

# INTRODUCTION TO AYURVEDA and PRANA HEALING HOLIDAYS



## Welcome to Prana Healing Holidays and Ayurvedic treatments.

Ayurveda medicine originates from Kerala, India and is known to help cure chronic illnesses, provide weight loss or anti-aging and disease prevention through a combination of Ayurvedic herbal medicines, specialised massage and unique treatments. Ayurvedic treatment is a life miraculous transformation to rejuvenate and restore the body's energy, nutrition and vitality.

**And now the source has come to you ....** *Prana Healing Holidays* have brought out *Dr Vishnu Pillai BAMS* from Kerala to conduct authentic Ayurvedic treatments in Australia.

**Our goal**, by using various Ayurvedic treatment methods including recommendations of diet and lifestyle, is to leave you feeling pain free, healthier and immune to diseases.

**In preparation for your First Appointment with Dr Vishnu** here is a little information about Ayurvedic treatments and the Dosha types. According to Ayurveda, Doshas are the energies that govern all biological functions.

## DOSHA TYPE ANALYSIS

In accordance with Ayurveda, the first requirement for healing oneself and others is a clear understanding of the three doshas. The Dosha concept in Sanskrit words of **Vata-Pitta-Kapha** is unique to Ayurveda and it holds the potential for revolutionising the healing systems of the West.

**Tridosha Concept:** Inside the body, there are three doshas which govern the physio-chemical and physiological activities. These doshas are **Vata** (from earth and air), **Pitta** (from fire and an aspect of water), and **Kapha** (from water and earth). Individual constitution is acquired at birth and remains constant through life.

A balance among the Tridoshas is necessary for health. In childhood, the Kapha elements are predominant, since this is the time of greatest physical growth. In adulthood, metabolism and the element of Pitta are most apparent, because at this stage the body is matured and stable. In old age, catabolism and Vata are most evident, as the body begins to deteriorate.

**When problems occur in the body and mind, it is due to an imbalance of Doshas. Ayurvedic massage, herbal medicines and specialised treatments aim to help balance the three doshas, eliminate deep rooted stress and illness-causing toxins to bring the body back to a state of wellbeing.**

**Treatments can be conducted at one of our Sydney Treatment Centres or while on a Healing Holiday in the Hunter Valley or India.**

Come to the source and be healed  
Experience the miracle of Ayurvedic Treatment

## AYURVEDIC TREATMENTS ARE FOR:

\* health conscious clients who wish to experience a "tune-up holiday " and benefit from rejuvenative and anti-aging Ayurveda treatments along with more strenuous yoga classes to maximise their good health and to enjoy a relaxing retreat that will physically and mentally benefit them.

\* and clients who are sufferers from short or long term injuries, diseases or illnesses including • asthma, • allergies, • diabetes, • digestive disorders, • migraines, • neurological dysfunctions, • obesity and weight problems, • sinusitis, • psychological disorders, • all skin disorders, • insomnia, • Irritable Bowel Syndrome, etc.

**For those with structural back problems** the Ayurveda treatments will give clients immediate and long lasting relief from physical pain including sufferers of sciatic nerve damage.

---

# AYURVEDIC TREATMENT MENU

Clients may wish to first experience Ayurveda through an Introductory Abhyangam Massage\* or book in for a Full Consultation which includes a Dosha diagnosis and Health Assessment plus a Treatment and Medicines Plan plus an Introductory Abhyangam Massage. **\*\* Interested in a Weight Reduction Program? Enquire with Alison or Dr Vishnu on our special 7 day Plan \*\***

