



Panchkarma

programme

Panchakarma at VILEEN is the ultimate Ayurvedic detoxification of the body. Panchkarma translates to 'five actions', which in this treatment are five cleansing techniques. It is deeply rooted in the foundational principles of Ayurveda, which view health as a state of equilibrium among the three doshas: Vata, Pitta, and Kapha. These doshas represent distinct bio-energetic forces governing various aspects of our physiology and psychology. When these doshas fall out of balance due to factors like stress, diet, environmental influences, or lifestyle choices, it can lead to ailments and discomfort. Panchakarma's primary objective is to restore this delicate equilibrium. It also maintains balances of Doshas, digestive fire, life span, immune status, health conditions and many other factors.

Panchakarma Programme Inclusions



Daily yoga, fitness and leisure activities



All meals according to a diet plan prescribed by the expert physician



Unlimited use of pool and steam facilities



Authentic ayurvedic treatments prescribed by Physician after the dosha analysis



Holistic healings like Sound, Crystal, Pranic and Reiki healing prescribed by Physician

Duration of stay

7 Nights

Single Price: **INR 316800**
Double Price: **INR 440300**

Inclusions

- 7 nights' accommodation
- All wellness meals (starting with Lunch on the day that you arrive)
- 10 Wellness therapies prescribed by in-house Ayurvedic doctor
- Activities at VILEEN (Spiritual talk, Aqua yoga, Nature walk, Gym, Meditations, Kriyas etc.)
- Wellness Consultations (pre-arrival, on-site & departure)

Duration of stay

14 Nights

Single Price: **INR 633500**
Double Price: **INR 880500**

Inclusions

- 14 nights' accommodation
- All wellness meals (starting with Lunch on the day that you arrive)
- 24 Wellness therapies prescribed by in-house Ayurvedic doctor
- Activities at VILEEN (Spiritual talk, Aqua yoga, Nature walk, Gym, Meditations, Kriyas etc.)
- Wellness Consultations (pre-arrival, on-site & departure)

Duration of stay

21 Nights

Single Price: **INR 950300**
Double Price: **INR 1320800**

Inclusions

- 21 nights' accommodation
- All wellness meals (starting with Lunch on the day that you arrive)
- 38 Wellness therapies prescribed by in-house Ayurvedic doctor
- Activities at VILEEN (Spiritual talk, Aqua yoga, Nature walk, Gym, Meditations, Kriyas etc.)
- Wellness Consultations (pre-arrival, on-site & departure)

Duration of stay

28 Nights

Single Price: **INR 1267100**
Double Price: **INR 1761000**

Inclusions

- 28 nights' accommodation
- All wellness meals (starting with Lunch on the day that you arrive)
- 50 Wellness therapies prescribed by in-house Ayurvedic doctor
- Activities at VILEEN (Spiritual talk, Aqua yoga, Nature walk, Gym, Meditations, Kriyas etc.)
- Wellness Consultations (pre-arrival, on-site & departure)

** Actual number and timings of therapies, sessions and consultations will vary depending on overall treatment prescribed. The Wellness Programme consists of Ayurvedic therapies, western treatments, and Yoga and meditation. Based on the assessment by the Wellness Expert, modifications can be made as per requirements to achieve programme goals. The wellness cuisine menu and programme as decided by the Wellness Expert are mandatory for the participants. Any additional orders from the a-la-carte cuisine or spa menu will be chargeable.*

(inclusive of all taxes)