Panchakarma – Bio purification programme (14 days – 90 treatments)

	Treatments	Days													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
1	Pulse diagnosis (30 min)														
2	Head massage (15 min)														
3	Face massage (15 min)														
4	Foot massage (15 min)														
5	Body massage (45 min)	1	1	1	1	1	2	2	2	2					1
6	Parisheka (10 min)														
7	Steam bath (15 min)														
8	Herbal bath (10 min)														
9	Special bundle massage (15 min)	Depend the person/illness													
10	Laxative														
11	Shirodhara (30 min)														
12	Pindasweda (40 min)														
13	Nasal cleaning														
14	Nethra-tharpana														
15	Shirovirechana														
16	Pichu/Paste (45 min)	Depend the person/illness													
17	Flower bath (20 min)														