



curing
with
care



ANZEE AYURVEDA
HEALTH CARE CENTER PVT. LTD

Your Ayurvedic Health Care Partner

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"the best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi



life is just beginning

Anzee Ayurveda is the beginning of a new phase in your life. With a magic wand of ancient wisdom, Anzee Ayurveda touches each person walking into its premises and instils a new insight about be in them. Those who have tasted the flavour of life at Anzee Ayurveda will start to feel the glow of universe around them. The best of Indian wisdom, preserved in the most virgin of verdant earth in God's Own Country, handled by the best talents available - Anzee Ayurveda is much more than what you expected.



**Welcome to the new phase in your life.
Experience the new beginning.**



celebrating **Life**

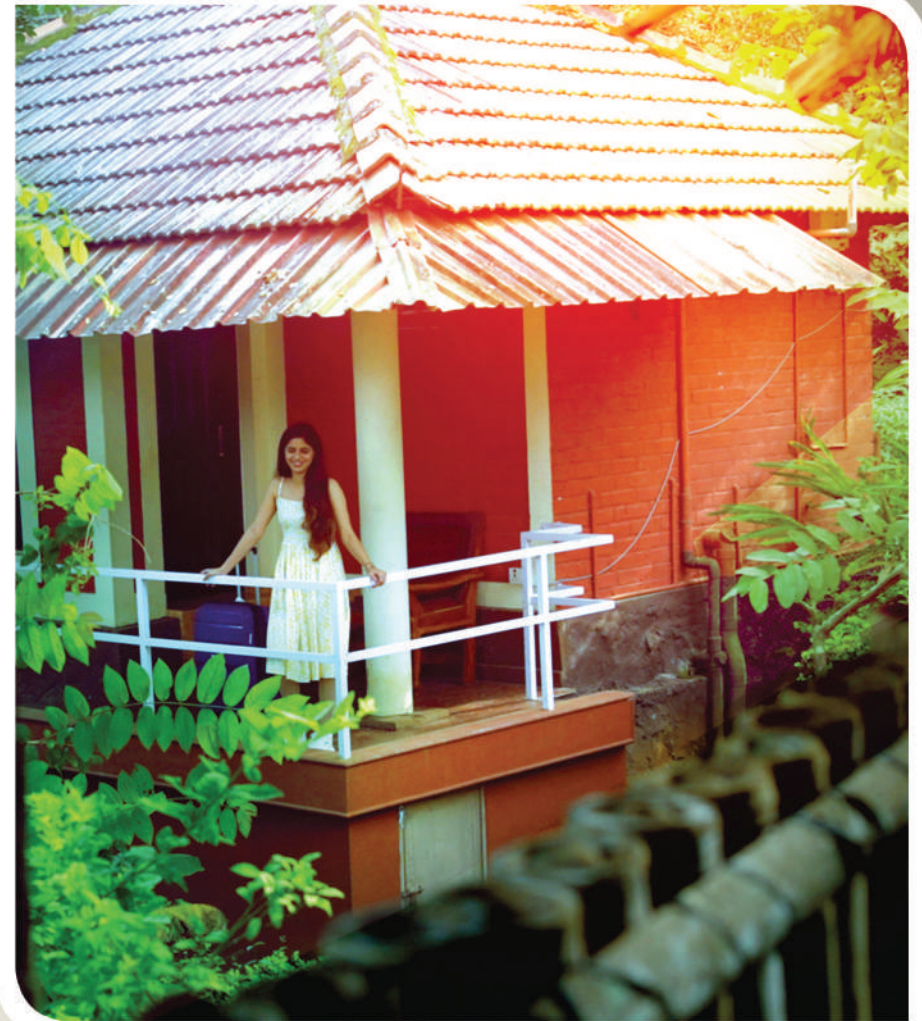
Life happens in myriad shades of being. The key to living well is in finding the right balance. Every life is different, just like every flower and butterfly. One has to find one's own balance. This is what Ayurveda, the Science of Life, teaches us. Find your inner rhythm and be at ease with the world around you.