<p>~ <b>INTRODUCTORY ABHYANGAM MASSAGE*</b> Be introduced to Ayurveda through a rejuvenative and therapeutic Abhyangam Massage.</p>	<p><b>\$140</b> 60 Minutes</p>
<p>~ <b>Step 1: FULL CONSULTATION AND INTRODUCTORY ABHYANGAM MASSAGE*</b></p> <ul style="list-style-type: none"> <li>• Dr Vishnu will conduct an examination of your eyes, tongue, ears and pulse</li> <li>• Determine your Dosha type and detect any imbalances</li> <li>• Go through your History Q&amp;A and</li> <li>• verification of previous medical reports</li> </ul> <p><b>Following this</b> you will receive a rejuvenative and therapeutic 60 Minute <i>Abhyangam Massage*</i></p> <p>Please bring with you any relevant medical findings and reports that you feel may be important including a list of your current medication. (NB: Ayurvedic Herbal medicines do not interfere with medication however it is important to let Dr Vishnu know). <i>Please come 15 minutes prior to your appointment.</i></p>	<p><b>\$210</b> 90 Minutes</p>
<p>~ <b>Step 2: Option a. FOLLOW UP CONSULTATION</b></p> <p>At this Consultation, Dr Vishnu will present to you your <b>personalised Health Assessment</b> including detailed information on your Dosha diagnosis and Dosha imbalances. In addition, he will give you his recommended <b>Treatment Plan</b> including information on the type of specialist Ayurvedic treatments available and their benefits plus a suggested length of treatment time and associated costs. He will also discuss recommended <b>herbal medicines</b> and give you a personalised <b>Dietary and Lifestyle Plan</b> to follow.</p>	<p><b>\$100</b></p>
<p>~ <b>Step 2: Option b. FOLLOW UP CONSULTATION with ABHYANGAM MASSAGE</b></p> <p>The same as above – a Follow Up Consultation plus a full body <i>Abhyangam Massage</i>.</p>	<p><b>\$210</b> 90 Minutes</p>
<p><b>*Abhyangam</b> is Ayurveda's principal healing tool and the mother of all massages. It is a whole body massage given with Ayurvedic Medicated herbal oils designed to detoxify, nourish and revitalise the body tissues (Dhatu). It nourishes layers of the skin to relieve fatigue and stress and releases accumulated toxins in body tissue.</p> <p>Abhyangam has much deeper and more far reaching effects than ordinary massage by using mineral oils and lotions. Abhyangam achieves the deepest healing effects by naturally harmonising the Mind, Body and Spirit. This massage is one of the most rejuvenating treatments of Ayurveda which enhances the complexion and luster of the skin to provide nourishment and stamina to all part of the body.</p> <p><b>Benefits</b> : Increases tissue strength, improves blood circulation, rejuvenates the whole body, removes cellulite, beautifies the skin, anti aging, helps sleep better, relieves stress and tension headaches, relaxes muscles, improves flexibility, lubricates joints, improves posture, lowers blood pressure, helps manage pain, helps with depression, improves breathing, promotes vitality, strengthens immune system, reduces Vata imbalance.</p>	
<p>~ <b>Step 3: ONGOING APPOINTMENTS</b></p> <p>To follow the recommended Treatment and Medicine Plan for your return to health, your ongoing treatments may be conducted at a <b>Sydney Treatment Centre</b> or fast track you're healing with a Healing Holiday in the <b>Hunter Valley</b> or <b>India</b>. (Indian Holidays priced on request).</p> <p>~ <b>MEDICINES:</b> <i>In most cases, recommended Ayurvedic Herbal medicines are given in association with Treatment as they work hand in hand. Medicines are a separate cost and range from \$20-\$30 each. Medicines may be sent via post in conjunction with upcoming Treatments.</i></p>	<p>Ongoing appointment length varies between 60 mins (<b>\$140</b>) and 90 mins (<b>\$210</b>). <i>Extra time is \$35 per 15 minutes</i></p>

**Please note:** A 50% Client cancellation fee is charged if a client fails to provide 24 hours Notice for cancellation.

**CONTACT** Alison on **0414 289 778**, or email **info@pranahealingholidays.com** to make an appointment in Sydney, the Hunter Valley or India



## APPOINTMENT RECOMMENDATIONS

The quantity of oils and powders used during Ayurvedic massages may be more than some clients have previously experienced. The healing aspect of Ayurvedic Medicated Herbal Oils is most beneficial when you can leave the oils on for 30 to 60 minutes following treatment to let them absorb. **We recommend that you wear clothing and underwear that is ok with oils plus bring a spare pair of underwear.**

We also advise that following a massage or treatments, that you *keep your activities to a minimum* – and give your body just what you need – rest.

## TREATMENT LOCATIONS

Receive treatment in Sydney, or at one of our six participating Hunter Valley resorts or travel to India.

### ***Sydney Treatment Centre***

- **Therapeutic Axis**
- 125 St Johns Road, (off Glebe Point Road), Glebe

If you are unable to attend a Treatment Centre in Sydney prior to a Healing Holiday, we will forward you a Treatment Q&A Form for you to fill in and Dr Vishnu will create a preliminary Treatment Plan with recommend Herbal Medicines which will be sent to you prior to your Healing Holiday.

### ***Hunter Valley Healing Holidays***

Fast track the rejuvenative process and experience a **3 day, 5 day** or the optimum **14 day Healing Holiday**. *Prana Healing Holidays* are unique to other health spas in that we focus only on Ayurveda treatments that have a **curative healing aspect**.

Healing Holidays include a massage with specialised treatments each day (90 minutes to 2 hours), we send you herbal medicines to start in advance, plus stay in lovely unique accommodation (Cottages, Villas and Homesteads available), plus you can choose to benefit from therapeutic yoga sessions and Ayurvedic Vegetarian Cooking Classes.

### ***Indian Healing Holidays***

Travel to Kerala to experience a *Panchakarma Treatment* - Ayurveda medicine's primary purification and detoxification treatment. Holidays are personalised and are for two or three weeks at Dr Aju George's Treatment Centre and Resort on the beautiful Kovalam beach.

VISIT [www.pranahealingholidays.com](http://www.pranahealingholidays.com)  
to read further information on Prana Healing Holidays and Ayurveda Treatments