



VEDVANA
wellness

Feel Good, Live Better.



“Breathe deeply
your escape to peace is
just around the corner.”





Welcome to Vedvana

Where ancient wisdom meets modern healing. Drawing on the sacred "Ved"-the knowledge of life- and "Vana"-the forest of transformation- we offer a sanctuary for holistic renewal. We blend timeless Ayurvedic traditions with contemporary wellness practices, guiding you toward balance, vitality, and inner harmony for transformation.

Our Expertise



Rooted in centuries-old Ayurvedic traditions.

Skilled practitioners offering a wide range of time-honoured treatments, including:

- Abhyangam
- Udwartanam
- Basti
- Vaman and Virechan
- Shiro Abhyangam, Shirodhara, Takradhara
- Pada Abhyangam
- Kizhi, Pizichil, Localized Basti
- Lepamam, Nasya, Navara Kizhi, Herbal Facial

Treatments designed to restore balance, promote healing, and nurture body, mind, and spirit. Personalized care rooted in Ayurveda's profound principles.

Commitment to inspiring long-lasting wellness for every individual.





Our Amenities

To drive your wellness journey at Vedvana.

Savor delicious meals at the Soup & Salad Bar and Bhojanam, energize in the gym and yoga decks, wander through the jungle walk, lawn, and bird-watch areas, relax by the waterfall with comfortable seating, and enjoy our Relax Zone with carrom, chess, and a library, alongside our gaming zone with foosball and table tennis.



Our Unique Offerings

At Vedvana, our personalized Ayurvedic therapies empower you to achieve lasting wellness. Our time-honoured treatments restore balance, boost vitality, and nurture your mind, body, and spirit. Embrace our expertise to experience transformative healing, where every session brings you closer to optimal health and renewed inner strength for a vibrant life.





Satvik Meals

Are at the heart of our wellness journey. Rooted in Ayurvedic tradition, these meals are meticulously prepared using fresh, natural ingredients - many grown right on our premises-free from additives to nourish your body and uplift your spirit. Designed to promote optimal digestion, clarity, and vitality, each dish is a celebration of purity and balance. Our homegrown produce embodies the wisdom of ancient healing practices while meeting modern nutritional needs, ensuring that every bite contributes to your holistic well-being. Embrace the transformative power of our Satvik cuisine and let it guide you on a path to sustainable wellness.





Wellness Programs

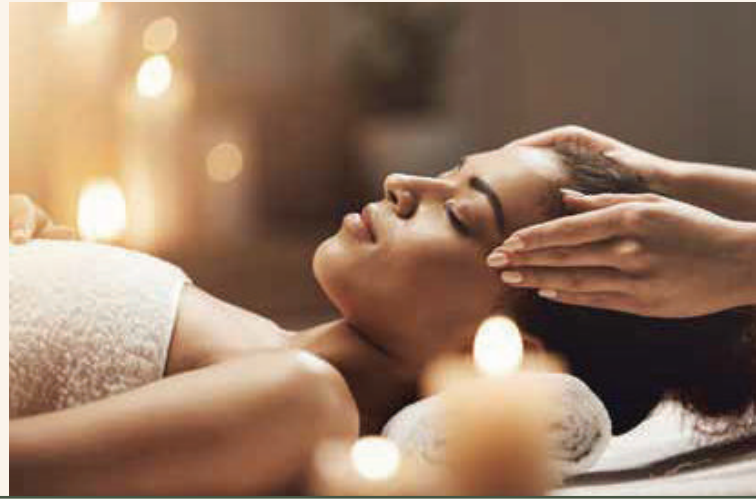


Stress Management

Our Stress Management program offers a serene escape from everyday pressures. It is carefully crafted to restore balance to your body, mind, and emotions by integrating traditional Ayurvedic therapies with mindful relaxation techniques. This unique approach not only helps combat stress but also enhances overall mental clarity and emotional resilience.

