



॥ayurveda॥



## AYURVEDA CENTRE AT JIVA SPA- TAJ EXOTICA RESORT & SPA GOA

One of the oldest known concepts of natural healing, Ayurveda is the science or knowledge of life (In Sanskrit, Ayu means 'life' and Veda means 'science or knowledge'). An intrinsic part of our heritage, Ayurveda embraces the physical, mental, emotional and spiritual facets of an individual to deliver holistic wellness.

Over-whelming schedules and the frantic rush of our everyday life has given rise to the need for complete well-being, ideally addressed by Ayurveda. Going beyond the realm of ailments and remedies, Ayurveda philosophizes an all-encompassing lifestyle that keeps the body, mind and spirit in perfect harmony.

The Ayurveda center brings to you a retreat steeped in The Indian wellness principles of healing and rejuvenation. A perfect blend of luxury and authenticity in the most idyllic environs, the programme is in association with Haoma wellness who have worked extensively with clients in over 75 countries to promote Ayurveda on a global platform.

The offerings pivot around therapeutic Ayurveda in consultation with our expert Vaidya (The physician) for Healing. The Ayurveda center provides specialized non-invasive treatments for bones, joints and sports related injuries including curative, rehabilitative and preventive care.

Ayurveda is deeply rooted in the principle that all of us are unique. Each one is born with a distinct design and diverse composition. While there are practices that are considered expedient for most, the focus of Ayurveda is firmly on the individual. We invite you to experience this sanctuary of 'Holistic Wellness' and commence the journey of a whole new.



# AYURVEDA

**CONSULTATION** ( 30 mins )

**ABHYANGA WITH STEAM  
(SWEDA KARMAM)** ( 60 mins )

**CHOORNASWEDAM** ( 30 mins )

**SHIRODHARA** ( 30 mins )

**PADABHYANGA** ( 30 mins )

**NASYAM** ( 30 mins )

**PIZHICHIL** ( 30 mins )

**SHASTIKA SALI PINDA SWEDAM** ( 30 mins )

AYURVEDA THE KNOWLEDGE OF LIFE AND LONGEVITY IS PERHAPS THE OLDEST EXISTING BODY OF KNOWLEDGE ON THE HEALING PROCESS. A HOLISTIC KNOWLEDGE SYSTEM, AYURVEDA DEALS WITH NOT JUST THE PHYSICAL BUT ALSO THE MENTAL, THE EMOTIONAL, THE SPIRITUAL AND THE ENVIRONMENTAL ASPECTS OF WELL-BEING. IT IS THE MULTI-DIMENSIONAL ASPECT THAT MAKES AYURVEDA TRULY UNIQUE. AYURVEDA FURTHER DEFINES HEALTH AS HAPPINESS AND DISEASE AS SORROW. IT HAS A TWO-FOLD OBJECTIVE- TO ATTAIN 'SUKHA' HAPPINESS AND MORE IMPORTANTLY PROLONG THE STATE OF BLISS

### **CONSULTATION** Duration – 30 Mins

Ayurveda believes that every one of us is unique; there is no established prescription or program. We respect the individual in 'you' and formulate a course of treatment only after a personalised consultation with our expert vaidyas. The prescribed plan includes treatments that are administered by our deft therapists with a meld of time-tested medicated oils and herbs. For the long term, our specialists also offer suitable advice on your lifestyle befitting your health conditions.

### **ABHYANGA** Abhyanga with steam (sweda karmam) Duration – 60 Mins

More than simply a massage, Abhyanga is a therapy where medicated herbal oil is applied in the downward direction using gentle strokes. Regularly soaking the body in this signature oil results in a series of benefits such as healthy appetite, alertness, peaceful sleep and reduced stress. You will find yourself feeling less fatigued, free of muscle aches and enjoy stronger immunity. The glowing skin is just the cherry on top!

### **CHOORNASWEDAM** Duration – 30 Mins

Choomaswedam is a specialist therapy in Ayurveda where in choorna means a coarse powder of medicinal herbs and swedam means fomentation. Swedam is tendered by applying warm poultices on the body using sturdy movements. This procedure causes perspiration, which helps open up pores, regulates blood circulation, eliminates toxins and aids in weight reduction.

### **SHIRODHARA** Duration – 30 Mins

Shirodhara is a classical Ayurvedic procedure in which lukewarm herbal oil is poured in an even stream on the forehead at a specific temperature, height and time to pacify and revitalize the mind and the body. This therapy induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.

### **PADABHYANGA** Duration – 30 Mins

Padabhyanga is a traditional ritual which involves deep kneading movements along pressure points on the feet and concludes with fomentation using warm towels. This procedure strengthens the joints and soft tissues, enhancing blood circulation which eases the stress in your feet and revitalises the nervous system.

