



## PANCHKARMA THERAPY DETAILS

**Aero therapy** is the part of naturopathy treatment that involves treatment of diseases with fresh air. This could include air of different degrees, of different pressures or rarity, or medicinal value. In addition to other therapies involved in naturopathy, aero therapy works as an add-on for the complete treatment process.

### BENEFITS:

- Aero therapy energizes the body
- Relieves tension and stress and helps to relax the body

**Whirlpool bath therapy** is a treatment process in which all or parts of the body are exposed to forceful whirling currents of hot water, resulting in a massage motion that improves circulation, relaxation and removes toxins deposited on the skin and in the muscles. SPA @ VEDALIFE is equipped with whirlpool bath facility for health seekers. The service rejuvenates and relaxes muscles for fine movement.

### BENEFITS:

- Helps in recovering from mental fatigue and physical stress
- Generates the feeling of new zest and youthfulness in all the limbs
- Energizes skin, muscles and sinews
- Beneficial in psycho neural, mental and psychosomatic diseases

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**Color Thermoliam therapy** works on the concept that Color is simply light of varying wavelengths, thus each color has its own particular wavelength and energy. This energy is directly related to each of the seven BENEFITS of the chakras:

Spectrum colors of red, orange, yellow, green, blue, indigo and violet, resonates with the energy of each of the seven main chakras/energy centers of the body. SPA @ VEDALIFE is well equipped with various types of pyramid equipment, pyramids of various shapes and sizes to serve as a meditation hall. Other equipment used in the therapy are Pyramid charged sprouted grains, sanctified water, pyramid sacrificial fire (yajna) and more.

Different colors emitted from pyramids have different healing functions like “Blue color” relaxes the mind, “Green color” kills bacteria, “Red color” relaxes the muscles & increases the blood circulation and "Yellow", is also used to help invigorate people who might be suffering from depression.

**Acupressure** applies the same principles as acupuncture to promote relaxation and wellness and to treat a disease that uses the fingers to gradually press key healing points which relieves energy blockages. The energy flow in the body affects everything - how you feel, how you think, and how you breathe. Acupressure helps in regulating that energy flow. SPA @ VEDALIFE provides treatment through acupressure therapy wherein skilled and trained staff is committed to healing people and relieving them from their pains.

#### BENEFITS:

- Effective in relieving pains, improvement of appearance, relieving tension in the back
- Beneficial in treating emotional distress for greater health and beauty
- Cures Arthritis, Pain, Headache, Indigestion and Sleep disorders

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**Mud** is one of the five elements of nature that contains essential minerals that have an immense impact and positive effects on the body, both in health and ailment. Mud has the property of absorbing toxins from the human body and thus is very useful in countering various diseases. Mud is also known for its healing properties and helps in cooling & relaxing the body as it can hold moisture for a long time.

Furthermore, dark mud absorbs different colors & energies and conduct them to the body. SPA @ VEDALIFE is well furnished with Cosmetic Mud Bath Pool, Mud spray Roller Massage, Mud Pack Compress, different types of mud wraps, Cosmetic Facial Mud plaster, Multani Clay Massage and Barefoot Walking in a Vast Lawn amongst other activities.

#### BENEFITS

- Helps to restore and tone up the skin
- Opens skin pores and helps in curing skin diseases

**Sand Therapy** is the part of naturopathy which utilizes another material from nature. Generated from the Earth and is one of the greatest elements of the five elements. In this therapeutic method, a pond full of sand is directly exposed to the Sun and the patient is covered by this sand for few minutes. This results in heating of the body that removes any form of swelling. This therapy employs a comprehensive treatment, combining the effects of heat, massage and magnetic therapy.

#### BENEFITS

- Sand therapy is useful in various treatments. Like for remedying obesity, arthritis, and Rheumatoid arthritis amongst others

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**Colon Irrigator Hydrotherapy** involves removal of nonspecific toxins from the colon and intestinal tract by infusing warm water into the colon via the rectum. The process results in absorption of nutrients more easily and rejuvenates the patient's health. The SPA @ VEDALIFE is equipped with hi-tech colon therapy procedures that include Dual Operation Gravity and Pressure Mode, Integrated Disinfection System, Triple Water Purification, Automatic Temperature & Pressure Control, Full Spectrum View Tubelight, Flow Control and Flow Meter.

