



**AYURVEDA**

Detox, Slimming and Yoga

BY SUNRISE

**Indian Essence of Wellbeing**



## Welcome to Ayurveda in SUNRISE Montemare Resort

As the first hotel chain in Egypt, **SUNRISE Resorts & Cruises** introduces Ayurveda treatments with its highly selected and trained staff from India in **SUNRISE Montemare Resort in Sharm El Sheikh**.

Ayurveda, meaning “the science of life”, is one of the world’s oldest holistic healing systems originated in India. It aims to bring about the perfect balance of the entire personality - body, mind, and spirit through promoting wellbeing and good health.



## Welcome to Ayurveda in SUNRISE Montemare Resort

At our Ayurveda Spa, we combine authentic Ayurveda therapies with a supportive lifestyle management system, customized by our Specialists, starting from the diagnosis to the selection of therapy through herbs and oils according to each individual's body nature.

# AYURVEDA SPA FACILITY





## AYURVEDA PACKAGES INCLUDE:



Consultation by Indian  
Ayurveda Specialist



Body Type Analysis



Individual Therapy Plan



Customized Yoga  
Class



Daily 90 min Treatments



Herbal Teas & Decoctions



Nutrition & Lifestyle Advice



Access to Steam, Sauna & Jacuzzi

# DETOX PROGRAM

Panchakarma is a process of cleansing the human body of the toxins that accumulate over time. Our Ayurveda Specialists choose the required therapy after a detailed body analysis. This therapy can be implemented not only for curing diseases but also to maintain health.

## Suitable for patients experiencing:

- Obesity
- Asthma
- Skin Infections  
(psoriasis, dermatitis)
- Arthritis
- Sinusitis
- Rhinitis
- Migraine



# DETOX PROGRAM

## Benefits

- Eliminates Toxins
- Improves Health
- Improves Vitality
- Enhances Immunity
- Balances Metabolism

**Duration**                      **Single**                      **Couple**

3 Days	\$480	\$910
5 Days	\$760	\$1,440
7 Days	\$1,010	\$1,920
10 Days	\$1,360	\$2,580
14 Days	\$1,790	\$3,400





## DE-STRESS PROGRAM

The de-stress program is recommended for those suffering from mental, emotional or physical stress. Among other things, this package includes pouring of warm oil, milk or buttermilk onto the forehead, warm oil massages, deep tissue massages and more.

### Suitable for patients experiencing:

- Muscular Tensions
- Depression
- Migraines
- Fatigue
- Insomnia



# DE-STRESS PROGRAM

## Benefits

- Relaxation of Body & Mind
- Improves Blood Circulation
- Reduces Anxiety & Stress
- Improves Hormonal Balance
- Maintains Emotional Balancing

Duration	Single	Couple
3 Days	\$480	\$910
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7 Days	\$1,010	\$1,920
10 Days	\$1,360	\$2,580

# SLIMMING PROGRAM

The main purpose of the slimming program is to give the guests the power to control their own health, body and internal environment. Ayurveda Specialists will provide internal herbal teas, external application, and a tailor-made regimen to be followed.

## Suitable for patients experiencing:

- Overweight
- Obesity
- Cellulite
- Hormonal Imbalance
- Hypertension
- High Cholesterol Values



# SLIMMING PROGRAM

## Benefits

- Weight Management
- Enhances Skin Complexion
- Improves Blood Circulation
- Improves Metabolism

Duration	Single	Couple
3 Days	\$420	\$790
5 Days	\$670	\$1,270
7 Days	\$880	\$1,670
10 Days	\$1,190	\$2,260





# REJUVENATION PACKAGE

Rejuvenation is essential to your vitality, creativity, happiness and inner growth.

A holistic program of rejuvenation involves the physical, mental, emotional & spiritual levels. This package is designed to rejuvenate the body with herbs and oils, including one morning and afternoon session.

## **Suitable for patients experiencing:**

- Immune Suppressed
- Life Style Diseases
- Premature Aging
- Memory Loss
- Joint Wear & Tear



# REJUVENATION PACKAGE

## Benefits

- Anti Aging
- Immune Modulation
- Nutritive Functions
- Enhances Memory
- Improves Metabolism

## Duration

## Single

## Couple

1 Day	\$260	\$490
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# PACKAGE SUMMARY

## DETOX

	<b>SINGLE</b>	<b>COUPLE</b>
3 Days	\$480	\$910
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## DE-STRESS

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3 Days	\$480	\$910
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## SLIMMING

	<b>SINGLE</b>	<b>COUPLE</b>
3 Days	\$420	\$790
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## REJUVENATION

	<b>SINGLE</b>	<b>COUPLE</b>
1 Day	\$260	\$490



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