

## CLINICAL CARE

### Initial Consultation & Assessment £45

Initial evaluation by Ayurvedic doctor  
Clinical assessment for dosha imbalances  
Herbal prescription & treatment plan  
Practical tips and dietary advice

### Follow up Consultation & Assessment £35

Continual evaluation by Ayurvedic doctor  
Follow up clinical assessment  
Herbal prescription & treatment plan  
Practical tips and dietary advice

## THERAPIES

### Massage treatments

Abhyanga massage (60 min)	
1 Session	£69
5 Sessions	£59**
10 Sessions	£49**
Abhyanga massage (90 min)	£89*
Udvardana (Dry herbs & oil massage)	£79*
Udgharshana (Herbal powder massage)	£79*
Pizhichil massage (Oil flow massage)	£89*
Marma massage (Vital points massage)	£69*

### Heat treatments

Svedana (Herbal steam)	£49*
Pinda-sveda (Herbal hot compress)	£69*
Valuka-sveda (Hot sand-bag compress)	£69*
Taap-sveda (Hot stone massage)	£69*

## CLEANSING TREATMENTS

### Basti therapy (Colonic treatments) - 8 days £392

8 X Massages - Abdomen, Pelvis & low back  
8 X Steam  
8 X Enemas

### Virechana therapy (Purgation) - 5 days £490

5 X Abhyanga massage (60 min)  
5 X Svedana steam  
1 X Purgation

### Vamana therapy (Therapeutic emesis) - 5 days £490

5 X Abhyanga massage (60 min)  
5 X Svedana steam  
1 X Vamana cleansing

## LOCAL TREATMENTS

### Head & Scalp

Shirobhyanga (Head & scalp massage)	£49
Shirodhara (oil-flow on forehead)	£89
Takradhara (Flow of buttermilk on forehead)	£89
Shirobasti (Herbal oil bath - head)	£109

### Hair & Scalp treatment for hair-loss

(Head & scalp massage with steam & herbal hair mask)	
1 x Session	£69*

### Neck & Shoulder

Head-neck-shoulder massage	£59*
Head-neck-shoulder massage with Steam	£69*
Head-neck-shoulder massage with Pinda-sveda	£69*
Manya-basti (Oil treatment)	£79*

### Upper & Lower Back

Back massage	£59*
Back massage with Steam	£69*
Back massage with Pinda-sveda hot compress	£69*
Kati-basti (Oil treatment)	£79*

### Legs & Feet

Padabhyanga foot massage	£59*
Foot massage with Steam	£69*
Foot massage with Pinda-sveda hot compress	£69*
Janu-basti (Oil treatment - Knee)	£79*

### Face

#### Skin therapy

(Facial massage with steam & herbal skin mask)	
1 x Session	£69

### Nose & Sinuses

#### Nasya treatment

(Comprehensive head-face-neck massage, warm compress & nasal oil treatment)	£59*
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### Eyes

#### Tarpana treatment

(Comprehensive head-face-neck massage, warm compress & ocular oil treatment)	£79*
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### Ears

#### Karnapoorana treatment

(Comprehensive head-face-neck massage, warm compress & ocular oil treatment)	£59*
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### Chest & Abdomen

Back massage	£59*
Back massage with Steam	£69*
Back massage with Pinda-sveda hot compress	£69*
Hrid-basti (Oil treatment)	£79*

\* Discount of **£10 per session** if you book a course of 5 sessions & a discount of **£20 per session** if you book a course of 10 sessions.

\*\* Price per session

## KNOWING AYURVEDA

### Single Day Treatments **£199**

- 1 x Abhyanga massage (90 mins)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Shirodhara

If desired, short consultation with Doctor **£35**

### Two Day Recreation **£349**

- 1 x Abhyanga massage (60 mins)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 2 x Svedana steam

If desired, short consultation with Doctor **£35**

### Three Day Retreat **£549**

#### Consultation & Assessment

Initial evaluation by Ayurvedic doctor  
Clinical assessment for dosha imbalances  
Herbal prescription & treatment plan  
Practical tips and dietary advice

- 1 x Abhyanga massage (60 mins)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 1 x Nasya oil treatment
- 1 x Karnapoorana oil treatment
- 2 x Svedana steam
- 3 x Matra basti (Oil enema)

