

# Panchakarma Price List\*: September 2019

We warmly invite you to visit our Panchakarma centre in Skelmersdale, Lancashire, UK, where Maharishi AyurVeda practitioners and technicians offer health consultations, treatments, courses and products.

## Consultations and Courses

Our practitioners have extensive training in Ayurveda and years of experience in consultations and supervising Panchakarma therapy.

Twice a year we also have visits from *Vaidyas* (Ayurveda practitioners from India) who are members of long Ayurvedic family traditions.

Our practitioners use a variety of Ayurvedic diagnostic skills, including *Nadi Vigyan* (pulse diagnosis). They will advise 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 programme that lasts several days and includes:

- Consultation with a practitioner
- Preparatory home treatment
- 3 to 15 days of Panchakarma therapy
- Programme to maintain the benefits.

## Single Treatments

We offer a wide range of Ayurveda treatments. Most are integrated into longer Panchakarma programmes, but they are also available as single one-off treatments.

## Combined Treatments

A favourite choice for many patients is to have special combinations of single treatment. For example Abhyanga massage followed by Shirodhara reduced Vata and is very settling for both mind and body. Abhyanga followed by Takradhara helps cool down Pitta.

## Marma Therapy

Marma Therapy is treatment for the body's vital energy points and channels to purify, strengthen and rejuvenate the body. This treatment is a standalone treatment, but can follow on from other treatment, such as Abhyanga massage.

Ayurveda Consultations	
Consultation, 60 minutes	£95
Consultation follow-up, 30 minutes	£50
Panchakarma Therapy	
3 days of Panchakarma	from** £545
5 days of Panchakarma	from** £920
7 days of Panchakarma	from** £1,295
9 days of Panchakarma	from** £1,670
11 days of Panchakarma	from** £2,015
Combined Treatments (examples)	
Abyhanga & Shirodhara, 2-technicians, 90min	£190
Abyhanga & Shirodhara, 1-technician, 60min	£95
Abyhanga & Takradhara, 2-technicians, 90min	£215
Abyhanga & Hrid Basti, 1-technician, 60min	£95
Abyhanga & Marma, 1-technician, 60min	£95
Marma Therapy	
Marma Therapy, 60min	£90
Marma Therapy, 30min	£50
Meals	
Lunch	£12
Supper	£7
Accommodation (per night)	
B&B Single bedroom in clinic	£25
B&B Double bedroom in clinic	£35
B&B local home room or self-contained flat	£25-£60
Ayurveda Courses	
Ayurveda, Food & Cooking day-course**	£70
Ayurveda day-course**	£70
Ayurveda half-day course	£45

\* 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 Abhyanga, Swedana and a combination of Matra Basti and Shodana Basti. Other combinations of treatments may be recommended by the practitioner, and they may also recommend extra treatments.

\*\*Lunch is included in these courses

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Treatments	Part of PK	Taken by itself
<b>Abhyanga:</b> Vata, Pitta or Kapha oil massage, 60 minutes with 2 therapists	£125	£135
<b>Abhyanga:</b> Vata, Pitta or Kapha oil massage, 60 minutes with 1 therapist	£90	£100
<b>Abhyanga:</b> Vata, Pitta or Kapha oil massage, 30 minutes with 1 therapist	–	£50
<b>Hrid Basti:</b> Recommended for the physical and emotional heart	£45	£50
<b>Karana Purana:</b> Treatment for tinnitus and other ear problems	£45	£50
<b>Kati Basti:</b> Helpful for lower back pain. Can be applied to any part of the back that has problems	£55	£60
<b>Janu Basti:</b> Used for knee joint problems, such as pain and stiffness, 1 Knee	£32	£40
<b>Janu Basti:</b> Used for knee joint problems, such as pain and stiffness, 2 Knee	£42	£50
<b>Kshira Basti:</b> A mixture of milk, oil and herbs that is useful when a mild enema is needed	£40	–
<b>Marma Therapy:</b> To purify, strengthen and rejuvenate vital energy points and channels, 30 minutes	–	£50
<b>Marma Therapy:</b> To purify, strengthen and rejuvenate vital energy points and channels, 60 minutes	–	£90
<b>Matra Basti:</b> Herbalised oil used within the colon to reduce Vata and constipation	£30	£40
<b>Nasya:</b> A major treatment involving massage, heat and oil treatment for head and sinuses	–	£105
<b>Netra Tarpana:</b> Refreshes tired or itchy eyes. Rejuvenating and Pitta reducing for the eyes	£45	£50
<b>Padabhyanga:</b> Foot and lower leg massage. Recommended after long journeys and for foot problems	£45	£55
<b>Patra Pottali:</b> Oil and heat treatment for joints, muscles and soft tissues, 1 Area	£50	£55
<b>Patra Pottali:</b> Oil and heat treatment for joints, muscles and soft tissues, 2 Area	£55	£60
<b>Patra Pottali:</b> Oil and heat treatment for joints, muscles and soft tissues, 3 Area	£65	£70
<b>Patra Pottali:</b> Oil and heat treatment for joints, muscles and soft tissues, 4 Area	£75	£80
<b>Pinde Swedana:</b> Total body treatment to restore muscle tissue, joint function and energy	£200	£220
<b>Pizichili:</b> Deeply satisfying massage with a stream of warm herbalised oil poured over the body	£190	£200
<b>Podikili:</b> Dry preparations are used to remove toxins gathered in joints and tissues just beneath the skin	£80	£90
<b>Sarvanga Ksheera:</b> Nourishing stream of warm herbalised milk continually poured and massaged into the body	£170	£190
<b>Shiro Abhyanga:</b> Ayurvedic head massage with one therapist	£45	£50
<b>Shiro Basti:</b> Whole head oil treatment with 2 therapists, for stress, fatigue, insomnia, head and mind	£90	£100
<b>Shiro Picchu:</b> Oil treatment given to top of head Mahamarma, for stress, fatigue, insomnia	£40	£50
<b>Shirodhara:</b> Soothing stream of oil poured over forehead. Calms the mind and reduces Vata	£60	£65
<b>Shodhana Basti:</b> Purifying enema to remove Ama and excess Kapha, Pitta, and Vata Doshas	£40	–
<b>Swedana (full):</b> Herbal steam bath that opens the Shrotas (body channels) to help eliminate toxins	£40	£50
<b>Swedana (local):</b> Localised heat treatment to open the Shrotas and help eliminate toxins	£15	–
<b>Takradhara:</b> Cooling stream of herbalised yoghurt over forehead. Helps sleep and reduces Pitta	£85	£95
<b>Udvartana:</b> Stimulating massage with special flour and herbal paste, for Kapha and weight reduction	£140	£150
<b>Uzhichil:</b> Invigorating deep massage to stimulate Prana and purify the Shrotas and Marmas	£150	£160
<b>Vishesh:</b> Deep muscle massage to remove blockages, increase blood flow and awaken energy	£120	£130