SWASTHA DETOX AND CLEANSE AT SWASWARA

Swastha is a unique program combining naturopathic principles and ayurvedic treatments. While it is not to be considered a replacement for the Panch Karma' procedure, it can be considered as an eminently suitable alternative. This program is strict and regimented with regards to both activities as well as diet and requires an adherence to the daily schedules drawn up for you by the Naturopathy doctors.

Due to pollution and other environmental factors, toxins constantly build up in the body leading to lack of energy and weight gain. Detoxification is all about resting the digestive system through controlled eating of whole and natural foods, improving the circulation of the blood and lymphatic systems, stimulating the liver to filter toxins from the body, moving the bowels, cleansing the colon and finally nourishing the body with essential nutrients. The goal is to detoxify not just the body of harmful toxins but also the mind of negative thoughts in a controlled and educated manner.

This program has a minimum 14 night stay, as it's the minimum duration required to achieve the desired results. It has been carefully designed to include stimulating and purifying naturopathic therapies and is complemented by curative ayurvedic therapies, yoga, meditation. These therapies are further supplemented by a dosha-specific, pure vegetarian diet to help detox, reduce stress and improve overall health.

Starting with a 5-day fresh fruit / vegetable juice only diet to cleanse the digestive system, the diet moves on to include a raw, and then a cooked diet. The healing process involves herbal medication, juice diet, naturopathic and ayurvedic massages and periodic liberation of toxins using naturopathic warm water enemas.

SWASTHA DETOX AND CLEANSE INCLUSIONS

Duration: Available for 14 nights onwards

- Accommodation in spacious Konkan villas that boast an open inner courtyard and partially open to the sky bathrooms. To make the most of the beautiful natural surroundings only the bedrooms are enclosed so they can be air-conditioned, while the rest of the villa opens out to nature.
- Individual Wellbeing Consultation; Ayurvedic / Naturopathic Consultation

(prior to all body treatments, a consultation is given by the Ayurveda or Naturopathy doctor depending on the treatment)

- The program includes a healthy organic and gourmet cuisine for all meals. For this program, while the diet will be as prescribed by the Naturopathy doctor it will be dosha-specific as per Ayurveda tenets.
- Morning Wake-up signature herbal teas and fresh fruits served at Cocum restaurant between 6am- 7am as per doctor's prescriptions.
- Daily use of the large swimming pool.

SPA PROGRAM

Includes	Minutes	14 nights	21 nights
Daily consultations pre & post treatments with Naturopathy doctors			
A dosha/prakruti analysis by the Ayurveda doctor After the second week, consultations with the Ayurveda doctors, pre and post treatment			
Abhyanga	60	1 session	2 session
Juice detox		5-7 days	7-10 days
Medicated warm water enema		3 sessions	6 sessions
Medicated foot immersion sessions - in the villa(No therapist)	30	12 sessions	18 sessions
Naturopathy wet packs (nourishing abdominal compress)	On a daily basis		
Detoxifying Kanjhi turmeric body wrap	80	1 sessions	1 sessions
Deep tissue Naturopathy therapeutic massage + A medicated steam session	60 15	2 session	3 session
Detoxifying salt glow Naturopathy massage + A medicated steam session	60 15	2 session	3 session
Reflexology for full body + A medicated steam session	60 15	2 session	3 session
Energizing Earth Wrap	75	1 sessions	2 sessions
Detoxifying Banana leaf sauna wrap	60	1 sessions	1sessions
Choornaswedana (Mix of medicated powdered herb pouch massage) or Pathra pinda sweda (Medicated leaf pouch massage)	60	3 session	2 session
Udwarthana – powdered herb massage Or Dhanyamaladhara – pouring of medicated warm	60	3 session	3 session
water over the full body			
Any one of the Dharas – pouring of medicated warm water / buttermilk / milk or oils over the full body			3 session
Special focus yoga sessions per person			
Any one of the Dharas – pouring of medicated warm water / buttermilk / milk or oils over the full body	30	2 session	3 session
Lifestyle diet & debrief with both the Naturopathy & Ayurveda doctors prior to departure		1 session	1 session

Note: All Naturopathy & Ayurveda treatments are chosen to suit the medical needs and physical condition of the guest. Therefore there could be changes in the treatments listed above as also in the number of sessions per treatment. The final decision to make any changes in this program rests solely with the doctors.

DAILY GROUP YOGA & MEDITATION

Activity	Minutes
Morning meditation	30
Morning yoga asanas, parallel group sessions for Level I and II	60
Yoga Nidra/Pranayama/Laughter yoga	30
Evening yoga asanas, group session for intermediate level	60
Evening meditation	30

SCHEDULED ACTIVITIES

Activities	Frequency
Interactive cooking classes	11.30 am
Boat cruise *Remains subject to weather conditions & is not available during Monsoons. This cruise is combined with a guided walking excursion from the town beach to explore Gokarna village & temples.	Once during your stay Weekly * On Thursdays this trip includes a visit to the weekly farmers' market too.
Guided Nature walks	Every morning & evening at 6 am and 4pm - prior booking required
Bird watching with a guide	Weekly, on Wednesday
Guided sessions for art and pottery with our resident artist	Daily, excluding Sundays
Meditative art with our resident artist	12 noon on weekdays only

SWASTHA DETOX & CLEANSE PACKAGE RATES IN INR

The rate includes accommodation in a luxury Konkan villa with a private courtyard garden, all meals, doctor's consultations, daily body therapies, group sessions for yoga and meditation, art & pottery studio, interactive cooking and nature related activities.

