

# Wellness

*Seek for a healthier and more balanced lifestyle with The Fortress*





## WELLNESS AT FORTRESS

*Ayurveda or the "The knowledge of life" is a 5000 year old ancient. In medicine. It uses a holistic approach to bring body, mind and soul into equilibrium with nature and guides us to live a healthier and more balanced lifestyle. It recognizes that we are all unique and ocuses on food, lifestyle, massage, yoga and herbal remedies to suit our individual make-up.*







## AYURVEDA DOCTOR'S CONSULTATION



During your consultation, doctor will address your health concerns from a physical, emotional and spiritual perspective. Your Ayurveda Consultant takes a complete medical and lifestyle history and performs a physical evaluation that looks at the body both as a physical system as well as a field of intelligence reflecting the needs and choices of a person's life. This will include recommendations for diet, stress management, exercise, emotional healing, nutritional and herbal supplements, and sensory modulation



## DETOX, RE-BALANCE AND REJUVENATE



### 14 DAYS PACKAGE

Our re-balance & rejuvenate Program assesses your circadian cycle and works toward harmonizing natural biological clock and enabling systemic healing across the digestive and neuro-muscular system. Treatments such as Marmaabyanga, Chakra and Shirodhara improve circulation and help remove metabolic waste, thereby improving Agni, soothing the nervous system, eliminate fatigue and improve sleep quality.

#### Inclusions of the package

- 1 x Ayurveda Doctor's consultations. (evaluation the body with the body composition analyzer)
- 12 x Full Body Massages 60/90 Mins (Abyayanga massages)
- 2 x Herbal Bath 20 Mins (with indigenous Medicine according to body condition)
- 3 x Herbal Steam Bath 20 minutes (with indigenous Medicine according to body condition)
- 3 x Shirodhara Therapy 110 Mins
- 1 x Herbal facial 75 Mins
- 1 x Herbal Powder Mins (Udvarthana) 90 Mins (effective in reducing cellulite and body weight)
- 2 x Gym Sessions
- 2 x Hatha Yoga and meditation Session

Detoxifying spa treatments include steam and sauna.









## ANTI CELLULITE AND WEIGHT LOSS



### 14 DAYS PACKAGE

Overweight leads to a number of health problems such as diabetes, high blood pressure, cardiovascular diseases, insomnia, joints pain, respiratory problems and a lot more. We have come up with the best of Ayurvedic treatments to help you get back in shape. In our ayurvedic therapy for weight loss, you are treated with some of the most effective ayurvedic ways for weight loss treatments such as udvarthana and pindasweda.

#### Inclusions of the package

- 1 x Ayurveda Doctor's consultations.(evaluation the body with the body composition analyzer)
- 12 x Full Body Massages 60/90 Mins (with Herbal Bundles + Abyayanga massages)
- 2 x Herbal Bath 20 Mins (with indigenous Medicine/According to Body condition)
- 4 x Herbal Steam Bath 20 Mins (with indigenous Medicine according to Body condition)
- 2 x Shirodhara Therapy 110 Mins
- 1 x Herbal facial 75 Mins
- 3 x Herbal Powder Mins (Udvarthana) 90 Mins (effective in reducing cellulite and body weight)
- 5 x Gym Sessions
- 2 x Hatha Yoga and meditation Session