**BENEFITS:**

- Results in increased energy, improved circulation, clearer skin & eyes and rational accuracy
- Helps in normalization of weight, better digestion, relief from bloating and heaviness
- Helpful in cure of severe constipation difficulties

**Pyramids** accumulate diverse types of energies like negative ions, electromagnetic and cosmic vibrations which are utilized in naturopathy for treatment purposes. SPA @ VEDALIFE has an arrangement of various types of pyramid equipment, pyramids of various shapes and size to serve as a meditation hall, pyramid charged sprouted grains and sanctified water, pyramid sacrificial fire (yajna), etc. this therapy especially depends upon colors of the Sun. The Sun has seven powerful colors and pyramid therapy also pivots upon an identical logic.

**BENEFITS:**

- Helps in reduction of heart rate and Blood Pressure
- Improves the functions of the hormone-producing glands
- Improves rational functionality, concentration, introduces emotional equilibrium, judgment & intelligence

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[Ozone steam sauna bath therapy](#) is a procedure where ozone gas with steam vapor is released inside a cabin. It serves as a unique procedure for removal of toxins and viruses from the body. Ozone is an active and trivalent form of oxygen. Ozone enhances the immune vital power of the body by destroying germs, bacteria, virus and fungus. Experiments till date have proved that Ozone Steam Sauna Bath helps cure hundreds of diseases /disorders.

**BENEFITS:**

- Improves immunity and destroys bacteria & viruses from the body
- Good for “Skin Tonification”
- Beneficial for “Fat Mobilization”

[Massage therapy](#) is the administration of soft tissues of the body including, muscles, connective tissues, tendons, ligaments and joints. This therapy helps alleviate the discomfort associated with every day and occupational stresses, muscular overuse and other chronic pain conditions.

**BENEFITS:**

- Helpful in eliminating anxiety and depression
- Beneficial for pain in different joints, muscles and tissues

[In water wave massage therapy treatment](#) process the whole body is massaged by a simulation of sea-like waves in water, which helps treat all types of physical and subjective ailments. The therapy makes you feel happier, healthier and enraptured.

**BENEFITS:**

- Helps in muscle relaxation.
- Increases blood circulation and relieve muscular pain and tensions

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- Creates awareness of the body. Reduces anxiety levels, gives a sense of well-being, improves the ability to monitor stress signals & gives a feeling of peace of mind
- Helpful in Obesity, Neurological disorders
- Effective in joint mobilization

**Sun** is the part of nature which is known to be beneficial in many ways to humankind. From ancient times and reasonings given in Vedas, to how it is accepted by modern science as well. Various treatment processes practiced at SPA @ VEDALIFE for Sun Therapy involves a Sun Bath, Colored Rays Therapy, Chromatic Hydro and Oil Therapy (practiced by charging water and oil in colored bottles with solar rays), colored Thermolium, Green House Thermolium etc.

#### BENEFITS:

- Improves blood Circulation
- Eliminates toxins from the body
- Increases vitamin D in the body, thereby helping in the reduction of heart diseases and Diabetes
- Improvement in conditions caused by Osteoporosis, Paralysis, Gout, Tuberculosis and other skin ailments

**Prana** is a Sanskrit word literally meaning "life-force" - the invisible bio-energy or vital energy that keeps the body alive and maintains a state of good health. Pranic Healing is a form of energy healing which makes use of Prana, or vital energy, in the treatment of a wide variety of ailments. The therapy involves treating various diseases with the help of aura, where body of any individual is energized by respiratory process like Life Energy from Earth (bhu prnānasakti), Life Energy from Sun (saura prnānasakti), Life Energy from Air (vāyu prnānasakti), Life Energy from Trees, Life Energy from Space, etc.

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This energy is transmitted to the patient with sensitized hands, and by dispelling the negative disease-causing energies. As an art and science, Pranic Healing was widely practiced in ancient civilizations in India where the cure is affected by simply removing diseased energies from the patient's invisible energy body and by transferring fresh vital energy (Prana) to the affected areas with the use of the hands.

**Hydro therapy** is a section of naturopathy treatment process which uses water for various treatment processes and pain relief. As two-thirds of the entire Earth and body is constituted of water, likewise two-thirds of complete naturopathy treatment process comprises of Hydro Therapy. Hydro Therapy section in SPA @ VEDALIFE has arrangements for Hip Bath, Spray Spinal Bath, Motorized Jet Spinal Bath, Steam Bath, Sauna Bath, Hi-tech Colon Hydrotherapy, Ozone Sauna and Steam Bath, Water-waves Massage Bath, Whirlpool Bath, Sprinkler Bath, Ozone Bubbles Bath, Circular Jet Hydro Massage Bath, Immersion Bath, Hot & Cold Alternative Jet Spray, Hydro Jet Spray Massage or Douche Bath, Foot-bath and Arm-bath, Sitting Bath, Full sheet Pack, various types of wraps, etc.

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