



The Mangosteen

Ayurveda & Wellness Resort, Phuket

Itinerary & Inclusions: Ayurveda Panchakarma

Check in day – Arrival & Orientation:

- Check-in & welcome (14:00 hrs.) Introduction to the resort
- Ayurveda Consultation by In-House Ayurveda Doctor to determine physical and psychological body constitution (Doshas)
- Treatment plan prescription (name & schedule) by Ayurveda Dr. based on outcome of consultation.
- Ayurvedic treatment
- Afternoon yoga session including meditation or breathing (Pranayama).
- Ayurvedic Satvik Dinner.

Check out day – Exit Consultation & Departure:

- Morning yoga session includes meditation or breathing.
- Ayurvedic / healthy breakfast
- Exit consultation with Ayurveda Dr., treatment summary, suggestions regarding diet plan & medicines/home remedies.
- Check out (11:00 hrs.)
- Satvik Lunch

Any other day of the retreat between check in and check out day:

- Morning yoga session includes meditation or breathing.
[Activity Calendar](#)
- Ayurvedic / Healthy breakfast
- Ayurveda Treatment according to schedule and treatment plan
- Herbal steam sauna, check [Activity Calendar](#)
- Ayurveda Satvik lunch
- Afternoon yoga session including meditation or breathing.
- Ayurveda Satvik dinner

Snehapana (Oleation) / Purification & Cleansing Phase

This phase usually starts on the 3rd or 4th day of the program and lasts between 3-7 days depending on the duration of stay and the condition of the guest. It will be ordered by our Ayurveda Doctor. For this procedure, ghee or oil is used in an increasing dose pattern which will be prepared and consumed every morning at breakfast.

Virechana Chikitsa, or Purgation therapy

The therapy will start one day after the Snehapana Phase has been completed and will last for one day only. The therapy aims for the elimination of toxins from the body using herbal laxatives. The resulting bowel movement rids the system of harmful Pitta-related impurities. Organs in the lower torso - small intestine, kidney, colon, liver, and spleen - are cleansed during this therapy.

Extra Nights:

The minimum stay required for the Ayurveda Panchakarma Program is 7 nights, but any duration of stay is possible and extra nights can be booked.

Inclusion

- Consultation(s) with our Indian Ayurvedic doctor
- Individual treatment plan, prescribed diet, and activities schedule for the duration of stay
- Two hours of authentic Ayurveda treatments per day (all Ayurveda Menu, 2 x 55 min)
- Daily Ayurvedic breakfast, lunch, and dinner, life-drinks
- Two daily yoga sessions (1 hour each)