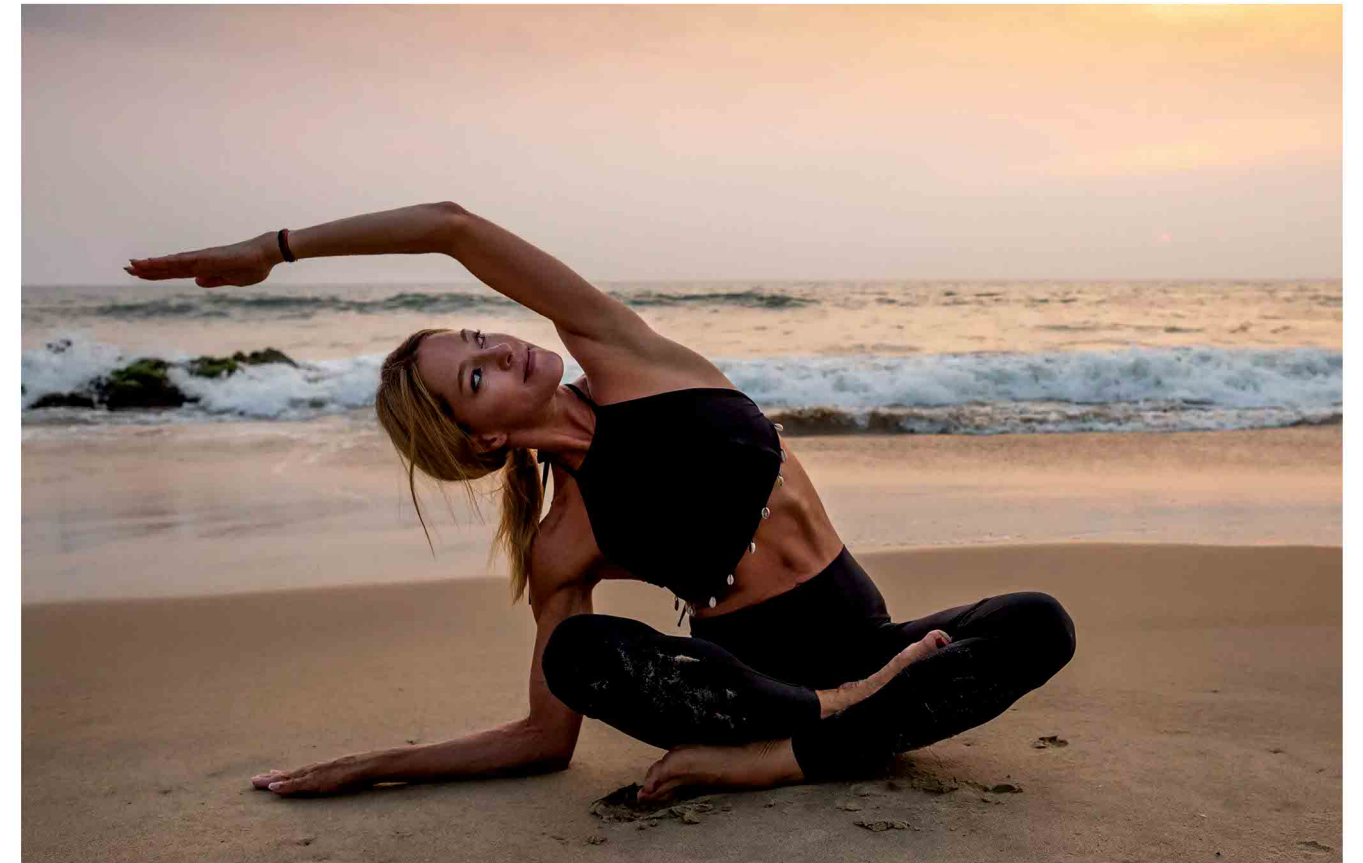
Detoxifying spa treatments include steam and sauna.







## WELLNESS PACKAGE



### 07 DAYS PACKAGE

Carefully crafted package to boost your physical, emotional and spiritual wellbeing. Ayurvedic treatments help to balance the energetic constitution of the entire body as a preventative measure.

#### **Inclusions of the package**

- 1 x Ayurveda Doctor's consultations (evaluation the body with the body composition analyzer)
- 6 x Full Body Massages 90 mins (Abyayanga massages)
- 1 x Chakra Massage 45 mins
- 3 x Herbal Steam Bath 20 mins (with indigenous Medicine according to body condition)
- 1 x Shirodhara Therapy 110 mins
- 1 x Herbal facial or Herbal Scrub 75 mins
- 2 x Gym Sessions
- 2 x Hatha Yoga and meditation Session

Detoxifying spa treatments include steam and sauna.



## SAHANA (HEALING) AYURVEDA



### 04 DAYS PACKAGE

If you are experiencing specific areas of discomfort, aches and pain that you would like to address where blood and lymph vessels, muscle and bone tissue meet, our Ayurveda doctor offers treatments that provide swift relief from a range of ailments.

#### Inclusions of the package

- 1 x Ayurveda Doctor's consultations (evaluation of the body with the body composition analyzer)
- 4 x Full Body Massages 60 mins (with Herbal bundles + Abyayanga massages)
- 1 x Herbal pichu (a long, thick layer of cotton wool soaked with warm medicated oil)
- 1 x Herbal Steam Bath 20 mins (with indigenous Medicine according to body condition)
- 1 x Chakra Massage 45 mins

Detoxifying spa treatments include steam and sauna.











*Your luxury travel designer*

# WELLNESS

[fortressresortandspa.com](http://fortressresortandspa.com)

