

La Beauté Indienne®

AYURVEDA “Sustainable Wellness”

PROPOSE AYURVEDIC CARE IN INDIA:



Well-Being

Anti-Age - Anti-Stress - Detoxification

Post Pregnancy - Rejuvenation - Weight Loss

www.labeauteindienne.com

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AYURVEDA “Sustainable Wellness”

Ayurveda (Science of life) is a traditional system of medicine which associates science and philosophy. It has been practiced more than 3500 years in India and it is recognised by World Health Organization. The principles of Ayurvedic medicine are based on the importance given to natural and harmonious balance of the three types of body constitutions (prakruti, doshas); vata, pitta & kapha.

The different forms of therapy are: yoga, medicinal plants, massages with therapeutic oil, breathing exercises (Pranayam) and diet. Just follow the principles of Ayurveda & live in harmony with your body, mind and soul which we need in our hectic / stressful daily life.

Ayurveda, preventive and curative approach, aims to fight against physical problems. It treats not only the affected part but the whole body, eliminating all toxic imbalances and regaining immunity.

Today, it is the only natural & indispensable medical treatments based on diagnostic of body pathology to achieve the balance healthy life.

Ayurveda also advised and obtains excellent results in:

*Rheumatology – Back Aches – Gynecological problems – Infertility – Sterility – Depression – Insomnia
Head Aches – Hypertension – Psychic disorders – Dermatological problems – Cardiac problems
Obesity – Diabetes – Failure of immunity system – Revitalization.*

Ayurveda is practiced all over the world, but the climatic conditions (cool & humid) in Kerala and abundance of medicinal plants makes it worth travelling to India.

Ayurvedic centres selected & proposed by us are approved by the State Government, for their qualified and competent medical staff (Doctors, therapists), equipment and locations.



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PROGRAMME



Day 01 – Europe / Thiruvananthapuram ou Kochi (Cochin) ou Kozhikode (Calicut) by air.

Arrival in the morning. Welcome and transfer to Ayurvedic Centre. Afternoon consultation with the Doctor and commencement of the treatment according to the diagnostic. Dinner and overnight at Centre.

Days 02 to 07 or 14 or 21

Ayurvedic treatment according to treatment package (07 / 14 / 21 days).

- Consultations.
- Ayurvedic treatment (Massage with medicated oils or herbal creams, steam bath, etc.).
- Food diet according to the treatment. Vegetarian food.
- Yoga and Meditation (According to prescription).

The treatment is based on 08 branches of Ayurveda for: Tones up the skin and rejuvenates and strengthens all the tissues so as to achieve ideal health and longevity. Increases primary vitality, strengthen immunity system and improves mental clarity.

Day 08 or 15 or 22 - Kochi ou Thiruvanthapuram ou Kozhikode (Calicut) / Europe.

Early morning transfer to the airport and fly back to Europe.

IMPORTANT:

- The Ayurvedic treatments should be under the supervision of Ayurvedic physician.
- Before undergoing the treatment medical history of the person should be known to the Ayurvedic Physician.
- Some treatments are not suitable for very aged, very young, heart patients and pregnant women. In any case the Physician should be consulted before undergoing any treatment.

Smoking & Consumption of alcohol are forbidden during the treatment.

Possibility to organize pre or post tours

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For further information
on Ayurveda package and price list
contact us

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