

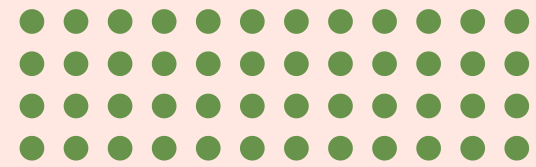


AYURVEDA WELLNESS CENTRE

Body Detox, Panchakarma,
Yoga and Diet.

wellness@karmaayurveda.com | +91 9311038901

 karmaayurvedawellness.com



About Karma Ayurveda

For over 84 years, Karma Ayurveda has carried forward the timeless wisdom of Ayurveda, touching lives with natural healing and care since 1937, what began as a vision to heal with authenticity has now blossomed into a space where wellness meets harmony.

Our Ayurvedic Wellness Centre is designed to help you pause, breathe, and reconnect—with yourself and with nature.





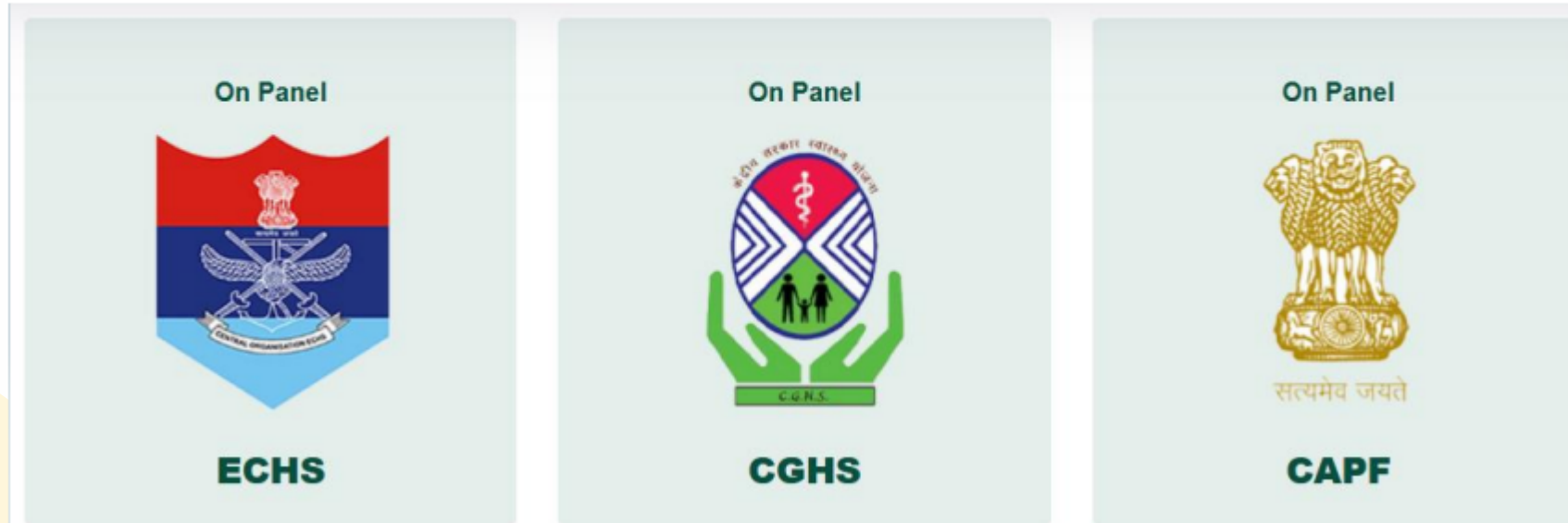
Founder Dr. Puneet Dhawan and Vision

Dr. Puneet Dhawan is a renowned Ayurvedic expert and wellness mentor known for his holistic approach to healing and rejuvenation. With decades of experience in Ayurveda, he has helped thousands restore balance through natural therapies, Panchakarma, yoga, and mindful nutrition.

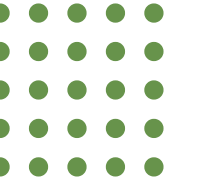
As the Founder of Karma Ayurveda, Dr. Dhawan blends ancient Ayurvedic wisdom with a modern lifestyle perspective, guiding guests toward sustainable health and inner harmony. His philosophy focuses on treating the root cause of illness and nurturing the body, mind, and spirit as one.

A recognized figure in Ayurveda worldwide, Dr. Dhawan has received multiple honors and represented India's healing traditions on global platforms. His mission is simple yet profound — to make Ayurveda accessible, authentic, and transformative for everyone.

Global presence and Accreditations



Karma Ayurveda serves clients from across the globe, welcoming guests from all continents seeking authentic Ayurvedic healing. The center is certified and accredited by major Ayurvedic and wellness boards, ensuring quality and trust in every treatment.



Wellness packages overview

▶ 7 days Single person : ₹ 1.25 lakhs

▶ 7 days for Couple : ₹ 2 lakhs

▶ 14 days Single person : ₹ 2.5 lakhs

▶ 14 days Single person : ₹ 4 lakhs



Wellness Lite (7 Days)

- ▶ **Day 1 – Arrival & Orientation: Consultation, Evening Yoga**
- ▶ **Day 2 – Detox Initiation: Panchakarma, Diet Consultation**
- ▶ **Day 3 – Abhyanga Therapy, Meditation, Cooking Sessions**
- ▶ **Day 4 – Balance & Diet: Panchakarma, Cooking Session, Yoga**
- ▶ **Day 5,6 – Self-Care: Yoga, Panchakarma, Abhangaya**
- ▶ **Day 7 – Reflection: Closing Consultation, Departure**





Wellness Plus (14 Days)

- ▶ **Day 1 -3 – Foundation Healing: Panchakarma, Yoga, Abhyanga**
- ▶ **Day 4-6 – Ayurveda in Practice: Cooking Workshops, Nadi-Parikshan**
- ▶ **Day 7-9– Healing & Exploration: Panchakarma, Workshops, Sightseeing to Lake Pichola, City Palace**
- ▶ **Day 10-12 – Chronic Care: Specialized Therapies, Expert Sessions**
- ▶ **Day 13-14 – Integration: Workshops, Cooking Recap, Closing Ceremony**





DISCOVER NATURAL HEALING WITH KARMA AYURVEDA

wellness@karmaayurveda.com | +91 9311038901