### **NASYAM** Duration – 30 Mins

Nasyam is an effective Ayurvedic procedure where medicated concoctions are administered through the nostrils as drops or a paste. The ritual begins with a gentle massage and fomentation of the face, neck and shoulders which helps improve circulation and liquefy toxins. A medicated smoke and gargling with a herbal decoction follows. This technique helps detoxify the upper body especially the sinuses and the nasal passage. It stimulates the nervous system, strengthens the scalp and prevents inordinate weight loss.

### **PIZHICHIL** Duration – 30 Mins

Pizhichil is an important treatment of Keraliya Pancha Karma Therapy and helps regulate circulation of all body fluids, unclogs pores and drains toxins. The treatment involves oleation and fomentation of the body with medicated oils and decoctions using synchro-nised movements. The oils percolate into the muscles reducing stiffness and strengthening the musculoskeletal system.

### **SHASTIKA SALI PINDA SWEDAM** Duration – 30 Mins

A rejuvenating therapy, Shastika Sali Pinda Swedam is tendered using poultices (kizhi) made of Shashti Rice (Navara rice) processed in a herbal decoction and milk. This procedure nourishes the tissues and reduces pain. It enhances flexibility of the joints and draws the body into a deeper state of relaxation resulting in peaceful sleep.

## **SPECIAL CONSIDERATIONS**

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during Ayurveda treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds/oils used during some treatments may stain skin or clothing.
- Rest and void vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Please inform the doctor of any medical condition for greater comfort during Ayurveda treatments.
- As a policy we do not offer Ayurveda treatment to pregnant women.
- Entry to Jiva is at guests' own risk and although strict policies and procedures are implemented to maximise safety, Jiva, its employees and representatives, will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing Ayurveda treatments.

## PANCHAKARMA

Panchakarma is an authentic ritual prescribed in ancient Ayurveda scripts which yields wide-ranging benefits including elimination of toxins, strengthening metabolic activity and immunity, alleviating stress and slowing down the process of ageing. Authentic Panchakarma has 3 stages of therapy:

- a. Poorva Karma - preparing the body for detox and rejuvenation.
- b. Pradhana karma - specific detox, de-stress treatment.
- c. Paschat karma - ritual to bring the body back to its harmonious state.

To reap maximal benefits, Panchakarma is prescribed for a minimum of 21 sessions.

In case of a specific health condition, the vaidya will prescribe a customised package to accommodate the healing process of the ailment. The details of the program will be explained by the physician only after a detailed assessment of the individual.

<b>PACKAGE</b>	<b>DETAILS</b>	<b>SESSIONS</b>
Experiential Package	A relaxing package spanning 2 nights 3 days	5 Sessions
Rejuvenation Package	7 days package	19 Sessions
De-stress, detox, Rejuvenation Package	14 days package (Including Diet consultation)	43 Sessions
Nidra ( Sleep Disorders) Wellness Package	14 days package (Including Medical consultation & Diet consultation)	48 Sessions
Asthi Dhatu ( Bones, Joints & Ligament Disorders) Wellness Package	14 days package (Including Medical consultation & Diet consultation)	26 Sessions
Swasthya ( Lifestyle Disorders) Wellness Package	21 days package (Including Medical consultation & Diet consultation)	26 Sessions
Panchakarma Package	21/28 days package (Including Medical consultation, Diet Planning & Treatments)	49 / 63 Sessions











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GOA

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# PRICES



## AYURVEDA

Consultation	30 Minutes	₹ 1200
Abhyanga With Steam (Sweda Karmam)	60 Minutes	₹ 6000
Choomaswedam	30 Minutes	₹ 4500
Shirodhara	30 Minutes	₹ 4500
Padhabhyanga	30 Minutes	₹ 3200
Nasyam	30 Minutes	₹ 4500
Pizhichil	30 Minutes	₹ 6500
Shastika Sali Pinda Swedam	30 Minutes	₹ 6500

## PACKAGES

Experiential Package	2 Nights 3 Days	₹ 27000
Rejuvenation Package	7 Days	₹ 72000
De-stress, Detox, Rejuvenation Package	14 Days	₹ 180000
Nidra (Sleep Disorders) Wellness Package	14 Days	₹ 178700
Asthi Dhatu (Bones, Joints & Ligament Disorders) Wellness Package	14 Days	₹ 129200
Swasthya (Lifestyle Disorders) Wellness Package	21 Days	₹ 217200
Panchakarma Package	21 / 28 Days	₹ 210000 / 270000

•Prices are in Indian rupees, subject to applicable government taxes.