



TASTE OF AYURVEDA

One Day Pamper Package | \$180

This optimum one day of indulgence and loving care allows you to experience a range of Ayurvedic treatments to begin your journey in balancing and harmonizing mind and body.

"The technicians are excellent, better than India. My experience was deep, profound and very beneficial. Having done many Panchakarma programs in India, I was expecting a 'lite' experience here, this was not the case"

Harry Hughes, Australia

"It is so many things...luxurious, spiritual, romantic, relaxing and healing. I thoroughly recommend Sukhavati for a healing, pampering, well earned relaxing holiday" **Trip Advisor quote from Angela F, Australia**

"Once you've experienced the standards of treatments in the Sukhavati Spa you would be forgiven for never visiting anywhere else. Stress release is a science and art at Sukhavati. The Sukhavati team feels like family. I never felt more care and attention anywhere in the world"

Jessica McOmish, Australia

MORNING

- Fresh Juice on Arrival
- Morning Yoga Session
- Ayurvedic Treatments

Foot Massage: Sit back and revive tired sore feet with a gentle foot massage.

Abhyanga: A unique synchronised full body massage provided by two beautiful therapists trained in Ayurveda. An Abhyanga achieves deepest healing effects by naturally harmonising your body and mind. This is highly beneficial leaving you feeling settled, calm and happy.

Shirodhara: Herbalised oils are warmed and poured in a gentle, continuous stream across the forehead. This nourishing head treatment leaves the mind clear, balanced and soothed.

AFTERNOON

- A beautiful organic vegetarian lunch is prepared by our chefs trained in Ayurveda.
- Fresh juices and Teas
- Relaxation by the pool
- Soothing and nourishing facial

Ayurvedic Facial: Enjoy a gentle face pack that will cool and moisturise, leaving the skin feeling soft and rejuvenated.

