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**PANCHAKARMAPROGRAM INSTRUCTIONS**

To ensure you achieve excellent results and satisfaction with the **Panchakarma** therapy, you should be extremely careful about the preparatory measures before, during, and after the program.

**BEFORE THE TREATMENT**

We recommend that you switch to a vegetarian diet, abstaining from the consumption of meat, fish, seafood, and dairy products 7 days before the start of the program.

This will help to cleanse your body from toxins faster.

In order to **cleanse your intestines**, it is advisable to take **a herbal remedy** for 3 days prior to your coming to Bansko.

You should drink either **senine tea or aloe bitter crystals** for 3 consecutive evenings.

This is important to achieve a regular and well-functioning digestive tract.

Well-cleansed intestines guarantee that the active food and herbal remedy ingredients will be absorbed in the digestive system during the Panchakarma program in Bansko.

**Drink warm water** (36-38⁰C) before brushing your teeth **in the morning**, starting at least 7 days prior to the beginning of the program.

Do not drink cold water at any time during the day.

**600 ml** of warm water is enough.

**MEDICAL TEST RESULTS AND EPICRISES**

Please send us your medical test results (e.g. blood test results, epicrises, diagnostic images) before starting the program.

This will be extremely useful when planning the treatment.

**FEMALE MENSTRUAL CYCLE**

All types of Panchakarmaprocedures and treatments should be avoided **during the menstrual period**.

The monthly cycle is a period of self-balancing the feminine energy, and Panchakarma procedures may cause a conflict in this process.

Please arrange to start the Panchakarma program at least 3 days after the end of your monthly cycle.

**ARRIVAL AT THE AYURVEDA CLINIC BANSKO**

Several days prior to the start of the program, you will be notified of your first diagnostic appointment with our Ayurvedic doctor.

Please be there a couple of hours in advance.

**You should not consume any food or drink alcohol 2 hours before the examination.**

Check-in at Aparthotel Lucky Bansko SPA & Relax begins at 10:00.

**Upon request from you and based on availability**, you would be able to arrive one day before the start of the program, after 3 p.m.

In this case you would have to send us a request at **info@ayurvedabansko.bg**.

The extra overnight with breakfast, if confirmed from the hotel, will be complimentary for you.

**DAY ONE**

After checking in at the hotel, you will have your first consultation with our Ayurvedic doctor.

It lasts about 60 minutes.

During the examination, you are encouraged to discuss the purpose of your visit with the doctor and share information with him on any allergies you have, certain foods you avoid, or prescription medications you take.

**Please do not stop taking your medications without consulting your doctor first!**

The diagnostic examination will be scheduled for the day of your arrival.

For participants arriving at a late hour, the examination will be held the following day.

This will not affect the integrity and completeness of the program in any way.

During the examination, the Ayurvedic doctor will first diagnose your **Dosha** and then inform you about your health status and appoint any necessary therapies.

Your dinner is scheduled for **19:30** at the *Le Bistro* restaurant.

The doctor’s diagnosis will determine the type of food you will be consuming during the program.

**On the day of your arrival, you may get an Ayurvedic product for cleansing the digestive system at the discretion of the Ayurvedic doctor.**

**Take it right before going to bed with 100 ml of warm water (36-38⁰C).**

**It is possible to visit the toilet several times during the night. This is a normal treatment effect which will subside in a couple of hours.**

**In some cases, at the discretion of the Ayurvedic doctor, you may not be prescribed this intake.**

**IMPORTANT NOTICE**

**The main purpose of the Panchakarma procedures is to direct your energy down to the colon, and do the same with the toxins.**

**That is why you have to retain your energy in that part of your body.**

**Bear in mind that each of the prohibited activities listed below redirects the energy to other body parts, as a result of which your cleanse will not be as complete and effective as it otherwise would.**

**STARTING THE PROGRAM**

Your Ayurvedic treatment and cleansing begins the following day and involves conducting personalized therapies, eating a specific diet according to your **Dosha**, and doing various types of physical activity.

Based on your needs, you will be receiving two or three treatments daily.

Those are prescribed by the Ayurvedic doctor.

You do not have a say in the choice of Ayurvedic procedures as it could have a negative effect on you.

**You are entitled to a brief 10-minute consultation with your doctor on a daily basis, during which you are encouraged to share all your concerns.**

**Please let us know in case you feel any discomfort.**

**You may attend our yoga course which corresponds to the requirements of Panchakarma, namely retaining the energy within the colon in order to allow the toxins to accumulate there.**

**The exercises and asanas are not challenging, and relevant breathing and meditation techniques are included in the program.**

**Yoga classes are held from 07:15 to 7:55 in the morning, and between 21:00 and 21:50 in the evening.**

**Lectures explaining core Ayurvedic principles are delivered three times a week.**

**That is when you could ask any questions you might have.**

**The daily fluid intake consists of healing water only, based on the energy type of your personality (Dosha): Vata (wind and air), Pitta (fire), or Kapha (water and earth).**

**What we call healing water is essentially hot tea containing specific herbs.**

**You get a designated quantity in a flask delivered to your room, and you should drink the water hot at regular intervals throughout the day.**