• Ayurveda Therapies

Abhyangam
Shiro Abhyangam
Nasyam
Shirodhara
Takradhara
Pada Abhyangam



Weight Management

Weight Management at Vedvana Wellness is unique in its holistic approach. Designed not only to support sustainable weight loss but also to help you maintain a balanced, healthy lifestyle in the long term. By blending time-honoured Ayurvedic wisdom with gentle yet effective therapies, we offer a transformative journey that detoxifies, balances the doshas, boosts metabolism, and enhances digestion.

• Ayurveda Therapies

Abhyangam
Udwartanam
Basti
Vamana
Virechana





Pain Management

Designed to address both acute and chronic pain through a harmonious blend of traditional Ayurvedic therapies. It focuses on reducing inflammation, improving circulation, and restoring mobility—all within a nurturing environment that emphasizes comprehensive healing.

- **Ayurveda Therapies**

- Kizhi
- Pizhichil
- Basti
- Abhyangam
- Localized Basti
- Lepanam



Detox Regimen

Our Detox regimen is designed to refresh, rejuvenate, and reset your body. By integrating a comprehensive blend of Ayurvedic therapies, it facilitates the elimination of toxins, promotes improved digestion, and boosts metabolic function, setting the stage for renewed energy and balance.

- **Ayurveda Therapies**

- Vamana
- Virechana
- Basti
- Abhyangam
- Nasya





Rejuvenation Journey

The Rejuvenation journey at Vedvana is a curated experience aimed at revitalizing your body, mind, and spirit. It is designed to restore vitality and foster a deep sense of renewal through a combination of restorative Ayurvedic therapies and nurturing lifestyle practices.

• Ayurveda Therapies

Abhyangam
Navara Kizhi
Shirodhara
Basti
Pizhichil
Kashay Dhara



Women's Health & Fertility Program

Our program for Women's Health, offers a gentle and holistic approach to enhance overall health of the women and their hormonal well being. Expertly tailored to support your fertility journey, it combines nurturing Ayurvedic therapies with targeted treatments to balance hormones and support reproductive function.

• Ayurveda Therapies

Abhyangam
Virechana
Basti
Nasya



Beauty Regimen

Natural radiance through a holistic Ayurvedic approach, nurturing both inner and outer beauty, is what makes our Beauty Regimen unique. This treatment focuses on rejuvenating the skin, improving texture, and slowing the signs of aging by combining Vedic therapies with expert care.

- **Ayurveda Therapies**

Abhyangam

Navara Kizhi, Udwartanam

Lepanam

Facial Therapies







Wellness Schedule

DAILY REGIMEN



Morning

WAKE UP
05:00 AM

SHATKRIYA
05:30 AM - 06:00 AM

YOGASANA
06:00 AM - 07:00 AM

DETOX DRINK
07:00 AM - 08:00 AM

FUNCTIONAL TRAINING
08:00 AM - 09:00 AM

BREAKFAST
09:00 AM - 09:30 AM

REST
09:30 AM - 10:00 AM

Noon

TREATMENT
10:00 AM - 01:00 PM

LUNCH
01:00 PM - 02:00 PM

REST
02:00 PM - 03:00 PM

TREATMENT
03:00 PM - 05:30 PM

HERBAL INFUSION
05:30 PM - 06:00 PM

Evening

MEDITATION/YOGA NIDRA
06:00 PM - 07:00 PM

DINNER
07:00 PM - 08:00 PM

SLEEP
09:00 PM





Facilities with Wellness

Facilities in the Campus



Soup & Salad Bar



Gymnasium



Yoga Decks



Jungle Walk



Lawn



Bird Watch



Waterfall

Surrounded by a comfortable sitting area



Swimming Pool



Outdoor Sitting Areas



Relax Zone

Library, Carrom & Chess



Gaming Zone

Foosball, Table Tennis, Electric Air Hockey Table.