**Ayurveda is not
a treatment
protocol,
it is a guide book
for your own
wellness.
Ayurveda helps
you find your
own music, your
own shade.
Ayurveda
is the science of
discovering
yourself.**

ANZEE AYURVEDA

we care
hence,
we cure

The starting point for Anzee Ayurveda is the simple wisdom that there is no single path to curing. It is a combined journey of mind and body through a maze of realities. The expert team at Anzee Ayurveda will help you find your path towards regaining your inner balance and settle down at ease with the world outside. That's why, we say at Anzee Ayurveda Health Care Centre, We Cure with Care.



why?

ANZEE AYURVEDA

Because, we know you. Before we start curing, we get to know each person who walks in through our doors. We need to know our guests. Because, you are not just guests, but family. Those who step inside our doors are entering a big family. Here, we support each other and we care for each other. Curing happens as we move on in life. Together.



**Because, there is no place like home.
Anzee Ayurveda is a home for you.**

Come as Guest. Leave as Family.



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the inner world

Anzee Ayurveda opens up a magnificent world of possibilities. Each one of us holds within ourselves an entire universe of life. All you need is the right key to open the right door. That's what Yoga@Anzee is in a nutshell. It unlocks the seamless potential within you through a Yoga regime that your life and your body needs.



five elements

You are not ill. You are just out of tune with the rhythm of Nature. Your body, mind and consciousness need to be aligned with the universal oneness and then, you will be at ease. This is the underlying principle behind all Panchakarma treatment protocols at Anzee Ayurveda. The five elements ether, air, fire, water and earth - blend perfectly for a harmonious life. Anzee Ayurveda provides the most authentic Panchakarma based on the core principles of ancient wisdom of Ayurveda. Thousands of years spent in unravelling the mysteries of human existence distilled into this knowledge system called Ayurveda and Anzee Ayurveda is all about connecting the modern world to this.



ETHER



WATER



WIND



FIRE



EARTH

unwind yourself

Modern times and lifestyle impact people in multiple ways. Ayurveda holds the secret to unknot the tensions in body and mind. Anzee Ayurveda has perfected this knowledge to match the high demands of present times. Special packages have been designed, just to release the tensions and prepare one to go out and meet the world with vigour and vitality.





gearing up

Life today is a continuous battle with armies of unseen, unexpected elements. The solution is to strengthen up yourself and be prepared to face the world. Over many generations, Ayurveda has chiselled out designs to boost the immunity and preparing oneself to live life fully. This unique system has taught the world how to strengthen oneself from within so that life unfolds all around in a brilliant glow. Anzee Ayurveda has picked up the very best from this and lined it up for its family.



finding the **new you**

There comes a moment in everyone's life when they feel low, as if life has slowed down. That is precisely the time to recharge oneself and issue forth. The garden of life is abloom with vitality and one cannot lag behind. Anzee Ayurveda has spent many hours, researching through thousands of ancient texts and consulting hundreds of masters and their words to evolve a complete rejuvenation package. It is now time to forget the slump and discover the new energy to resume the sprint. Feel the gush of new life through veins.

the magic umbrella

The best medicine one can expect when down with an illness is care and concern. This is what Anzee Ayurveda has in abundance. It requires an in-depth knowledge into the human mind and infinite compassion to go beyond the curative powers of medicine and guide the patient to realms of recovery. A genuine touch of concern and a warm smile can create wonders that many years of medication cannot. Experience this at the Extensive Care Centre of Anzee Ayurveda.



the last leaf

Like the leaf drawn on the wall outside a bed-ridden patient's window in the famous short story by O. Henry, hope is what every patient struck down to immobility yearns for. They keep looking for it outside the window of their minds. Anzee Ayurveda has designed compassionate and comprehensive packages that re-ignite the hope in lives of bed-ridden patients. Life takes a new turn for better at Anzee Ayurveda.





garden of life

Neo-natal, pre-natal and post-natal departments are the most sensitive ones, where life is at its tenderest best. Anzee Ayurveda personnel have trained themselves to handle lives here with nimble and feather-like presences. Special packages are available for Postpartum Depression, Total Care for Mother and Total Care for Child. We bring smiles to faces and there is nothing sweeter than a smile on the face of a new born.



