

The Windflower Resorts & Spa - Mysore.
Rates For Panchakaram Package For 6 nights & 7 days

MYSORE | COORG | BANDIPUR | VYTHIRI | PONDICHERRY | BANGALORE | SATTVA

Room Type	Occupancy	Package (Price) INR
STUDIO	Single	98000
	Double	174300
PREMIUM STUDIO	Single	141000
	Double	183400
SUITE	Single	125300
	Double	200900
JUNIOR VILLA	Single	157500
	Double	238700
VILLA	Single	186900
	Double	260400

* Prices are excluding taxes

PANCHAKARMA PACKAGE

Panchakarma is a Sanskrit word that means “five actions” or “five treatments”. This is a process used to clean the body of toxic materials left by disease and poor nutrition. Normally the body has the innate ability to efficiently process and remove these waste materials, including the vitiated doshas. However due to one’s repeated dietary indiscretions, poor exercise patterns, lifestyle, and genetic predisposition the digestive enzymes, metabolic co-factors, hormones, and agnis which regulate the body’s internal homeostasis become disorganized. This can lead to the accumulation and spread of toxins throughout the physiology resulting in disease.

This waste matter is called ama in Ayurveda. Ama is a foul-smelling, sticky, harmful substance that needs to be completely evacuated from the body. Panchakarma will remove the excess doshas and correct imbalances in them as well as eliminate the harmful ama out of your system through the body’s own organs and channels of elimination (colon, sweat glands, lungs, bladder, urinary tract, stomach, intestines, etc). Panchakarma purifies the tissues at a very deep level. It involves daily massages and oil baths, herbal enemas, nasal administrations. It is a very pleasurable experience. Ayurveda recommends Panchakarma as a seasonal treatment for maintaining mental and physical hygiene and balance.



For Reservations Contact : 9980555453 / spa.mysore@thewindflower.com

The Windflower Resorts & Spa - Mysore.
06 Nights & 07 Days Panchakarma Virechana Package
Treatment Inclusions

Day	Morning Treatment	Evening Treatment
1	Check In & Doctor Consultation	Abhyanga & Snehapana (Ghee Consumption)
2	Snehapana(Ghee Consumption)	Minor Treatment/Beauty Therapies
3	Snehapana(Ghee Consumption)	Minor Treatment/Beauty Therapies
4	Abhyanga	Minor Treatment/Beauty Therapies
6	Abhyanga & Virechana	Reset
7	Minor Treatment/Beauty Therapies	Check - Out

NOTE:

- These treatments are indicative and are subject to change on Doctor's Consultation
- Treatments are prescribed based on the body constitution of the individual
- Any Treatments not included in the package will be charged extra as per tariff
- All Meals (Breakfast, Lunch & Dinner)
- Package Starts with Lunch & ends with Breakfast



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