



LuckyBansko & Spa
MORE THAN YOU EXPECT! * * * * *



Healing with Purifying and Rejuvenation

AYURVEDA CLINIC is the first Indian Ayurveda Center in Bulgaria.

It offers a healing according to the system of Ayurveda, which purifies, beautifies and rejuvenates your body, all based upon the methods of Purovakarma and Panchakarma.

It takes place in **Aparthotel Lucky Bansko & Spa*******

Treatment and Prophylaxis duration

The healing and prophylaxis practices in the "Ayurveda Clinic" are for a period of **7, 10, 14 or 21 days** depending on patient's current condition.

The incredible combination of highly qualified medical experts and therapists from India, authentic oils and healing herbs, abundantly nutritious diet based on the Ayurveda methods and practices, the fresh air in Bansko and five-star conditions, places **Ayurveda Clinic** in the World's top Ayurveda Centers.

WITH THE AYURVEDA DISCUSSIONS being conducted 3 times a week, more knowledge and understandings on human body and spirit are revealed.

Thus, patients are able to rebuild and reorganise their own living habits, enhancing the quality of their life, making it Healthier and Happier.

- **7-day course** - suitable for General Health Prophylaxis
- **10 or 14-day courses** - recommended in cases of light health issues
- **21-day course** - highly recommended in cases of advanced stage illnesses or more serious medical conditions

What is Ayurveda?

AYURVEDA is an ancient system for Health based on the principles of well-being, body treatments, psychological practices, feelings and spirit, accompanied by authentic herb healing and Ayurvedic nutrition methods.

THE AYURVEDA HEALING process includes revealing the initial signs of disbalance in the organism and its response to them, before the actual disease symptoms, which on the other hand leads to accurate diagnosis and disease prevention in the future.



THE FIRST STAGE with Ayurveda Healing includes the entire body detox. Purvakarma prepares the body for the purifying process of the Panchakarma procedures, which removes the profoundly accumulated toxins from it. These therapies restore the health of the ill patients, and boost the Immune system of the healthy ones.

PURVAKARMA

is a combination of external preparatory procedures (including herbal sauna, hot intensive compresses, massages with herbal and healing oil and pouring with herbal oil over specific body parts) which prepare the body for internal purification, directs the slag (ama) to the digestive system and have a beautifying effect.

PANCHAKARMA

is a method for internal purification of the body which removes toxins, radicals and heavy metals through a combination of therapies. It takes out the toxins and the heavy metals deeply settled into the body, in addition to the entire cleanse of the Digestive system.





Treatment and Prophylaxis in Ayurveda Clinic

In **AYURVEDA CLINIC** is conducted the entire healing process, as each state of the two methods has its absolute sequence, supervised by Ayurveda medical specialists and therapists on a daily level.

"AYURVEDA CLINIC" TEAM

- Dr Mahesh Garje, BAMS, M.D., a licensed Indian doctor from the University of Puna, qualified to apply in the Ayurveda Treatment more than 400 herbs.

- In the clinic are working as well Ayurveda therapists graduated from prestigious Ayurveda Schools and further specialisation in different Indian Universities, with more than 12 years of practical experience.

What types of diseases could be treated by Ayurveda

- *Digestive disorders- Excess Stomach Acid, constipation, Colic discomfort, hemorrhoids, different types of hepatitis*
- *Cardiovascular diseases- hypertrophy (high blood pressure), Coronary Anatomy*
- *Respiratory diseases- sinusitis, coughs of different types, cold allergies*
- *Articular diseases- arthritis, spondylosis, gout*
- *Excretory organs- kidney stone disease, prostatitis, renal impairment*
- *Dermal diseases- psoriasis, eczema, hair loss, pimples*
- *Female's disorders- irregular periods, cysts, fibroid, infertility*
- *Pediatric diseases and conditions- low immune system, colds with coughs, malnutrition, low concentration and learning skills*
- *Mental disorders- obsessions, depression, insomnia, anxiety*
- *Motor disabilities- paralysis, after brain insult effects*

Ayurveda mainly heals the energetic disbalance in the body leading to the physiological disorders, which in the Western medicine are known as "diagnosis"



How we heal in Ayurveda Clinic

- *Initial medical examination and pulse diagnosis. Daily medical examinations and supervision on the patient's general health and treatments' effects;*
- *2 or 3 treatments per day with the highest of quality Indian therapeutic essential oils and herbs;*
- *Regular intake of herbal infusion*
- *Balanced diet in accordance with the Ayurvedic methods and specifically tailored to the individual's disbalance and body type (so called Doshas - Vata, Pitta and Kapha), along with the daily treatments;*
- *Time for relax, yoga and meditation;*

THE EFFECTS OF THE AYURVEDA TREATMENT

- *Improves the flow of vital energy (Prana)*
- *Balanced Energy levels*
- *Optimal functioning of the body's systems and organs;*
- *Rejuvenation and beautifying*
- *Inner Peace and Positivity*
- *Harmony and better understanding of the body's needs*



Start your healthy and fulfilling way of
living now and give yourself longevity!



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