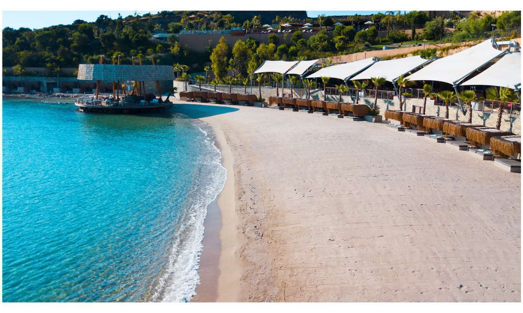
VITALICA WELLNESS – A NEW STANDARD IN HUMAN OPTIMIZATION BEGINS HERE

Set along the pristine Bodrum coastline, Vitalica Wellness stands as Europe's leading wellbeing destination an environment where nature, medical science, and human care converge to support true and lasting transformation.

Surrounded by Aegean sea fresh air, natural light, Vitalica Wellness is set along a 650-meter private coastline and surrounded by 84,000 m² of lush green landscape.

With over a decade of experience in the field of holistic & medical wellness, Vitalica Wellness has earned the trust of guests from more than 30 countries.



OUR AWARDS

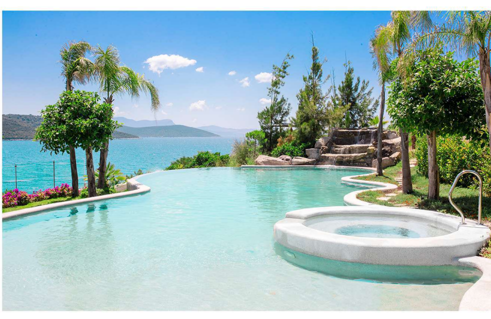
World Luxury Hotel Awards 2023 Winner
World Luxury Spa Awards 2023 Winner
A' DESIGN AWARD WINNER 2015 SILVER
2017 WINNER World Luxury Hotel AWARDS
2018 WINNER World Luxury Hotel AWARDS

Every wellness program at our resort is delivered with precision, professionalism, and a deep commitment to ethical care values that define the Vitalica philosophy.

PANCHAKARMA
Ayurvedic Detox Program

The Panchakarma Ayurvedic Detox Program is the most profound, classical, and time-honored holistic purification protocol offered at Vitalica Wellness. Its scope extends far beyond physical detoxification, encompassing the systematic cleansing, recalibration, and rejuvenation of the body, nervous system, mind, and emotional landscape.

Rooted in more than 5,000 years of Ayurvedic medical science, Panchakarma is delivered at Vitalica within a modern clinical framework, under continuous supervision of qualified Ayurvedic physicians and supported by integrative wellness practices. This ensures both traditional authenticity and medical-grade safety.
At Vitalica Wellness, Panchakarma is not positioned as a spa ritual, relaxation package, or supportive therapy, but as a complete medical detox and regenerative protocol.
Each Panchakarma journey is individually designed, based on the guest's constitutional profile (Prakriti), current imbalances (Vikriti), metabolic strength, lifestyle patterns, emotional stress load, and medical history.
As such, Panchakarma represents one of the highest levels of personalization and therapeutic depth within the Vitalica Wellness system.



CORE PHILOSOPHY OF THE Panchakarma

According to Ayurveda, disease and degeneration do not occur abruptly. They develop gradually through the accumulation of toxins (Ama), weakening of digestive fire (Agni), disturbed biological rhythms, improper nutrition, unresolved emotional stress, and chronic lifestyle imbalance.
Over time, these factors infiltrate tissues (Dhatus), disrupt cellular intelligence, and manifest as inflammation, hormonal imbalance, immune dysregulation, premature aging, and chronic disease.

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Panchakarma is designed to reverse this progression at its root. Its primary objective is to safely mobilize, neutralize, and eliminate deep-seated toxins, restore digestive intelligence recalibrate metabolic pathways, and reactivate the body's innate regenerative and self-healing capacity.

For this reason, Panchakarma is regarded not merely as a detox, but as a deep systemic reprogramming and rejuvenation process, capable of resetting the biological foundation of health.

