

Check list for Perfect Health Purification Program/Treatment descriptions

Make your hotel reservations right away to ensure availability. Once you have begun your program, you may arrange a shuttle or any additional needed transportation through the concierge at the front desk of the hotel.

Complete and sign the attached or enclosed forms and fax to the number provided on your welcome page. Please provide your name as you would like to see it on your name tag, which you will receive at the orientation.

It is recommended to stay an additional night and day prior to and before the event in order to integrate the profound healing benefits you will receive during this program.

The cleansing therapies received throughout this program will end on the last day of your stay; we welcome you to partake of any additional Spa treatments that are available to you at your request.

What to bring

Comfortable, casual clothing to reflect the season of the program you are attending and the environment in Sedona. Please stay abreast of current weather conditions in our region. Swimwear, Yoga clothing, a journal and easy on-off shoes as well a comfortable pair of hiking shoes. As many of the treatments include the use of nurturing oils, note that this may affect your clothing and plan ahead.

A journal, composition book or spiral binder is recommended. All other educational material and writing utensils will be provided.

We recommend that you read Perfect Health and The Seven Spiritual Laws of Success by Dr. Deepak Chopra.

Please do not disrupt any current use of medication or supplements and bring them with you. Bring a copy of your prescriptions in case of loss or need of refill.

All meals will be provided. There are local grocery and health food stores within walking distance.

Leave your cell phone in your room or turned off during participation. This is a great time to unplug and retreat!

Panchakarma program

This program is designed to gently lead you through a process of detoxification and rejuvenation. Some or all of the following treatments may be recommended and will be designed and scheduled for you before your arrival.

Ayurveda is a 5,000 year old healing science founded in ancient India and offers a proven guide for a life of happiness, vitality, love and purpose. From the Ayurvedic philosophy human beings are fields of intelligence in dynamic exchange with the energy and information of the environment. Health is a state of vibrant balance in which all the layers of one's life are integrated.

Ayurvedic Lifestyle Consultation-An Ayurvedic Consultation offers the patient a direct glimpse into their basic nature. You are guided through a series of inquiries and offered solutions to assist you in your journey to attaining optimal health. The time spent with your practitioner will allow you to better understand your physical body, your emotional body and your relationship to the environment around you. You will receive tools to immediately apply in your life relating to lifestyle and individual nutrition as well as addressing any challenges you are seeking to balance.

Ayurvedic Massage (Abyhanga)-Within the system of Ayurvedic medicine, touch therapies are as important as the healing processes using food and herbs. The intake of food and herbs is a medicine applied through the sense of taste. Ayurvedic massage is a medicine experienced with the sense of touch. Applying nutrition through warm oils and herbs, the flow of (prana) life energy in the body is balanced, resulting in a deep state of peace and healing. One therapist only.

Shirodhara and facial energy points (marma) therapy -Shirodhara is a traditional therapy used during the process of (Panchakarma) rejuvenation. Warm herbal prepared oil is poured in a slow, steady flow over the third eye, to awaken the connection to your higher self, the 6th Chakra. This beneficial therapy stimulates the pituitary gland, assisting the body's release of serotonin, dopamine and melatonin, relieving anxiety, insomnia, increasing mental focus and stilling the central nervous system. A soothing scalp and neck massage follows. To maintain all of the benefits of this unique experience, it is recommended to leave the oils and herbs on the scalp for as long as you are comfortable.

Udvardna- herbal body wrap-Udvardna is a traditional medicinal treatment from ancient India to clear the body of excess Kapha in the system. An herbal paste is mixed according to the needs of the patient and applied to the body to help draw out excess fluids, draining the lymphatic system. You are wrapped in a warm cocoon of herbs and oils, allowing the body to absorb their healing qualities and support the immune system. Detoxifying steam therapy is administered during a traditional Abyhanga massage. A detoxifying treatment, you will be relaxed and relieved of many of the body's stresses.

Nasya-Nasal therapy-Nasya is a soothing treatment to cleanse and clear the sinus and nasal passages of built up Ama (toxins). Herbal steam is enjoyed while receiving an upper body massages designed to specifically stimulate and encourage movement of the lymphatic system. You are guided through the proper application of an herbal rinse using a Nettie pot and herbal drops. Regular treatments and self care may prevent seasonal allergies, chronic nasal infections, migraines and can alleviate symptoms due to the common cold or flu. This nurturing experience is a beautiful natural way to restore mental clarity.

Karana Purana-Ear therapy and coning- Ear coning has been used traditionally to clear earaches and dizziness and is a powerful Auric cleanser. Seasonally, ear coning is used to help clear the sinuses and drain the lymph, reducing pressure and inflammation of the mucous membrane. This ancient therapy used by the American Indians is helpful to eliminate impurities and used in Pancha Karma to help restore clarity and focus.

Basti-Herbal enema -A Basti herbal enema is a gentle colon cleansing using a sterile, natural gravity flow system administered in a discrete manner by your practitioner. By introducing external fluids into the body, we are reversing the pranic flow which changes the patterning of our physiology, increasing the stimulation of such organs dramatically. A warm blend of prepared herbs, tea and oil are prepared for the clients current symptoms while receiving an abdominal massage allowing the body to relax and receive. A series of at least three treatments is recommended. Please plan a few extra moments to rest after your treatment until your body has adjusted to the detoxifying effects.

You will maximize the effectiveness of these therapies by following these tips for a week before you arrive:

- Drink at least three liters of water per day, not counting other beverages
- All food freshly prepared, canned food and left over's minimized
- Eat foods lighter in quality and easy to digest. "gentle foods" such as soups and rice
- Favor freshly steamed or lightly sautéed vegetables
- Avoid fried foods
- Avoid ice cold food and drinks
- Reduce your intake of dairy products
- Avoid fermented foods and beverages
- Avoid alcohol, marijuana, or recreational chemicals
- Keeps oils to a minimum
- Favor lighter grains such as spelt, barley or rice
- Minimize refined sugars
- Reduce intake of salty foods or use of additional salt
- Avoid meat products, particularly beef and pork
- Drink hot water with fresh ginger and lemon throughout the day
- Do not overeat
- Allow at least 3 hours between meals
- Sesame seed internal oleation: Prepare a 1:1 ratio of white sesame seeds and golden raisins. Ingest a teaspoon of the mixture three times per day, one hour before OR two hours after each meal. You may use Tahini as an alternative if the seeds irritate your bowel.
- After review of your forms and records, minimal herbal supplements may be recommended. You will receive these at the time of your orientation.

“Ayurveda amrutanam” Eternity, immortality and eternal bliss.