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Ayurveda at the Svata Katerina Resort

Ayurveda, an ancient Indian teaching, so called life science, offers positive solutions to the problems caused by modern civilization. It treats the classic diseases of our time effectively, lastingly and using natural healing methods. The Ayurvedic programs at the Svata Katerina Resort are designed and provided in cooperation with the Indian Kairali Hospital network. During your stay, the Indian Ayurvedic physician and Indian therapists, who were educated and trained in India, will provide your care. An Indian chef will prepare special Ayurvedic diet. Oils, spices and herbs that will form an integral part of your treatment come from Kerala, India. They are pure and environmentally friendly products made by the Kairali Company.

In order for your treatment and cleansing to work properly, please follow these rules below.

- Skip alcohol during your entire stay.
- Avoid coffee during your stay, if necessary consult the physician.
- Limit the use of cell phones, Internet and social media, switch to "**Media detox**".
- Eat only the food that is part of your package.
- Drink only warm water. You will receive a hot water thermos at check in. You can ask for a refill at the restaurant, at any time.
- Your package begins with a consultation with an Ayurvedic physician. If he recommends therapies, medicines, herbs beyond your package, you can purchase services from your coordinators. You can buy herbs and medicine in the Resort Yoga shop.
- Follow our set program. Every treatment included in your package makes sense.
- In case of any discomfort, contact the coordinators or physicians. Remember that if the organism is cleansed, discomfort is a normal manifestation.
- Your package includes Ayurvedic treatments. These are medical therapies that help cleanse your body. If you do not like the pressure during a treatment, please inform the therapist. Beware; this is not a relaxing treatment. The therapist rubs therapeutic oils into different parts of your body using intense strokes and elevated pressure.
- Follow the **therapist's** recommendations after individual therapies. Allow the oils act only as prescribed.
- Remember that cleansing is quite demanding for your body, avoid demanding sports activities and follow the **doctor's** recommendations.

Thank you for your cooperation regarding the above recommendations. We look forward to spending time with you and achieve great results during your Ayurvedic medical treatment packages.

If you have any question, please do not hesitate to contact us.

We wish you a beautiful stay.
Your Svata Katerina Resort team