



HERITANCE
AYURVEDA



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A HAVEN FOR AYURVEDIC REJUVENATION AND RELAXATION

Hidden amidst lush tropical vegetation with views of the azure ocean, Heritance Ayurveda is a unique ayurveda health resort that offers an intimate and exclusive experience to sooth the aura and calm the soul. A sanctuary where wellness is a way of life, the resort has embraced the philosophies of authentic Ayurveda practices, passed on from one generation to another, and curated programmes that align mind, body and soul.

Renowned for the authentic treatment and the holistic approach to a lifestyle of wellness, the resort is a space to discover the world of ayurvedic traditions and return home refreshed and rejuvenated.





A SANCTUARY FOR WELLNESS SEEKERS

The rudimentary principles of ayurvedic treatment lies on Vatha (air), Pitha (enzymes and hormones), and Kapha (phlegm). It is the intimate balance of these three elements that bring about the wellbeing of a patient.

Heritage Ayurveda, focused on the preventive element of the ayurveda traditions, personalises the programmes to suit the purpose and body type of the guests. the treatments follow 'Panchakarma' to eliminate toxic elements from the body. The treatments are conducted in three steps - Poorvakarma as a preparatory step, Pradankarma as essential for the 'now' and Paschatkarma as a follow up.



OUR TREATMENT PACKAGES

SLIMMING PROGRAM

Minimum two-week stay

Includes special treatments such as herbal powder massage, ayurvedic diet program, acupuncture and slimming tea.



STRESS RELIEF PROGRAM

Minimum two-week stay

Including various relaxation treatments, with main therapy being Shirodhara (liquid on forehead). Also includes Shirolepa (herbal head pack), Shirovasti, and Sarvangadhara (full body oil pouring treatment)



REJUVENATION PROGRAM

One-week upwards

A detoxification and regeneration program using herbal medicines to increase body energy and immunity with Pinda Sweda (milk rice and herbs pack) to improve flexibility and stamina.



SEQUEL OF TREATMENTS

1. Consultancy with the ayurvedic doctor
2. Consultation with the chief doctor who examines the bodily conditions through pulse
3. Treatments are determined by diagnosing the symptoms to treat the root cause, rather than temporarily getting rid of the symptoms

PRE-ACTIONS: POORVA KARMA

Preparatory phase of a person for cleansing treatments 'Panchakarma' to improve detoxification process within the body, through;

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| i. Deepana & Pachana | - to improve appetite and digestive energy |
| Snehana | - Application of oil internally and externally |
| ii. Grutha pana | - Ghee therapy |
| Abhyanga & Dhara | - Body therapies with oil |
| iii. Swedana | - Sweating treatments |

MAIN ACTIONS: PRADHAANA KARMA

The actual elimination of the toxic substances. Five cleansing methods used for detoxification of body includes;

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| Vamana Karma | - Emesis therapy or therapeutic vomiting |
| Virechana Karma | - Purgation treatment |
| Nasya Karma | - Nasal cleaning |
| Vasti Karma | - Enema therapy |
| Raktha Mokshana | - Blood letting |

POST ACTIONS – PASCHAATH KARMA

Treatments and therapies administered after the completion of cleansing treatments, to enhance the benefits of Panchakarma Treatment.

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| Sansarjana Karma | - Intensifying treatments |
| Rasayana, Vajeekarana | - Rejuvenation and aphrodisiac treatments |
| Shamana | - Process of palliation |



A RETREAT FOR THE SOUL

ACCOMMODATION

Spanning across six acres of serene, beachfront land, Heritance Ayurveda houses 64 spacious rooms, inclusive of 12 suites, and incorporates modern amenities to ensure guests receive the very best while on the de-stressing holiday. The accommodation inspired by the harmonies of nature is in itself, a relaxing space, with panoramas of the gardens and the ocean.

FACILITIES

The resort offers dedicated spaces for ayurvedic treatments with 28 treatment rooms and five consultancy rooms and separate spaces for yoga and meditation. A 75-thousand gallon pool located at the centre of the property, a library and a local arts and crafts centre are also part of the product portfolio.

CUISINE

The restaurant at the resort presents carefully drawn up meals prepared by a team of expert chefs, in consultation with the ayurvedic doctors. Food is prepared and marked for the three body types - Vatha, Pitha, Kapha - based on the threefold foundation of taste, medicinal value and presentation.



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