



# Discover the Healing Power of Panchakarma

Unlock the Secrets of Ancient Ayurvedic Detoxification



Panchakarma, a cornerstone of Ayurvedic medicine, means "five actions." This transformative detoxification and rejuvenation therapy is meticulously designed to restore balance to both body and mind. By effectively eliminating accumulated toxins (ama), Panchakarma revitalizes bodily functions, enhances immunity, and promotes holistic well-being. Typically spanning two to three weeks, the program is tailored to individual needs.

## 1. Vamana: The Purification of the Upper GI Tract

- Indulge in the therapeutic process of inducing vomiting to cleanse and rejuvenate the upper gastrointestinal tract.

## 2. Virechana: Gentle Purge for Deep Cleanse

- Experience a delicate purgative treatment designed to detoxify the lower gastrointestinal tract and promote overall digestive health.

## 3. Vasti or Basti: Medicinal Enemas for Complete Colon Cleansing

- Rejuvenate with medicated enemas that detoxify and nourish the colon and lower abdomen, fostering internal balance.

## 4. Nasya: Nasal Therapy for Head and Sinuses

- Soothe and purify the head and sinuses with the administration of medicated oils through the nasal passages.

## 5. Raktamoksha: Advanced Blood Purification

- Under strict medical supervision, this specialized technique involves blood purification to address specific health needs.



## Meet Dr. Arun Sudhakar: Your Expert in Holistic Wellness

*A Master of Ayurvedic Healing*

With over 14 years of clinical experience, Dr. Arun Sudhakar is a distinguished Ayurvedic practitioner with a deep specialization in Panchakarma therapies. A graduate of the prestigious Ayurveda College, University of Kerala, Dr. Arun expertly tailors treatments based on individual dosha profiles to restore balance and vitality.

*Luxury Meets Expertise*

Dr. Arun combines profound Ayurvedic knowledge with extensive experience in luxury spa settings, ensuring an unparalleled rejuvenation and wellness journey for every guest.



## Experience Panchakarma at Park Hyatt Maldives Hadahaa

Experience the ultimate wellness journey with our exclusive 14-day Panchakarma program. Experience a transformative retreat with bespoke treatments tailored to your needs and a comprehensive ayurvedic meal plan designed to enhance your well-being. Immerse yourself in holistic rejuvenation and discover a new level of vitality.

**Starting from USD 150++ Per Individual Per Session**

To book your experience please contact Vidhun Spa or Email us at [reservations.parkhadahaa@hyatt.com](mailto:reservations.parkhadahaa@hyatt.com)

**Resort Credit for USD\$ 100 on minimum stay of 14 nights.**

Price is in US Dollars and is subject to 10% service charge and 16% GST, and not applicable with any meal plan or discounts.

\* Participation in the Panchakarma program requires a minimum stay of 14 days, with guests required to select the full board meal plan to adhere to the ayurvedic diet guidelines for a holistic experience