A close-up photograph of a baby's face, smiling and looking upwards. The baby is on the left side of the frame. The background is a soft, light green and yellow gradient. In the top right corner, there are stylized green leaves and branches. The text 'golden stars' is written in a gold, serif font in the center-right area.

golden stars

Children with special needs are different universes in themselves. One needs to have an extra sensitivity to comprehend their requirements and respond accordingly. Anzee Ayurveda has evolved an extensive and fully equipped department to address issues of children with special needs. The facilities available here can provide almost every Neuro Development Care for children like Spine Care, Stroke Care, ALS, Multiple Sclerosis, Bells Palsy, Autism Spectrum Disorder, Cerebral Palsy and other developmental disorders. The Neuro Rehabilitation Centre can handle similar issues in adults too.



the huddle

The key to success is team work and Anzee Ayurveda understands this dynamics better than anyone else. That is behind the unique Corporate Packages designed for stress management. It helps the team to bring in more cohesion and handle the stress-related issues collectively. These packages are the perfect recipes for today's highly competitive scenario.

the black board

Ever wondered why Ayurveda could survive through many thousands of years and through all the advancement of science and technology? Ever thought how Ayurveda renews itself as a stream of knowledge? That is because, it grows when passed on from one generation to another. Sharing the wisdom is another facet of caring that Anzee Ayurveda has developed. There are long and short term courses that open up the wonderful and exciting world of knowledge for those who are really interested.



Certified Ayurveda Courses

Ayurveda massage and Shirodhara!

This program will provide you with a comprehensive introduction to Ayurvedic massage techniques and the traditional Ayurvedic therapy of Shirodhara.

Our course includes the following:

- ▶ Introduction to Ayurveda:
- ▶ Ayurvedic Massage Techniques:
- ▶ Shirodhara
- ▶ Ayurvedic Herbal Remedies for Massage:
- ▶ Ayurvedic Lifestyle Practices:
- ▶ The fees \$2500 USD

DURATION
14 Days



Mother and child care and massage!

This program will provide you with a comprehensive understanding of Ayurveda as it relates to the care of mothers and their children, as well as Ayurvedic massage techniques.

Our course includes the following:

- ▶ Introduction to Ayurveda:
- ▶ Mother and Child Care
- ▶ Ayurvedic Massage Techniques
- ▶ Ayurvedic Herbal Remedies for Massage:
- ▶ Ayurvedic Lifestyle Practices:
- ▶ The fees \$2500 USD

DURATION
14 Days

Includes tuition, accommodation, and meals.

Our guesthouse is comfortable and located close to the Ayurvediccenter where the course is conducted. All meals provided will be vegetarian and Ayurvedic, ensuring a healthy and nutritious diet throughout your stay.

Upon completion of the course, you will receive a certificate of completion, which will be a valuable addition to your resume or professional portfolio.





DURATION
14 Days

Ayurvedic Wellness Package

For Ladies in IT

Overview:

This Ayurvedic package is designed to promote wellness and relaxation specifically for women in the IT field through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

► Welcome and orientation ► Introduction to Ayurvedic principles and practices ► Consultation with Ayurvedic doctor to assess individual needs and goals

Day 2-13 Wellness Program

► Daily Ayurvedic treatments, such as Abhyanga, Shirodhara, and Mukhalepam, aimed at promoting relaxation, rejuvenation, and detoxification ► Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for women in the IT field ► Yoga and meditation classes tailored to promote relaxation and stress management ► Educational workshops on Ayurvedic principles and practices for wellness, including lifestyle recommendations and herbal remedies ► Beauty therapies, such as facial and hair treatments, to promote outer beauty and relaxation

Additionally, the package could include access to fitness and wellness facilities, such as a gym or spa, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 14-day package could range from INR 1,00,000 to INR 1,50,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.