Bhojanam

The Dining Space



Room Categories

1. Deluxe - Room with private Balcony and Standard Room Amenities.
2. Super Deluxe Room with a partitioned living area and Standard Room Amenities.
3. Suite 1 - Luxury Suite Room With One Living Room and Standard Room Amenities.
4. Suite 2 - Luxury Suite Room with capacity to conduct in-room therapy and Standard Room Amenities.
5. Dormitory accommodation is available for both male and female guests.





Therapies

Vedvana's Glossary of Therapies

The time-honoured knowledge of Ayurveda.



1. ABHYANGAM

Abhyangam is a traditional Ayurvedic massage therapy involving a full-body massage with warm oil. Performed by skilled therapists working in tandem, it uses long strokes and gentle pressure to nourish and rejuvenate the skin and muscles.

2. UDWARTANAM

Udwartanam is an Ayurvedic massage that uses herbal powders or pastes to exfoliate and nourish the skin. The massage is performed with upward strokes, helping to improve circulation, reduce cellulite, and support natural weight loss.

3. BASTI

Basti involves the administration of herbal enemas to cleanse and nourish the colon. It is traditionally used to treat digestive disorders, reduce inflammation, and promote overall well-being.

4. VAMANA

Vaman is a detoxifying Ayurvedic therapy that induces vomiting to remove toxins and excess mucus from the body. It is commonly used to address respiratory disorders such as bronchitis and asthma.

5.VIRECHANA

Virechan is an Ayurvedic treatment that uses induced purging to eliminate toxins and excess bile from the body. It is typically employed to treat digestive issues like constipation and indigestion.

6. SHIRO ABHYANGAM

Shiro Abhyangam is a specialized head massage using warm oil to nourish and relax the scalp and neck. Gentle strokes and pressure points promote relaxation and help reduce stress.

7. SHIRODHARA

In Shirodhara treatment, the warm oil is poured continuously over the forehead. This soothing process promotes deep relaxation, reduces stress, and improves sleep quality.

8. TAKRADHARA

Takradhara involves the continuous pouring of buttermilk onto the forehead, offering a cooling effect. It is used to reduce inflammation, ease stress and anxiety, and promote overall relaxation.

9. PADA ABHYANGAM

Pada Abhyangam is an Ayurvedic foot massage designed to rejuvenate tired feet and ground the spirit. It is believed to strengthen nerves and improve overall circulation.

10. KIZHI

Kizhi, also known as Pinda Sweda, uses warm herbal poultices—often enriched with herbs and rice—to deliver healing warmth. It is effective in relieving arthritis, muscle pain, and various skin conditions.

11. PIZHICHIL

Pizichil is a rejuvenating therapy that involves massaging the body with warm herbal oil. This treatment promotes relaxation and overall well-being through its gentle, therapeutic application.

12. LOCALIZED BASTI

Localized Basti, or Bahya Basti, is a targeted therapy that retains warm medicated oil in a specially designed frame on a specific body area. It is used to alleviate muscle spasms, joint pain, and inflammation.

13. LEPANAM

Lepanam is a traditional Ayurvedic treatment where a herbal paste is applied to affected areas. It is used to treat skin conditions, joint pain, and inflammation by delivering localized healing benefits.

14. NASYA

Nasya is an Ayurvedic treatment involving the administration of medicated oils through the nostrils. This therapy helps improve sinus health, relieve headaches, and reduce migraine symptoms.

15. NAVARA KIZHI

Navara Kizhi is an Ayurvedic treatment that applies a herbal poultice—often incorporating Navara rice—to relieve pain, inflammation, and swelling, aiding in overall recovery.

16. HERBAL FACIAL

A herbal facial involves use of natural herbs and ingredients to cleanse, exfoliate, and nourish the skin. It offers a gentle yet effective way to improve skin appearance, addressing specific concerns such as acne, dryness, or aging.



WELLNESS
IS WEALTH



VEDVANA
wellness