

## HEALING WITH AYURVEDA & WELLNESS SPA PROGRAM- 3-21 DAYS

A perfect way to boost your immune system and improve vitality. We have a series of well researched outcome based Ayurveda & Wellness Programs spanning from 3 to 21 days. Our wellness experts and doctors will guide you to select suitable programs based on your unique health and lifestyle requirements. Limited slots available.

### Our exclusive Ayurveda and Integrated Wellness programs for 3 days to 21 days

#### Experience Ayurveda – 3 days (Rs 15000)

A three days customized Ayurveda program to introduce Ayurvedic wellbeing. Your basic body type (Prakrithi) and present imbalance (Vikrithi) will be analyzed by our Ayurveda experts and an effective bespoke treatment plan will be designed. Abhyanga, Herbal Pouch therapy, Shirodhara, Indian head massage are some of the therapies in our repertoire.

#### Rejuvenation Package - 5 days (Rs 25000)

A perfect treatment plan with a large range of Ayurveda and Wellness therapies that will impress you with results of deep relaxation. The result is an invigorated body, calm mind and vigorous immunity.

This package includes various Ayurveda and non- Ayurveda therapies such as Abhyanga, Shirodhara, Aroma /Swedish therapies with body scrubs, head and face therapies and many more.

#### Panchakarma-Detox & Rejuvenation Program (7 days -14 days & 21 days)

Hectic work life, frequent travel, unbalanced lifestyle, and wrong food habits create a flurry of toxins that impede the optimum functioning of the body and mind resulting in disease. Our bespoke Ayurveda Panchakarma programs under the guidance of our helpful Ayurveda doctors help you regain health over 7, 14 OR 21 days. A combination of various types of Snehana (oleation) & Swedana (sweating) along with selected cleansing therapies will assist in eliminating toxins from the system, slow down ageing and promote robust health.

**Panchakarma -Detox & Rejuvenation Package- 7 days- (Rs 38000)**

**Panchakarma Package- 14 Days (Rs 70000)**

**Panchakarma Packages- 21 Days (Rs 90000)**

#### Spa Guidelines

Kindly turn off your cell phones and leave all your valuable in your room safe. We are not responsible for the damage or loss of any personal belonging. Children aged below 16 can avail treatment only under parental supervision.

#### Service Charges

We do not levy any service charge to the cost of treatment. Additional gratuities your therapist is subject to your discretion.

#### Cancellation Policy

In case of any change or cancellation, please notify our Spa / Ayurveda center four hours prior to your scheduled appointment to avoid paying 50% of the cost as a cancellation fee

**Corporate wellness programs are available**

**\* Rates are without GST- Tax will charge Extra**

**\*Prices are shown in Indian Rupees**

**Extention No. 55 Contact No. 0832-2280500**

**SENSES & ELEMENTS WELLNESS SPA & THRIHALA AYURVEDA CENTRE  
Mercure Goa Devaaya Retreat, Divar Island, Goa-403 403,India.**

🌐 [www.saespas.com](http://www.saespas.com) 🌐 [www.thriphala.com](http://www.thriphala.com)



  
**sae spa**  
SENSES & ELEMENTS

**MERCURE**

HOTEL

GOA DEVAAYA RESORT