DURATION
10 Days

Ayurvedic Wellness Package

For Young IT Professionals

Overview:

This Ayurvedic package is designed to promote wellness and relaxation specifically for young IT professionals in Dubai through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

► Welcome and orientation ► Consultation with Ayurvedic doctor to assess individual needs and goals ► Introduction to Ayurvedic principles and practices

Day 2-9 Wellness Program

► Daily Ayurvedic treatments, such as Abhyanga, Shirodhara, and Nasya, aimed at promoting relaxation, rejuvenation, and detoxification ► Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for young IT professionals ► Yoga and meditation classes tailored to promote relaxation and stress management ► Educational workshops on Ayurvedic principles and practices for wellness, including lifestyle recommendations and herbal remedies ► Outdoor activities, such as hiking to promote physical wellness and stress relief

Additionally, the package could include access to fitness and wellness facilities, such as a gym, swimming pool, or spa, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 10-day package could range from AED 8,000 to AED 12,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.



CURING WITH CARE

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Welcome to the new phase in your life.
Experience the new beginning.

DURATION
21 Days

Ayurvedic Postnatal Care Package

Overview:

This Ayurvedic package is designed to provide comprehensive postnatal care for new mothers, promoting physical and emotional well-being during the postpartum period. The package includes a range of Ayurvedic treatments, specialized dietary plans, and educational workshops on postnatal care.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Introduction to Ayurvedic principles and practices
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals

Day 2-7 Recovery and Rest Phase

- ▶ Daily Ayurvedic treatments, such as Abhyanga, Swedana, and Nasya, aimed at promoting physical recovery and rest
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on supporting postpartum recovery
- ▶ Yoga and meditation classes tailored to promote relaxation and rejuvenation
- ▶ Educational workshops on Ayurvedic postnatal care practices, such as Japa and postpartum herbal remedies

Day 8-14 Strengthening and Nourishment Phase

- ▶ Continued daily Ayurvedic treatments and personalized dietary plan
- ▶ Ayurvedic treatments, such as Pinda Sweda and Shirodhara, aimed at promoting rejuvenation and nourishment
- ▶ Educational workshops on Ayurvedic breastfeeding practices and infant care

Day 15-21 Emotional and Mental Wellness Phase

- ▶ Continued daily Ayurvedic treatments and personalized dietary plan
- ▶ Yoga and meditation classes focused on emotional and mental well-being
- ▶ Educational workshops on Ayurvedic postnatal depression prevention and self-care practices
- ▶ Time for relaxation and reflection

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 21-day package could range from \$2,000 to \$4,000 USD.

DURATION
21 Days

Ayurvedic Weight Reduction Package

Overview:

This Ayurvedic package is designed to help individuals achieve sustainable weight reduction through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals
- ▶ Introduction to Ayurvedic principles and practices

Day 2-7 Weight Reduction Program

- ▶ Daily Ayurvedic treatments, such as Udwarthana, Vasti, and Abhyanga, aimed at promoting weight reduction and detoxification
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for weight reduction
- ▶ Yoga and meditation classes tailored to promote relaxation and support weight reduction
- ▶ Educational workshops on Ayurvedic principles and practices for weight reduction, including diet, lifestyle, and herbal remedies

Additionally, the package could include access to mindfulness and meditation apps or resources, as well as a follow-up consultation with the Ayurvedic doctor to provide recommendations for continuing Ayurvedic practices at home.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 21-day package could range from INR 80,000 to INR 1,20,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.

