



Ananda Pancha Karma Therapies

Rejuvenate with Villa Ananda's Residential Pancha Karma Program

Every day begins with Yoga Meditation to relax the body and calm the mind in preparation for the purifying treatments. Generally the first three days involve light fasting and gentle herbal Colon Cleanse. Body Treatments following may include Skin Brushing, Tandem Oil Massage w/ Forgiveness Ritual, Aromatherapy Chakra Anointment, Color Therapy, Shirodhara, Aromatherapy Steam, 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 and almond that are used to create a balancing blends. Additional treatments may be administered including Basti, Aromatherapy Inhalation, hot herbal paste on kidneys, Organic Facial.

Herbal Colon Cleanse

Gently removes accumulated toxins, tonifies and nourishes the colon using body type specific herbal tea and medicated oils. Abdominal massage and breathing techniques are done to aid in the flow of this cleansing process. It is administered with Colema board gravity system with duration of maximum 1 hour.

Tandem Skin Brushing

Skin brushing is a unique Villa Ananda indulgence, a nurturing way to begin bodywork treatments. Administered by two therapists to increase circulation and prepare skin for oil massage.

Tandem Aromatherapy Massage

Performed by two therapists working together with synchronized fluid movements. Personalized oil blend, soothing music and the sound of the ocean guide your mind and body to a place of quiet rest and deep relaxation during this exquisite experience.





Chakra Aromatherapy Anointment

Chakras are the seven energy centers along the midline of the body affecting our physical, emotional and spiritual well being. After massage treatment, seven different blends of essential oils are applied to each Chakra with a rhythmic massage technique followed by placement of colored bandana to open Chakra and support a consistent flow of energy.

Shirodhara

Shirodhara is a continuous stream of warm oil applied gently onto the third eye area of the forehead. This soothing therapy relieves stress, improves mental clarity and creates ecstatic feelings of peace and joy. Shirodhara is administered after Tandem massage as it deeply calms the nervous system.

Aromatherapy Steam

(borra este: After your bodywork), Experience this ancient technique of applying warm medicated oils to your head and face using a gentle pressure point massage while relaxing in a steam cabinet. Perspiring with added essential oils helps to eliminate toxins through the skin creating a feeling of lightness and blissful relaxation.

Pizhichili

Pizhichili is a sumptuous treatment said to be the most beneficial for rejuvenating the nervous system and strengthening our inner fire. Warm herbal oil is continuously poured over the entire body by two therapists, using uniform movements and pressure. It is a grounding and nurturing treatment that improves body luster and beauty and promotes longevity.

Udwartan Herbal Body Glow

This luxurious treatment administered by two therapists stimulates, detoxifies and exfoliates the skin. Treatment begins with skin brushing, followed by an herbal and essential oil blend of freshly ground lavender, rose petals, cardamom and oatmeal made especially for your skin type. The dried powder is applied to entire body using rhythmic massage strokes. Herbs are brushed off and Aromatherapy body massage ends this glowing experience.





Herbal Body Wrap

Treatment begins with Aromatherapy body massage followed by cloth wrapping. The wraps are soaked in a special herbal brew of eucalyptus, rosemary, camphor, juniper berries and orange peel that is prepared the night before. Once fully wrapped, warm herbal brew is poured continuously over the body deeply tonifying and nurturing the tissues.

Kutir Experience

A transformational experience that enhances our perception, purifies the mind and renews our connection with Self. Treatment is done during day of silence inside Villa Ananda's Kutir, an especially built meditation hut devoid of sensory stimuli creating a deep feeling of inner awareness. Experience includes Om Chanting, full body oil anointment, Body Wrap, Sound healing and Aromatherapy bath.

Color Therapy

Color is a vibration that is constantly affecting us in our daily lives. By applying different colors to specific organs and energy centers of the body, our healing capacity is enhanced, creating a positive balance and flow of energy within. Villa Ananda's Color Therapy is done inside the Kutir, an especially built meditation hut devoid of sensory stimuli. Frequency and duration of therapy varies.

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 ~