### 7 Days - Optimum Detox Program **£795**

#### Consultation & Assessment

Initial evaluation by Ayurvedic doctor  
Clinical assessment for dosha imbalances  
Herbal prescription & treatment plan  
Practical tips and dietary advice

- 1 x Abhyanga massage (60 mins)
- 1 x Valuka-sveda (hot sand-bag compress)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 1 x Marma massage (Vital points massage)
- 1 x Nasya oil treatment
- 1 x Karnapoorana oil treatment
- 3 x Svedana steam
- 5 x Matra basti (Oil enema)

Advice about Ayurvedic meals  
Advice about Yoga, meditation & Pranayam breathing  
Personal & individual Care

## PANCHKARMA PROGRAM **£1990**

7 Days-Residential Program  
in the mountains of Bulgaria

### Included in the Price - Doctor's Fees

Initial evaluation by Ayurvedic doctor  
Clinical assessment for dosha imbalances  
Herbal prescription & treatment plan  
Daily medical stand-by care  
A final consultation after the program  
Practical tips and dietary advice

### Treatments

- 2 x Abhyanga massage (60 mins)
- 1 x Valuka-sveda (hot sand-bag compress)
- 2 x Udvartana (herbal exfoliating massage)
- 1 x Pinda-sveda (herbal hot compress)
- 2 x Pizhichil (oil-flow massage)
- 2 x Shirodhara (oil flow - head)
- 1 x Marma massage (Vital points massage)
- 2 x Nasya oil treatment
- 2 x Karnapoorana oil treatment
- 5 x Svedana steam sauna
- 1 x Padabhyanga massage
- 1 x Skin treatment

- 7 x Matra basti (Oil enema)
- Virechana (purgation) - if indicated
- Vamana (therapeutic vomiting) - if indicated

### Ayurvedic meals & supporting programme

Specially designed Ayurvedic meals  
Yoga, meditation & Pranayam breathing classes  
Introductory video on ayurveda  
Various Lectures by Doctors  
Personal & individual Care  
Warm drinking water throughout the program  
Ayurvedic herbal teas & herbal supplements

### Accommodation & Transfer

Accommodation in an executive room on a sharing basis is included in Price.

If desired, single use non-sharing accommodation in an executive room can be arranged for an added cost of **£99**.

Transfer from Sofia Airport to Greenlife Resort, Bansko (2 hour drive) is included in Price.

### Add-ons

#### If accompanied by a relative

- Hotel accommodation for a relative for 7-days period **£299**
- Food arrangement for a relative for 7-days period **£199**



## HOTEL ACCOMODATION FOR PANCHKARMA PROGRAM (Included in Price)



### Double Room

Accommodation in a double room on a sharing basis for 2 people is included in Price.

If desired, single use non-sharing accommodation can be arranged for an added cost of **£99 extra**.

### If accompanied by a relative

Hotel accommodation for a relative for 7-days period

**£299**

Food arrangement for a relative for 7-days period

**£199**



### Ayurvedic meals (Included in Prices)

Ayurvedic diet creates balance & harmony within the body through the type of foods you eat & how you prepare them.

Panchkarma program involves specially selected healthy Ayurvedic meals.

Delicious vegetarian meals & drinks throughout the program are specially prepared by our expert Ayurvedic Chefs in consultation with doctors.

All the recipes follow strict Ayurvedic guidelines.

Each of these meals are prepared to aid digestion, balance your doshas & keep the body energized.

Panchkarma program recommends drinking warm water which is available throughout the day

Specially selected herbal teas & fruits are available all the time.



## SUPPORTING PROGRAMME DURING PANCHKARMA (Included in Price)



### Yoga & meditation lessons

Everyday yoga classes to support a life of balance, flexibility & vitality  
Evening meditation to re-discover the body's inner intelligence & experience inner calm & relaxation.

### Various lectures given by our Ayurvedic doctors, yoga masters & health consultants

Introductory video on Ayurveda  
Lectures on body-mind medicine & Ayurvedic holistic health care.

### Wellness facilities

Prices include usage of the hotel wellness facilities including thermal swimming pool & steam bath (sauna).

### Personal & individual care

### Mountain walk

Spend your leisure time in relaxing mountain-walk



*"If anyone is in any doubt as to the merits of Ayurvedic treatment I can only say that having never undergone any before I am now utterly converted. Dr Wakde's Clinic runs the most comprehensive health program to rejuvenate mind, body, and spirit."*

Marella Oppenheim, London  
Actress