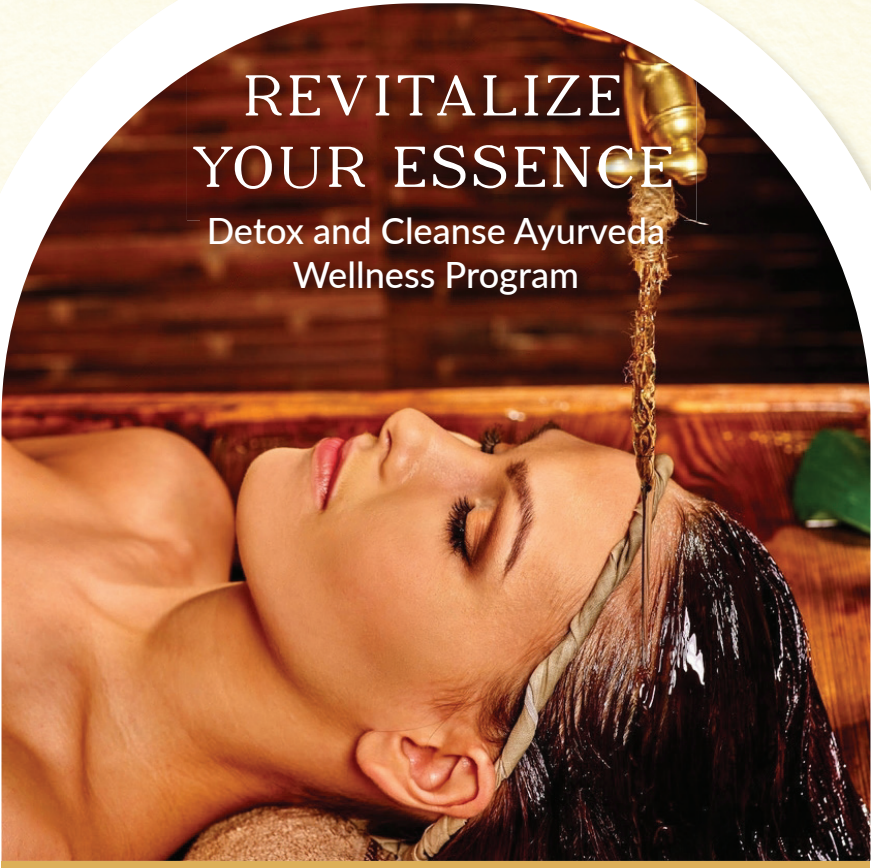


REVITALIZE YOUR ESSENCE

Detox and Cleanse Ayurveda
Wellness Program



"Embark on a transformative journey with our Detox and Cleanse Ayurveda Wellness Program, available in 7, 14, and 21-night packages. Rooted in the timeless wisdom of Ayurveda, this program offers a comprehensive approach to detoxify your body, mind, and spirit. Experience a blend of traditional Ayurvedic detox therapies, nourishing nutrition, and rejuvenating practices, all within a serene and healing environment. Whether you choose a week-long refresh, a two-week renewal, or an immersive three-week transformation, our program is designed to guide you towards a harmonious balance of wellness."

Connect with Us: For more information,
visit our website

[Click here for more information](#)

Reach out to us at +917011771226
Begin your journey to wellness with Ekaanta

Program Elements and Benefits

Ayurvedic Detox Therapies:

"Delve into personalized Ayurvedic therapies like Panchakarma, tailored to your Dosha. Available across all program lengths, these treatments deeply cleanse and rejuvenate your body, promoting detoxification and balance."

Nutritional Ayurvedic Diet

"Enjoy a custom Ayurvedic diet plan, rich in whole, natural foods. Our nutritionists will guide you through a dietary regimen that aligns with your program duration, supporting your body's detoxification and revitalization."

Yoga and Pranayama:

"Participate in daily yoga and Pranayama sessions, expertly aligned with your detox process. These practices, consistent throughout the 7, 14, or 21-night stay, enhance physical cleansing and mental clarity."

Meditation and Mindfulness:

"Embrace meditation and mindfulness practices, essential for a holistic detox experience. These techniques are integral to all program lengths, aiding in stress management and emotional detoxification."

Ayurvedic Lifestyle Workshops:

"Engage in workshops on Ayurvedic lifestyle, available throughout your stay, regardless of its duration. Learn sustainable self-care practices that you can incorporate into your daily life for long-lasting wellness."

Personalized Care and Healing Environment

Individual Wellness Consultations:

"Begin your program with a personalized consultation, ensuring that your detox plan is tailored to your unique health needs, regardless of whether you stay for 7, 14, or 21 nights."

Supportive Healing Environment:

"Our tranquil retreat setting provides a nurturing backdrop for your detox journey. The natural surroundings contribute to the healing process, suitable for any length of stay."

Holistic Health Workshops:

"Explore holistic health through our diverse workshops, designed to enhance your understanding of Ayurveda and wellness. These sessions are beneficial for all participants, regardless of the program duration."

Closing Note:

"Participant Reflection: 'Whether it was a week-long refresh or a three-week transformation, the Detox and Cleanse Ayurveda Wellness Program offered profound physical and spiritual rejuvenation. It's a journey back to oneself.'
- Ishita Bhargava

Duration (Nights)	7 Nights	14 Nights	21 Nights
<i>Ayurvedic Consultations</i>	3	6	9
<i>Personalized Therapy Sessions</i>	14	28	42
<i>Dietary Consultations</i>	3	6	9
<i>Therapeutic Exercise Classes</i>	7	14	21
<i>Mindfulness Sessions</i>	2	4	6
<i>Meditation Sessions</i>	7	14	21
<i>Guided Nature Walks</i>	5	10	18
<i>Nutritional Meals Per Day</i>	4-5/day		
<i>Transportation to and from the station / airport</i>			