NUTRITION & HERBAL SUPPORT

Nutrition is a central pillar of Panchakarma therapy. Guests receive customized Ayurvedic diets consisting of easily digestible, tissue-nourishing preparations designed to support detoxification without compromising strength or vitality. Dietary protocols evolve dynamically across all three phases and are adjusted daily by the physician.

Ayurvedic herbal formulations, medicated oils, decoctions, and natural compounds support liver detoxification, digestive intelligence, lymphatic drainage, hormonal balance, immune resilience, and cellular rejuvenation—ensuring detoxification remains restorative rather than depleting.

Vitalica Wellness
Premium Dietary Supplement,
90 Capsules, 500mg

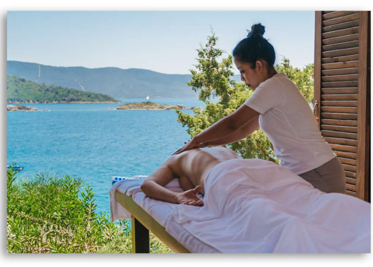
Holistic | Longevity-Focused

PANCHAKARMA AYURVEDIC DETOX PROGRAM

DAILY THERAPEUTIC SCHEDULE

08:00 – Morning Detox Ritual & Oral Purification & Supplement
08:15 – **09:00** Guided Morning Nature Walk
09:00 – Herbal Tea & Supplement
09:10 – **10:00** Therapeutic Yoga Session
10:00 – **10:45** Breakfast & Supplement
10:45 Onwards – Doctor Consultation & Health Review
10:45 – 12:30 Individualized Therapeutic Treatment
12:30 – Detox & Functional Wellness Drinks & Supplement
13:00 – 13:45 Functional Fitness Session
14:00 – Therapeutic Lunch & Supplement
15:00 – 17:00 Individualized Therapeutic Treatment
17:00 – Evening Wellness Drink & Supplement
17:15 – 18:00 Breathwork & Meditation
18:30 – Early Therapeutic Dinner & Supplement
19:30 – 20:30 Mental Wellness & Group Integration Session

VITALICA
WELLNESS



WHAT IS INCLUDED

•Comprehensive Ayurvedic consultation with ongoing daily physician supervision
•Individually tailored Ayurvedic nutrition plans and herbal supplementation
•All prescribed detox beverages and classical Ayurvedic formulations
•Daily yoga, pranayama, meditation, and functional movement sessions
•Scheduled medical detox therapies and therapeutic interventions
•Full access to spa and hydrothermal wellness facilities
•Guided group integration and mental wellness sessions

DAILY CORE TREATMENT

Each guest receives 90 minutes of personalized therapeutic treatment daily, carefully selected following physician consultation to align with individual health objectives and program goals.

1.Abhyanga – Full-body medicated oil massage
2.Shirodhara – Continuous oil/decoction pouring on forehead
3.Shiroabhyanga – Head oil massage
4.Takradhara – Buttermilk dhara
5.Ksheeradhara – Milk dhara
6.Tailadhara – Oil dhara
7.Pizhichil – Oil bath therapy
8.Udvartana – Herbal powder massage
9.Lepam – Herbal paste application
10.Kati Basti – Lower back oil pooling
11.Greeva Basti – Neck oil pooling
12.Janu Basti – Knee oil pooling
13.Hrud Basti – Chest oil pooling
14.Netra Tarpana – Eye nourishment therapy
15.Karnapoorana – Ear oil therapy
16.Pada Abhyanga – Foot massage
17.Ushma Sweda – Localized steam therapy
18.Patra Pinda Sweda – Herbal leaf bolus fomentation
19.Churna Pinda Sweda – Herbal powder bolus fomentation
20.Shashtika Shali Pinda Sweda – Rice bolus rejuvenation therapy
21.Swedana – Herbal steam therapy
22.Snehana – Internal & external oleation
23.Pachana – Digestive preparation therapy
24.Deepana – Agni (digestive fire) stimulation
25.Virechana – Therapeutic purgation
26.Nasya – Nasal detoxification therapy
27.Raktamokshana – Blood purification therapy
28.Basti – Medicated enema therapy with abdominal massage is induced
29.Molecular Hydrogen Inhalation
30.Kansa Food Detox Therapy
31.Photobiomodulation (Red/NIR Light Therapy)
32.Infrared Sauna
33.Herbal Steam Therapy

THREE-PHASE DETOX Rejuvenation Process

Panchakarma at Vitalica is delivered through three precise and sequential phases, each indispensable for safety, efficacy, and long-term transformation.