Validity 01st Nov 2016 to 30th Apr 2017	Single Occupancy Rate in INR	Double Occupancy Rate in INR
14 Nights	3,71,250	5,75,250
Additional nights pro rata Single & Double.	26,520 per night	41,080 per night

Validity 01st May 2017 to 31st Oct 2017	Single Occupancy Published Rate	Double Occupancy Rate in INR
14 Nights	Rs. 2,78,435	Rs. 4,31,435
Additional night on pro rata	Rs. 19,890	Rs. 30,810

GOA AIRPORT TRANSFER CHARGE : RS. 6500 (ONE WAY)

AVAILABLE AT SWASWARA AT ADDITIONAL COST.

- Swastha being a regimented program, guests can opt to purchase at extra cost only the Ayurveda beauty therapies available on the a la carte menu.
- Private yoga classes of a duration of 1 hour on a one to one basis
- Fruits, juices and tender coconut water out of prescribed diet are subject to Naturopathy doctor's approval
- Additional Boat cruises to explore the nearby beaches or Mirjan Fort without staff escort

TRAVEL SERVICES

SwaSwara offers a seamless travel experience, right from the moment you first land in India, till your journey back home.

AIRPORT TRANSFER

To and fro exclusive transfers from Goa airport in an air-conditioned car will be arranged on prior request at an additional cost.

Please note – The time taken to travel between SwaSwara and Goa airport is approximately 3 ½ hours on the highway with a high number of trfick movement in the late hours. Safety concerns for you and our drivers dictate that we do not arrange or undertake any late night transfers. Our last transfer out of SwaSwara will be at 6 pm and the first transfer from Goa will start at 6 am.

OUR RECOMMENDATIONS FOR A LATE NIGHT FLIGHT DEPARTURE AND ARRIVAL

Departure

If you are departing on a late night flight, we recommend that you check out from SwaSwara at 11 am or earlier, check in to our luxury partner hotel in Goa, explore a bit of Goa, and arrive comfortably for your flight in the late hours of the night.

You could also opt to take the last transfer out of SwaSwara at 6 pm and go directly to the airport. However, Goa airport offers limited facilities, hence, we recommend that you check-in to the hotel in Goa before your scheduled departure time.

Arrival

If you arrive by a late night flight, we recommend that you check-in to any of our luxury partner hotels in Goa for the night. You will be received by the hotel representative and taken to the hotel booked in Goa. SwaSwara's pick up will be arranged from the hotel around 9 am to arrive at SwaSwara for the check-in at 1 pm. We could also arrange for a taxi transfer at 6 am but please note, for an early check-in prior to 11 am, 100% of the previous night charge will be levied.

Accommodation in Goa

Stay in our luxury partner hotels in Goa if you would like to experience the history and culture of Goa, or for a quick overnight or day transit. Whether on your way to SwaSwara or on your return, we can arrange suitable accommodation in Goa at special rates exclusive to SwaSwara guests.

** Please note that the selection of partner hotels are subject to availability.

TERMS & CONDITIONS

- Inclusive of all current Government Taxes. Any revision in taxes will be levied as per the charges prevailing during the time of the stay.
- Check-in time is 1pm and Check-out time is 11am
- Early check-in charges: To guarantee a room any time prior to 11 am, 100% of the 1st night charge will be levied.
- Late check-out – Late check out is subject to availability.

We are located a good 3 ½ hours away from Goa airport and safety concerns for our guests and drivers dictate that we do not provide late night transfers from the resort to Goa. Therefore, the latest departure transfer arranged for by us will be 6 pm and the first arrival transfer from Goa starts at 6 am.

- Child Policy - In order to preserve the tranquility of this unique Indian Spa, we welcome children above the age of 15 years only.
- Use of the Indian spa facilities and therapies are open only to guests who are 18 years and older. However, those under 18 years can take part in all the other scheduled activities like yoga, meditation, treks, art & pottery and use of the swimming pool.

MODE OF PAYMENT

All confirmations are subject to receipt of a credit card authorization form/ wire transfer/ travel company voucher.

To secure your booking a 50% advance deposit to be made using your Credit card online. The balance in full can be settled on arrival directly at the resort.

CANCELLATION POLICY

The Payment must be received before the cutoff date mentioned for reservation, failing which reservation will be cancelled.

Cancellation of a reservation received between 15 days to 07 days prior to arrival date will incur a cancellation charge of 50% of the whole package.

Cancellation of a reservation received less than 07 days to the check in date will incur a cancellation charge for entire length of the stay (Amount paid as advance will not be refunded)

FOR ENQUIRIES AND BOOKINGS. PLEASE CONTACT OUR RESERVATION OFFICE

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