

FACT SHEET



HEAD OFFICE

Jl. Bypass Ngurah Rai, 101 Sanur – Bali

RETREAT ADDRESS

Jl. Banjar Kebon, Tegalalang, Ubud – Bali
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RESERVATION

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MEDIA CONTACT

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GENERAL DESCRIPTION

Dedicated to authentic Panchakarma – the ultimate and most effective healing experience in the science of Ayurveda. Run by professionals with a loving and caring team, giving each guest a memorable healing experience.

We exclusively offer 7/10/14/21/28 Panchakarma programs. Our prices are all-inclusive of transportation from/to airport/South Bali, accommodation, meals, treatments, initial diagnosis, daily doctor consultations, medicines, cultural activities, yoga, meditation, chanting, herbal walks and more.

AYURVEDA PANCHAKARMA

An Ayurveda Panchakarma (PK) is a cleansing program with long-lasting health benefits. The individual PK program is put together according to the number of days the guest has chosen to stay and the prevailing health issues. The initial diagnosis and daily consultations with the doctor will ensure that the best treatments are given. The longer the stay, the more efficient the Panchakarma. More information on Ayurvedic Panchakarma cleansing procedure [here](#).

LOCATION

The Ayurveda healing centre is situated on the border of the rice fields and located 8 km from Ubud, the cultural and spiritual center of Bali. It offers generous areas of lush tropical gardens, relaxing areas, permaculture herbal gardens, a beautiful yoga shala and a state-of-the art Treatment centre.

ACCOMODATION

The retreat provides 12 beautifully designed, incredibly comfortable rooms with beautiful views into rice terraces and the jungle. Each room has a private terrace or a private garden. For the convenience of the guests, all rooms are appointed with

- Air conditioner
- Wi-Fi connection
- Telephone
- Safe
- Shower
- Hair dryer
- Shower gel, shampoo, hair conditioner
- Bathrobe
- Kurta pajama to wear during the stay
- Flip flops to wear during the stay
- Free drinking water
- Water cooker

FACILITIES AND SERVICE

- Ayurvedic healing treatment centre
- Resident Ayurvedic physician
- Daily consultations
- Wide range of Ayurvedic treatments
- Well-trained team of therapists
- Permaculture herbal gardens with over 80 plants
- Pure Ayurvedic food
- Beautiful gardens
- Yoga and meditation pavilion
- Daily yoga and meditation
- Purification rituals
- Herbal walks
- Rice field walks
- Guest speakers
- Cooking demonstrations
- Laundry service
- Room service