1. Preparatory Phase (Purva Karma)

This phase conditions the body for deep detoxification. Internal and external oleation (Snehana) softens tissues, loosens stored toxins, and directs them toward the digestive tract for elimination. Herbal oil massages, gentle therapies, and therapeutic sweating (Swedana) calm the nervous system, improve circulation, and prepare the channels (Srotas) for purification.

2. Active Detox Phase (Pradhana Karma)

This is the therapeutic core of Panchakarma. Classical Ayurvedic purification techniques are selected and sequenced based strictly on individual needs. Detoxification occurs through the digestive tract, intestines, nasal passages, circulatory pathways, and tissues, ensuring complete systemic cleansing. This phase often results in significant physical relief, mental clarity, emotional release, and energetic lightness.

3. Rejuvenation & Integration Phase (Paschat Karma)

Following detoxification, the body enters a highly sensitive and receptive state. This phase focuses on rebuilding, nourishing, and stabilizing the system through restorative nutrition, Rasayana herbal formulations, lifestyle recalibration, and therapeutic guidance. The aim is to lock in the detox benefits, strengthen immunity, and support long-term vitality.

MIND, NERVOUS SYSTEM & EMOTIONAL DETOXIFICATION

Panchakarma places equal emphasis on mental and emotional purification. Ayurveda recognizes the gut–brain axis as a primary reservoir not only for physical toxins but also for unprocessed emotional stress and trauma.

Accordingly, nervous system–calming therapies, breathwork, meditation, and mindfulness practices are integrated throughout the program. Guests commonly report improved sleep quality, emotional stability, reduced anxiety, enhanced mental clarity, and regulated stress hormone activity.

WHO IS PANCHAKARMA SUITABLE FOR?

The Panchakarma Program is suitable for adults seeking deep holistic healing and biological reset, particularly individuals aged 30+ experiencing

- *Chronic pain and burnout*
- *Accelerated aging*
- *Hormonal imbalance*
- *Digestive and metabolic disorders*
- *Mental fatigue and emotional overload*
- *Toxin-heavy urban or travel-intensive lifestyles*

All guests undergo medical screening and suitability assessment to ensure safety, precision, and therapeutic depth.

PROGRAM OBJECTIVES

The Panchakarma Ayurvedic Detox Program aims to:

- *Eliminate accumulated toxins at cellular and tissue levels*
- *Restore digestive fire (Agni) and metabolic intelligence*
- *Rebalance hormonal and nervous systems*
- *Enhance immune resilience and tissue regeneration*
- *Reset lifestyle patterns and biological rhythms*
- *Establish a sustainable foundation for long-term health and longevity*

ELIGIBILITY & MEDICAL CONSIDERATIONS

Suitable for:
- *Adults 30+ years and above*
- *Individuals under chronic stress or fatigue*
- *Digestive or metabolic imbalances*
- *High toxin exposure (urban living, frequent travel)*
- *Desire to reset from sugar, caffeine, alcohol, and inflammatory habits*

Not suitable for:
- *Pregnancy or breastfeeding*
- *Severe eating disorders*
- *Advanced renal, hepatic, or cardiac disease*
- *Uncontrolled diabetes or severe hypotension*

FOR OPTIMAL RESULTS, THE RECOMMENDED DURATION

- *Minimum: 7 days*
- *Ideal: 15 days*
- *Optimal Transformational Experience: 21 days*

Vitalica Wellness
Le MERIDIEN
BODRUM BEACH RESORT & RESIDENCES