DURATION
14 Days

Ayurvedic Weight Reduction Retreat

Overview:

This Ayurvedic weight reduction retreat is designed to help individuals achieve sustainable weight reduction through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals
- ▶ Introduction to Ayurvedic principles and practices

Day 2-13 Weight Reduction Program

- ▶ Daily Ayurvedic treatments, such as Udwarthana, Vasti, and Abhyanga, aimed at promoting weight reduction and detoxification
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for weight reduction
- ▶ Yoga and meditation classes tailored to promote relaxation and support weight reduction
- ▶ Educational workshops on Ayurvedic principles and practices for weight reduction, including diet, lifestyle, and herbal remedies
- ▶ Cooking classes focused on Ayurvedic recipes for weight reduction

Additionally, the package could include access to fitness and wellness facilities, such as a gym, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 14-day package could range from \$1,500 to \$2,500 USD, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.

DURATION
14 Days

Ayurvedic Back Pain Relief Package

Overview:

This Ayurvedic package is designed to help individuals suffering from back pain due to disc complaints achieve relief and improve their overall spinal health through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Introduction to Ayurvedic principles and practices
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals

Day 2-13 Back Pain Relief Program

- ▶ Daily Ayurvedic treatments, such as Kati Basti, Greeva Basti, and Abhyanga, aimed at reducing inflammation, relieving pain, and improving spinal health
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for back pain relief and healing
- ▶ Yoga and meditation classes tailored to promote relaxation and support back pain relief and healing
- ▶ Educational workshops on Ayurvedic principles and practices for back pain relief and healing, including lifestyle recommendations and herbal remedies

Additionally, the package could include access to fitness and wellness facilities, such as a gym, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 14-day package could range from INR 70,000 to INR 1,00,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.

DURATION
21 Days

Ayurvedic Stroke Rehabilitation Package

Overview:

This Ayurvedic package is designed to help stroke patients recover and rehabilitate from the effects of stroke through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals
- ▶ Introduction to Ayurvedic principles and practices

Day 2-20 Stroke Rehabilitation Program

- ▶ Daily Ayurvedic treatments, such as Pizhichil, Nasya, and Shi-rodhara, aimed at promoting circulation, reducing inflammation, and improving neurological function
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for stroke recovery and rehabilitation
- ▶ Yoga and meditation classes tailored to promote relaxation and support neurological function
- ▶ Educational workshops on Ayurvedic principles and practices for stroke rehabilitation, including lifestyle recommendations and herbal remedies
- ▶ Physical therapy sessions to improve mobility and functionality

Additionally, the package could include access to fitness and wellness facilities, such as a gym, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 21-day package could range from INR 1,50,000 to INR 2,50,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.

DURATION
7 Days

Ayurvedic Rejuvenation Package

Overview:

This Ayurvedic package is designed to promote overall wellness and rejuvenation through personalized dietary plans, Ayurvedic treatments, and educational workshops on Ayurvedic principles and practices.

Day 1 Arrival and Check-In

- ▶ Welcome and orientation
- ▶ Consultation with Ayurvedic doctor to assess individual needs and goals
- ▶ Introduction to Ayurvedic principles and practices

Day 2-6 Rejuvenation Program

- ▶ Daily Ayurvedic treatments, such as Abhyanga, Shi-rodhara, and Nasya, aimed at promoting relaxation, rejuvenation, and detoxification
- ▶ Personalized dietary plan based on individual Ayurvedic constitution, focused on healthy and balanced nutrition for rejuvenation
- ▶ Yoga and meditation classes tailored to promote relaxation and rejuvenation
- ▶ Educational workshops on Ayurvedic principles and practices for rejuvenation, including lifestyle recommendations and herbal remedies

Additionally, the package could include access to fitness and wellness facilities, such as a gym, as well as excursions to nearby natural attractions or cultural sites.

Price:

The price for this package would depend on the specific services included and the location of the Ayurvedic hospital. However, a rough estimate for a 7-day package could range from INR 50,000 to INR 80,000, depending on the facilities and accommodations provided. It is important to note that the package prices may vary depending on the center location and the services offered.





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