

Detox & Cleansing

Sample Daily Schedule

Day of Arrival:

3pm: Welcome ceremony

4pm: Consultation

5.30pm: Abhyanga massage

8pm: Detoxing dinner

Sample Full Day:

7am: Herbal/Ayurvedic tea or fresh juice

9am: Morning walk or Group Yoga

10am: Detoxing breakfast

11.30am: Choorna Sweda

2pm: Detoxing lunch

4.00pm: MukhLepa Ayurvedic facial

5.00pm: Herbal/Ayurvedic tea or fresh juice

5.30pm: Yoga/Meditation

8pm: Detoxing dinner

Day of Departure:

7am: Spa treatment

8.30am: Detoxing breakfast

11am: Final consultation

12pm: Transfer to airport

Sample Treatments & Movement Therapies

MukhLepa: A traditional Ayurvedic facial using medicated herbs to cleanse and restore radiance. A dosha-specific mask and scrub help to deep cleanse, exfoliate and revitalise the skin.

Abhyanga: Ayurveda advises a massage with warm herbal oils as a part of daily life. Abhyanga means 'to anoint' and here specific oils are chosen for the head and body according to dosha type. A wonderful whole body massage is then performed in sync by two therapists. Deeply cleansing and rejuvenating, the healing oils and traditional massage techniques relieve stress and help improve the overall appearance of the skin. This massage helps to harmonise imbalances in all three doshas.

Pizhichil: In this traditional anointing treatment from Kerala, warm Ayurvedic oils are dripped from saturated cotton cloths over the entire body before being rhythmically massaged in by four hands. This deeply cleansing treatment has an extremely rejuvenating effect, improving blood circulation, strengthening the skin, alleviating stiff joints and retuning the nervous system.

PindaSweda: Performed according to dosha type, this massage utilises warm medicated oils and warm bundles of herbal powders, fresh leaves, lemon or medicated rice. Helps cleanse toxins from the body, improve circulation and soothe sciatica, rheumatism and other musculoskeletal issues.

Panchakarma Cure: Panchakarma detoxifies and restores the bodies inner balance and vitality. It includes a number of treatments including therapeutic sweating, followed by a suitable cleansing, such as Virechana (purging), Nasyam (stimulates nerves and brain functions) and, Vasthi (an enema treatment). The full Panchakarma cure can be undertaken at Amanbagh with a minimum seven-night stay