**Either one cup of coffee or black tea is allowed per day but not both.**

**FOOD**

**Food will be practically the same every day, with only minor differences.**

**The regimen includes 4 meals per day.**

**This is an important requirement so that your body could use less energy to digest and absorb the nutrients.**

**You need the energy saved to dispose of the accumulated toxins and support the healing processes.**

**Portions are not large because the idea is to flush toxins out rather than store food reserves.**

**You will be served mainly vegetarian dishes with the possibility of adding dairy products.**

**The food will contain less salt than you normally take in order to prevent the body from retaining fluids; remember that you need to flush out toxins!**

**USEFUL TIPS AND REQUIREMENTS**

**All participants should strictly abstain from sexual intercourse as well as from any thoughts or actions that may arouse sexual desire.**

**This is one of the most important detox rules in Panchakarma.**

**Your energy will be directed to other body parts in order to cleanse your systems and heal you.**

**Do not use soap or shower gel when you take a morning shower before the treatment!**

**That could lead to clogged pores so healing oils might not be able to penetrate into the skin.**

**You can shower using soap according to the therapist's instructions, which is usually 1-2 hours after receiving the treatment.**

**Do not suppress your physiological needs.**

**It is recommended that you should refrain from experiencing emotions such as anger, excitement, and/or sadness.**

**Walks are allowed as long as they do not exceed 30 minutes, given that the outside temperature is above 18⁰C and exposure to direct sunlight is avoided.**

**You should not go out if the weather is windy.**

**Avoid horse riding, long and intense walking, prolonged and/or loud talking, or other stress-inducing activities.**

**Smokers** should either give up the habit or reduce the number of cigarettes dramatically.

**The use of alcohol is strictly prohibited.**

**The diet** prescribed by the program must be followed closely.

**Do not use any cosmetic skin products** such as creams, massage oils, deodorants, perfumes, etc.

**You are allowed** to put facial cream or mask, though.

**Do not shower using gels or soaps unless the therapist has instructed you otherwise.**

Do not wash your hair without the therapist's express permission.

Avoid sleeping during the day, going to bed late at night as well as prolonged sitting or standing.

If you are tired, you might take an afternoon nap of maximum 20 minutes, lying on the left side of the body.

**Release all negative emotions and make an attempt at being happy.**

**Try to avoid stressful situations.**

**Do not starve consciously or force yourself to consume food that you dislike.**

**Avoid any kind of exercise and physical activity at least 48 minutes before and after treatments.**

**Lie in bed for one hour after treatment without wasting energy!**

**All sorts of physical exercise are prohibited during Panchakarma treatments because your body is undergoing a process of change and restoration.**

**During this period you will feel exhausted, and you will hardly endure even the slightest effort (physical or mental), which is normal.**

**The reason is that your energy is occupied with healing you!**

**Heavy physical exercise might aggravate your condition.**

**Please consult your doctor before planning any kind of exercise.**

**Avoid excess reading or watching too much TV.**

**These activities reduce the energy which is being used to build healthy tissues and restore normal body functions.**

**Be positive about the treatment.**

**Get sufficient sleep of 7-8 hours per night!**

**Relaxing and deep sleep is very important for proper rehabilitation, recovery, and health promotion.**

**It will restore damaged tissues and compensate the loss of life energy.**

**After every treatment, follow the doctor's or therapist's instructions for taking a shower or washing your head.**

**During the treatment, comply with any restrictions prescribed by the doctor or therapist.**

**This applies to your diet as well as the levels of physical and mental stress.**

**ADDITIONAL PROCEDURES PERMITTED OUTSIDE THE PROGRAM**

(at an extra cost)

* cosmetic face therapies
* Intraceuticals (injecting serum with oxygen under pressure)

**BEFORE AND AFTER THE TREATMENT**

**Please be on time for all treatments planned in your program.**

**Rest at least 60 minutes before and after a treatment.**

**Rest is absolutely indispensable after every treatment.**

**Consult your doctor regarding the changes that can occur during and after treatments.**

**Morning or evening pulse diagnostics is performed only before meals.**

**DAILY SCHEDULE**

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| --- | --- |
| **Hour** | **Activity** |
| **07:15 – 07:55** | Morning yoga session |
| **07:50 – 09:00** | Breakfast according to the individual Dosha |
| **08:00 – 13:00** | Ayurvedic treatments or Panchakarma / Purvakarma procedures |
| **13:00 – 13:30** | Lunch according to the individual Dosha |
| **13:30 – 14:30** | Rest |
| **14:30 – 18:00** | Ayurvedic treatments or Panchakarma / Purvakarma procedures |
| **17:00 – 18:00** | Daily consultation with your Ayurvedic doctor  |
| **18:30 – 19:30** | Lecture: **Ayurveda - Basic Principles and the Path to Longevity** (3 times per week) |
| **19:30 – 20:00** | Dinner according to the individual Dosha |
| **20:00 – 21:00** | Evening Ayurveda procedures as prescribed by the doctor |
| **21:00 – 21:50** | Evening yoga session (breathing practices and meditation) |

**CONTACT THE AYURVEDA CLINIC BANSKO TEAM**

**Dr. Balaji Pawar: +359 877 074 256;**

**Assen Teofilov, Head of The Ayurveda Clinic Bansko: +359 877 078 269;**

**Reception: +359 887 910 971 (if dialing outside the hotel); extension 9 from every hotel room.**