

Sample Daily Ayurveda Therapy Plan-5 Days



Approximate Therapy Duration	Day1	Day2	Day3	Day4	Day5
45-60 Minutes	Abhyangam	Elakizhi	Elakizhi	Elakizhi	Dasamoola ksheeradhara
45-60 Minutes	Shirodahara	Sirodhara	Sirodhara	Sirodhara	Ksheeradhara

NOTES

Consultation: 1 Consultation with BAMS* DOCTOR

Ayurvedic Therapy: curated after consultation with BAMS* DOCTOR based on age , gender, body constitution, strength, digestive fire, physical conditions, climate, season

Cuisine: Vegetarian Ayurvedic Diet as prescribed by Doctor

Complimentary: 1 Ayurvedic Cooking Class

More than 5 Days?

Additional treatments curated based on doctor recommendations and evaluations