



Pics courtesy: Tapasya Ayurvedic Health Resort

(Top) The welcoming fountain at entrance to the main lobby area; (Above) One of the resort's Ayurvedic treatment rooms

management teams and is an ideal facility for introspection or for conducting coaching and mentoring sessions. "The place can also be used for conducting strategic planning and goal-setting programs, brain-storming workshops, seminars/conferences or just to enliven your spiritual side through Yoga and Meditation," adds Vasanth. The signature package offered here is called *Tanmaya* which focuses on weight reduction and you can opt for package durations of 8,

15 or 28 days. The specialised treatments offered include massages with medicated oil followed by massages with specialised medicated course powders, followed with *virechana* that helps in weight-loss and reduces obesity while improving skin tone and complexion. The program includes *udwarthana*, yoga, customised naturopathy diet, *pranayama* sessions and counselling. Incidentally the *udwarthana* treatment is a specialised herbal treatment

for weight reduction where a herbal paste mixed with medicated oils is applied all over the body. The massage itself follows a specific pattern and movement and is done by two therapists for 45 minutes. There are also tailor made yoga and *pranayama* sessions and the package includes a customised diet chart and counselling sessions with experienced doctors.

AYURVEDA TREATMENTS

The resort also offers *panchakarma* a holistic cleansing method that helps to eliminate vitiated *doshas* (*vata*, *pitta* and *kapha*) from the body. This is a five-step procedure – *vamana*, *virechana*, *nirooha*, *anuvasana* and *nasya* and helps eliminate toxins from the body and to improve immunity. The rejuvenation therapies on offer include the popular *shirodhara*, an ancient Ayurveda treatment where medicated oil with herbs is poured steadily on the forehead to soothe and relax you. This treatment has a direct impact on the nervous system and calms and cleanses the mind