

Panchakarma Price List: October 2018

We warmly invite you to visit our Panchakarma Centre in Skelmersdale, Lancashire, UK, where Maharishi AyurVeda practitioners and technician offer health consultations, treatments, courses and products. Since 1985, they have successfully treated thousands of people from all around the country and from other parts of the world.

Consultations and Courses

Our regular health practitioners – Dr Charlotte Bech and Dr Donn Brennan – are Western-trained doctors who have also trained in Maharishi AyurVeda. Both have many years experience in giving personal Ayurveda health consultations and in supervising Panchakarma therapy. Twice a year we also have visits from Indian practitioners who are members of long family traditions.

Our practitioners use a variety of Ayurvedic diagnostic skills, including pulse diagnosis (Nadi Vigyan). They will advise you on diet and daily routine and recommend herbal supplements and treatments to bring you back to balance and health. We also offer a variety of knowledge and practical courses in Ayurveda.

Panchakarma Therapy

Our centre specialises in Panchakarma, a purification and revitalisation therapy that includes:

- Consultation with a practitioner
- Preparatory home treatment
- 3 to 21 days of Panchakarma therapy
- Programme to maintain the benefits.

One-day wonder

With a one-day Maharishi AyurVeda treatment you will enjoy a delightful Dosha-specific synchronised Abyhanga massage by two expert therapists. This is followed by another treatment of your choice, such as Shirodhara, where a continuous stream of soothing oil is poured across your forehead helping to calm your busy mind and melt away mental and physical tensions.

Single Treatments

We offer an number of different Ayurveda treatments. These can be integrated into longer Panchakarma therapy programmes, but most are available as single one-off treatments that last one and a half to three hours.

Doctor Consultations	
60 min first or follow-up	from £95
30 min follow-up	from £50
Marma Therapy	
45 min Marma Therapy (incl 15min rest)	£75
Panchakarma Therapy	
3 days of Panchakarma	from** £572
5 days of Panchakarma	from** £959
7 days of Panchakarma	from** £1346
9 days of Panchakarma	from** £1733
15 days of Panchakarma	from** £2894
21 days of Panchakarma	from** £4055

One-Day Wonder	
Abyhanga plus treatments such as Shirodhara	from £199
Meals	
Supper	£7
Lunch	£12
Accommodation (per night)	
B&B Single bedroom in clinic	£25
B&B Double bedroom in clinic	£35
B&B in self-contained flat or room in local home	£25 to £60
Courses	
Maharishi AyurVeda, Food & Cooking day-course	£70
Dr Charlotte Bech half-day health seminars	£60

* We reserve the right to change our treatment prices at any time without further notice. However, if you have ordered but not yet paid for a treatment, we guarantee the price for one month from when the order was placed.

** These example prices are based on a Panchakarma treatment involving Vata, Pitta or Kapha Abhyanga, Swedana and a combination of Matra Basti and Shodana Basti. Other combinations of treatments may be recommended by the Maharishi AyurVeda practitioner, and they may also recommend extra treatments.

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Prices of treatments when combined as part of Panchakarma	
Abhyanga: Vata, Pitta or Kapha Dosha massage with one or two therapists	£126
Udvardhana: stimulating massage with special paste, for Kapha and weight reduction	£142
Uzhichil: invigorating massage to stimulate Prana and purify the Shrotas and Marmas	£168
Vishesh: deep muscle massage to remove blockages, increase blood flow and awaken energy	£116
Pizichili: deeply satisfying massage with a stream of warm herbalised oil poured over the body	£189
Sarvang Ksheera: nourishing massage with a stream of warm herbalised milk poured over the body	£168
Pinde Swedana: total body treatment to restore muscle tissue, joint function and energy	£205
Kaadidhara: Garshan massage followed by herbal rice water massage to reduce Kapha Ama toxins	£136
Swedana: herbal steam bath that opens the Shrotas (body channels) to help eliminate toxins	£38
Local Swedana: localised heat treatment to open the Shrotas and help eliminate toxins	£21
Matra Basti: herbalised oil used within the colon to reduce Vata and constipation	£30
Kshira Basti: a mixture of milk, oil and herbs that is useful when a mild enema is needed	£30
Shodhana Basti: purifying enema to remove Ama and excess Kapha, Pitta, and Vata Doshas	£37
Takradhara: cooling stream of herbalised yoghurt over forehead. Helps sleep and reduces Pitta	£89
Shirodhara: soothing stream of oil poured over forehead. Calms the mind and reduces Vata	£68
Prices of treatments when taken in isolation	
Abhyanga: Vata, Pitta or Kapha Dosha massage with two therapists	£136
Udvardhana: stimulating massage with special paste, for Kapha and weight reduction	£152
Uzhichil: invigorating massage to stimulate Prana and purify the Shrotas and Marmas	£184
Vishesh: deep muscle massage to remove blockages, increase blood flow and awaken energy	£126
Pizichili: deeply satisfying massage with a stream of warm oil poured over the body	£205
Sarvang Ksheera: nourishing massage with a stream of warm herbalised milk poured over the body	£168
Pinde Swedana: total body musculo-skeletal treatment to nourish the bones and muscles	£220
Kaadidhara: Garshan massage followed by herbal rice water massage to reduce Kapha Ama toxins	£136
Padabhyanga: foot and lower leg massage for foot problems	£53
Swedana: herbal steam bath that opens the Shrotas (body channels) to help eliminate toxins	£63
Matra Basti: herbalised oil used within the colon to reduce Vata and constipation	£40
Kshira Basti: a mixture of milk, oil and herbs that is useful when a mild enema is needed	£40
Shodhana Basti: purifying enema to remove Ama and excess Kapha, Pitta, and Vata Doshas	£50
Takradhara: cooling stream of herbalised yoghurt over forehead. Helps sleep and reduces Pitta	£99
Shirodhara: soothing stream of oil poured over forehead. Calms the mind and reduces Vata	£82
Shiro Picchu: Oil treatment given to top of head Mahamarma, for stress, fatigue, insomnia	£47
Shiro Basti: Whole head oil treatment with 2 therapists, for stress, fatigue, insomnia, head and mind	£99
Shiro Abhyanga: Ayurvedic head massage with one therapist	£47
Nasya: a major treatment involving massage, heat and oil treatment for head and sinuses	£105
Netra Tarpana: refreshes tired or itchy eyes. Rejuvenating and Pitta reducing for the eyes	£47
Karana Purana: treatment for tinnitus and other ear problems	£47
Hrid Basti: good for the physical and emotional heart	£47
Kati Basti: helpful for lower back pain	£58
Knee Basti: good for knee joint problems	1 Knee: £37, 2 Knees: £47
Patra Pottali: oil and heat treatment for joints	1 Area: £47, 2 Areas: £58, 3 Areas: £68, 4 Areas: £79
Marma Therapy: treats vital areas and energy channels to purify, strengthen, rejuvenate and revitalise, from	£75