



Only
Rs. 44999/-
for

Suryavilas Luxurious Resort and Spa Unveils

6 Nights & 7 Days

Inclusive of

- Stay
- All the Meals
- Ayurvedic Therapies
- Yoga & Meditation

SAMARPANAM :

AN EXQUISITE & DEDICATED
WELLNESS RETREAT UNDER THE SUPERVISION AND GUIDANCE
OF A RENOWNED GOLD MEDALLIST DOCTOR

Rejuvenate, Revamp, Reboot & Rediscover Yourself



Dr Ajayita Chanana
(BAMS Gold Medallist)



Director:-



President:- **Confederation of Wellness Medical Tourism and Spas, India (CWMTS)**

- Multi-Awards winner with highly acclaimed career spanning 20 years
- Crowned Sapphire Lady-Vegas(2017) at International Beauty Pageant held in Las Vegas, USA
- Certificate in Non Surgical Aesthetics-Poland
- TEDx Speaker
- Best Ayurvedic Entrepreneur of the year - INDIA : 2014
- As a Renowned Speaker, Dr Ajayita has been often invited to United States of America, Switzerland Germany, Poland, Japan, Dubai and Nepal to share her knowledge and spread the power of healing of Ayurveda.
- International Health Care Excellence Award: 2008
- Mrs. Chandigarh : 2008

* The aforementioned package is exclusive of GST



Suryavilas Luxurious Resort and Spa



It is a place where mystique meets grandeur. The tranquility and the picturesque view will make you catch your breath. Enjoy the Glamping in the state of the art Swiss Tents.



Nestled at the foot of the great Himalayas, the resort has been untouched by the civilization around.



The awe inspiring 15 acres resort boasts of being one of the exclusive resorts having a Quaint Swimming Pool at the top of the hill.



Suryavilas Luxurious Resort and Spa

06 Nights and 07 Days Samarpanam

An Exquisite and Dedicated Wellness Retreat

Accommodation in Himalayan Glamping

Single Occupancy Tariff for 06 Nights and 07 Days ::

Rs 55,998/- + 18% GST

Double Occupancy Tariff for 06 Nights and 07 Days ::

Rs 91,996 /- + 18% GST

The above-mentioned package tariff is inclusive of:

Includes	Minutes	Number of sessions
Meditation for Health, Wealth and Bliss	30	01
Specialized Yoga	60	01
Rejuvenation and Reboot Panchakarma Therapy After Individual Ayurvedic Consultation, 03 therapies will be offered to the guest, per day	Total of 180 minutes Daily, Per Guest	03 therapies, Daily, Per Guest
Pulse/Constitution Analysis It plays a pivotal role to assess your body type as what is advised to be eaten and at what time, varies from body to body and correct Pulse Diagnosis paves the way to know your body constitution and thus an Ayurvedic Doctor can guide you to formulate a diet chart accordingly for you to keep all the diseases at bay, so that you defy your age and live as fit as a fiddle.		
Full Body Ayurvedic Vishesh Abhyangam The magical hands in tandem with ancient herbal oils will caress your mind and body to the zenith of relaxation and keep you at arm's length from all the ailments. Our ancient customized herbal oils lubricate whole body to recharge your physical wellbeing and keep your mind relaxed and in turn they assuage the anxiety making your body supple and flexible.	60 minutes	01 Session, Per Guest
Full Body Sarwang Swedanam Medicated herbs dipped in boiling water generate steam to assuage the stiffness of joints and alleviate the distress making your body feel like floating freely, flexible and light.	Duration varies from person to person.	01 Session, Per Guest
Greeva Basti A special dough in form of a circle which acts as a container holds warm specific herbal oil to alleviate the pain locally especially in the neck and back region it works wonders to get rid of the obstinate pain.	60 minutes	01 Session, Per Guest



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Includes	Minutes	Number of sessions
Janu Basti The knee joint will make you walk a long way in your life but at times it gets neglected. A dough acting as a special container holds warm specific Ayurvedic oil at the knee, and thus takes care of the muscles and knee joint. A pedestal of human being, which ought not to be neglected.	60 minutes	01 Session, Per Guest
Karan Poornam Pampers the ears with freshly tailor-made warm herbal oils to improve the hearing power, lubricating the ear thoroughly and thus making this sense organ much more potent.	60 minutes	01 Session, Per Guest
Nasayam It gives a jolt to the brain making it more vigilant and enhances the memory to colossal amounts. Nasal passages can feel the whistling of the air as they are no longer choked and thus increasing oxygenation to brain and lungs.	60 minutes	01 Session, Per Guest
Shirodhara A specialized warm herbal oil is poured on the forehead making you cool, calm and composed, thus assuaging sleep disorders, anxiety, high BP and stress. The benefits of Shirodhara are enhanced if done under the supervision of Ayurvedic doctor as certain Rhythmic Respiration Cycle is observed by the Ayurvedic Doctor to uproot the predisposing factors of lack of sleep (insomnia) and so on and so forth.	60 minutes	01 Session, Per Guest
Mukhaabhyangam (Special Ayurvedic Facial) Enhancing your beauty and youthfulness, it makes your face glow with natural essential oils and organic fruit.	60 minutes	01 Session, Per Guest
Three Suryavilas Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person, as per guest Predominant Doshas		
Complete guidance for Ahar Vihar Routine		
Ayurvedic Cooking class.		
Maintenance Protocol		

ALWAYS A STEP AHEAD TO ASSIST YOU

The guests would be offered one to one attention and personal counseling

By

Founder of Samarpanam



Dr Ajayita Chanana.:

Director



President CWMTS : INDIA

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Linkedin :	www.linkedin.com/in/dr-ajayita-chanana-b9032359/
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For any assistance please feel free to contact us at:

Suryavilas Luxurious Resort and Spa

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