



A WEEK OF AUTHENTIC  
AYURVEDIC BEAUTY





Enhance your  
*Pancha Kalyana*  
and enjoy a therapeutic week  
at Heritance Ayurveda





### Day 1 *Relax the mind, body and soul*

Reduce body muscles tension, improve blood circulation, relax body and mind, and gain quality sleep with a,

- **Consultation with an Ayurveda Doctor**
- **Synchronous body, face, and foot massage**
- **Herbal bath**

### Day 2 *Pamper your skin*

Enjoy facials that are customised for skin problems like pimples, rosacea etc. Reduce excess fat accumulation, deep clean the body, prepare skin for upcoming treatments with a,

- **Powder intensive body massage**
- **Steam bath**
- **Ayurvedic facial - Inhalation, face scrub, face massage, and face pack**

### Day 3 *Body detox*

Remove toxins from the body, balance the Pitta Dosha and improve your skin condition with,

- **Virechana karma**
- **Synchronous body, foot, and face massage**
- **Face and eye pack**





Day 4 *Healthy hair and a relaxed mind*

The body wrap removes toxins, treats skin conditions like acne, psoriasis, pruritus, aged skin, and dull skin. The head wrap treats hair loss, dandruff and helps get a good night's sleep.

- **Powder intensive massage**
- **Steam bath**
- **Customised body wrap**
- **Head massage**
- **Customised head wrap**

Day 5 *Continuation of Day 4*

Enjoy facials that are customised for skin problems like pimples, rosacea etc. Reduce excess fat accumulation, deep clean the body, prepare skin for upcoming treatments with a,

- **Intensive body massage**
- **Customised body wrap**
- **Face massage**
- **Herbal bath**
- **Customised head wrap**

**Day 6** *For glowing skin*

Nourish your skin and muscles, reduce dryness and wrinkles, and give your skin a healthy glow with,

- **Milk rice body massage**
- **Warm milk bath**
- **Ayurveda facial - inhalation, face massage, face pack**
- **Pedicure treatment**

**Day 7** *Continuation of Day 6*

Enjoy facials that are customised for skin problems like pimples, rosacea etc. Reduce excess fat accumulation, deep clean the body, prepare skin for upcoming treatments with a,

- **Face massage**
- **Foot massage**
- **Milk rice body massage**
- **Milky flower bath**
- **Face and eye pack**





Treatments on available on request

- **Facial acupuncture**
- **Akshi tarpana**
- **Facial yoga**



*Autken Spence*  *Hotels*