

Ayurveda

Knowledge of Life

The purpose of the Science of Ayurveda is to maintain good health in a healthy person and to heal the ailments in the diseased ones.

प्रयोजनं चस्य स्वस्थस्य स्वस्थ्य रक्षण आतुरस्य विकार प्रशमनं च ॥

Discovering Ayurveda

The ancient wisdom of "KNOWLEDGE of LIFE" scripted in manuscripts by Vedic scholars in the Himalayas and other civilizations of India have been the guiding holistic health establishments that links the understanding between the inner self to the outer self and the quest for wellness in the journey of LIFE.

The influence of nature exists in every individual, these ELEMENTS of nature (Ether, Air, Fire, Water, and Earth) govern a person's physical and mental qualities as DOSHA (3 bodily humours) VATA, PITTA, and the KAPHA. Changes in these DOSHAS influenced by food, climate, lifestyle and other factors correlate to specific changes in the way the body functions in good health as well as disorders and diseases.

To ensure your DOSHAS is at a healthy balance in your pursuit of holistic well being, it is advised to follow the Dinacharya (daily regimen) and Ritucharya (Seasonal regimen) with the influence of regional settings hence choosing the right kind of DOSHA based food or Tridosha balancing diet. PANCHAKARMA is the 5 body cleansing rituals utilizing all-natural herbs and Satvik food and the practice of YOGA with meditation and breathing to support you in attaining the best performance of mind-body-spirit to problems and sickness as a result of your modern-day mechanical lifestyle.

Panchakarma at Mangosteen Resort



STEP ONE
Dosha Consultation
with Pulse Diagnosis



STEP TWO
Poorva Karma
Pre Cleansing Care



STEP THREE
Snehana & Swedana
Oleation & Sweating



STEP FOUR
Pradhana Karma
5 Main Cleansing



STEP FIVE
Paschat Karma
Post Cleanse Care

AYURVEDA HERBS

Chosen herbal teas and herbal powders
according to requirements

SATVIK DIET (FULL BOARD)

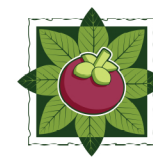
Tridosha balancing Vegan/Vegetarian
food with seasonal products

AYURVEDA MASSAGE & STEAM

Daily need specific therapy indulgence
with dosha oils and preparations (2HRS)

YOGA

Daily yoga and meditation of various styles
in the morning (1HR) and afternoon (1HR)



The Mangosteen
Ayurveda & Wellness Resort, Phuket



Dr Subhash together with the hands of our gifted therapist endowed with generations of original knowledge brings to you the Science of Life that originated in India over 5000 years ago. Now available in Phuket, Thailand. We warmly welcome you to experience our top 12 therapies:

Shirodhara

The revered THIRD EYE therapy of medicated herbal oil poured over the forehead and the slow warm stream with all its health benefits help experience the Autonomous Sensory Meridian Response as it offers deep mental relaxation and eliminates strain and insomnia.

Chakra Balancing

Balance your energy chakras by meditating while the therapist performs a synchronized massage awakening seven chakras of the body with healing stones and sound bath, translating to cleanses and activated channels creating a free flow of energy.

Uzhichil

Originated as the massage of the warriors this traditional healing technique originated from the Kalar martial art with soothing touch used with a large amount of warm medicated oil as it tones the muscles, lubricates the joints.

Naadi Marma Abhyangam

The 106 Marma vital energy points massaged for the flow of vital energy in the body are worked out to activate and drain the blockages used in the martial art 'KALARI' helps to clear the channels and the encourage the flow of PRANA.

Abhyangam

Indian Traditional 4 hand massage, where warm herbal oils depending on your Dosha type is used to massage using long rhythmic strokes which rejuvenate, loosens accumulated toxins in the tissues, and creating electrochemical balance in the body.

Pizhichil

A royal treatment of ancient India, where gentle synchronized massage is conducted while your body is bathed by pouring warm herbal decoction or milk, helps to tone muscles, revitalize nerves, and nourish joints, giving relief from daily stress and fatigue.

Navara Theppu

Medicated Navra rice paste cooked in milk and a suitable herbal decoction is rubbed for a gentle full body massage and the face massage with beauty-enhancing skin protective oil is a natural skin whitening procedure and smooth texture of the skin.

Ayur Face Massage

Face massage is based on the ancient therapeutic principles with saffron-infused oil, drawing benefits this anti-aging massage helps to relax facial muscles, releasing all stress-induced toxins from your face, restoring its natural glow and radiance.

Nasyam

Instillation of herbal cleansing oils through the nostrils helps to clear blocked sinuses and head channels, stimulating the brain cells and central nervous system. It is a powerful rejuvenating therapy that clears up excessive mucus thus maintain the health of the upper respiratory tract.

Kati Vasti

A circular dam with a dough made of bean paste is placed on the lower back to hold medicated oil, this helps relieve lumbar pains, nourishing muscles and tissues of that area, increasing blood circulation commonly seen in sciatica or disc herniations.

Greeva Vasti

Retaining of medicated herbal oil in a dough dam helps strengthen cervical muscles, nourishing and rehydrating cervical vertebrae, curing many cervical degenerative disorders, relieves neck stiffness, and cervical pains by improving blood circulation.

Udvarthnam

Dry body polish with Triphala and Mung bean powder is an excellent nerve stimulant, promotes active blood flow, revitalizes and reconditions the body, generating energy flow in the body, helps detoxify and nourish body tissues, activate skin's natural metabolism as well as improve lymph flow.