000 usd

7 nights lodging, 6 Days of Treatments, Food, Yoga, Transportation to and from airport.

*5 Day Ananda Pancha Karma:*             \$3500 usd

6 nights lodging, 5 Days of Treatments, Food, Yoga, Transportation to and from airport.

Additional night stay may be arranged at a cost of \$200 per night including Food and Yoga.

50% deposit is required upon booking and remaining 50% due 30 days prior to your scheduled arrival. Full refund is available for cancellation received 30 days prior to your scheduled arrival. If notice of cancellation is received within 30 days prior to arrival, 50% of deposit received may be applied to Pancha Karma services within one year of originally scheduled Pancha Karma. Remaining 50% of deposit is non-refundable.

*Thank you for your inquiry. We would love to share the beautiful art and science of Ayurveda and support you on your journey of balanced health and Self-discovery in the tranquil paradise of Villa Ananda.*

~ Om Shanti ~

