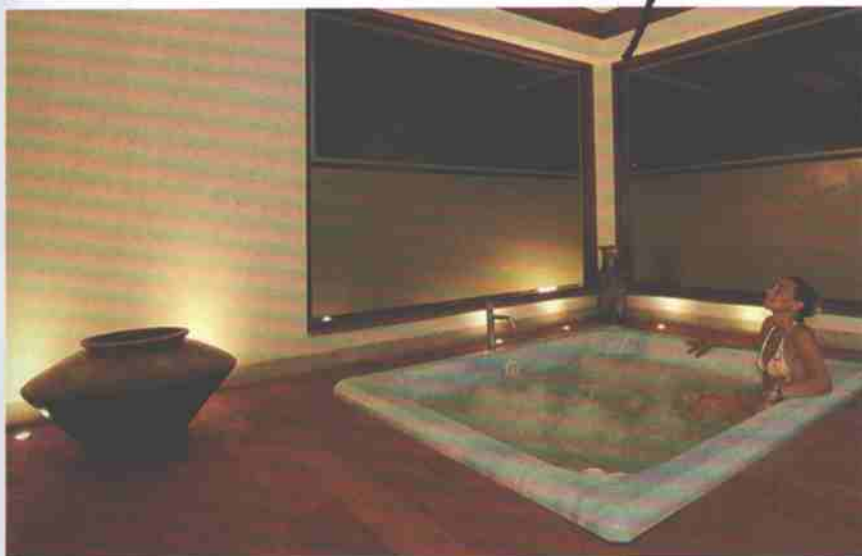


Discover the
Essence of Wellbeing at
Devaaya



Endorsing your wellbeing with the ancient Indian science of sustaining life is the maxim at Devaaya Ayurveda Spa Resort; a splendid hotel spread over five acres of an island in the sunny state of Goa. With whispering palms, open vistas, the dazzling beauty of paddy fields, motley of bird life and the meandering river Mandovi for company, you get on a platter all the ingredients for natural rejuvenation at this lifestyle destination.

The resort is on the island of Divar and approximately 10 kms from Panjim city. Getting to Devaaya is like a magical mystery tour as you have to go via Old Goa where the remnants of a mighty colonial capital lie, and then hop on or drive on to a quaint ferry that plies from the ferry point near the Viceroy's Arch across to the island in the sun. As you pass old homes and mansions, village bakeries and wayside bars, undulating greenery and unbridled wilderness on this picture-perfect island, you will

perceive the aura of traditional Goan lifestyle swirled in the mists of time.

Sanctuary for the senses

Drawing inspiration from Indo-Portuguese architectural styles, the air conditioned rooms and independent cottages of the Devaaya resort blend the traditional with contemporary, assuring you highest standards of amenities and quality of comfort during your stay. Charming private sit-outs allow you to enjoy the tranquil and rejuvenating ambience of the resort, as you seek to soothe and recharge your physical, mental and spiritual forces. Tree lined pathways, well manicured gardens; gurgling fountains and the rippling river nearby all tot up to contribute exclusively to your self renewal and relaxation process.

To please the palate is the air-conditioned multi-cuisine restaurant *Malar* which also offers a special menu embracing the essence of Ayurveda. The

Ayurveda is a time-tested system of healing that has its roots in the ancient Indian civilisation. The word evolves from combination of two words, "Ayuh" meaning life and "veda" meaning knowledge. This "Science of Life" is based on the belief that the human body is made of elements that create health when well-balanced, and disease when imbalanced. The penultimate goal of Ayurveda is to restore balance and eventually good health.

Ayurveda is not only a comprehensive medical system but also a way of living - fresh food, daily exercise, relaxation, stress reduction, and regular cleansing is the foundation of good health. Ayurveda edifies that YOUR health rests in YOUR hands, and your proactive approach by imbining these golden rules into your daily life can prevent illness.

According to the tenets of Ayurveda, the five elements (space, air, fire, water, and earth) combine into three constitutions or doshas: Vata, (which regulates movement); Pitta, (which regulates metabolism); and Kapha, (which regulates structure). In Ayurveda, doshas are regarded as the governing principle and key to diagnosis, and the unique combination of the three doshas in each individual has a specific influence on physical, mental, and emotional tendencies. When doshas become aggravated or imbalanced due to various reasons, it reflects as disease in the body. Ayurveda approaches treatment by first determining which dosha(s) are dominant in you and then guides you to make the right diet and lifestyle choices that will maintain balance and promote health and wellbeing on all levels. Eventually, by becoming familiar with your own unique dosha pattern you can lead a life that is harmonious with your individual nature.

outdoor bar and restaurant *Manos* facing the river commands the most amazing view and the magical sound of the rippling river as it passes through the sluice gates is music to the ears.

Ayurveda @ Devaaya

Ayurveda forms the cornerstone of the Devaaya experience. From massages and specialised diet programs that energise the body, to more demanding lifestyle changes that cleanse the mind and attune the spirit, the Ayurvedic encounter at the sprawling Ayurvedic complex of the hotel is built around your need to heal, cleanse, unwind and regenerate.

The Ayurvedic treatment at Devaaya is brought to you in association with the Arya Vaidya Pharmacy, Coimbatore, ensuring that the ancient science is practiced true to its spirit and



HEALTH & WELLNESS

substance. These Ayurvedic therapies stem from ancient traditions, and the extensive menu encompasses therapeutic massages for relaxation, herbal paste applications, de-tox regimes and special routines to boost the immune system.

Your Ayurvedic experience starts with a consultation with the qualified in-house doctor who will analyse your symptoms and chalk out treatment regimes and diet plans (if any, in conjunction with the chef) to suit your special needs. Whether you are looking for an introduction to Ayurveda or full Ayurvedic treatment or a restful holiday for post-operative recuperation, the doctor and his team of therapists will pilot you on your way to good health.

Achieve a state of equilibrium

To flex your muscles and release endorphins, you can work out at the full-fledged unisex gym, or sweat it out at the tennis or basket ball courts. 'His' and 'Her' Wet Spa areas and beauty salon facilities spell heavenly decadence, and a lazy swim at the pool is just what the doctor orders to combat the balmy heat of the day. Achieve a higher level of personal contentment and connect with the divine through Yoga and meditation at the "Surya Namaskar" pavilion. Fishing, bird watching and a walk or cycle ride through the village is an odyssey of discovery as you realise that there's much more to Goa than just the surf and the sand!

Wellbeing Programs at Devaaya

Five wellbeing programs have been designed to give you the best that the ancient science of Ayurveda has to offer, while allowing for modern day preferences and luxuries. Ayurveda believes that the human body operates in cycles - therefore for your benefit these package programmes are designed over a period of seven days extendable to 14 and 21 days and sometimes even a month.

The resort is a venture by the Alcon Victor Group, a company that has grown from strength to strength, making a mark in avenues of construction, real estate, travel and tourism, hospitality, healthcare and Ayurveda. For further enquiries and reservations contact: Devaaya Ayurveda Spa Resort, Divar Island, Goa, India. Tel 91 832 2280500 Fax 91 832 5641936. Email info@devaaya.com Website www.devaaya.com



• REJUVENATION THERAPY :

Perk up your tired body, mind and spirit with a comprehensive and personalised plan for achieving optimal health

	Standard room	Cottage
7 nights	Rs 95,000/-	Rs 99,750/-
14 nights	Rs 1,89,000/-	Rs 1,99,000/-

• BODY PURIFICATION THERAPY :

Treat your body to tailor-made detoxification programs to remove deep-seated toxins and augment your personal health and wellbeing

	Standard room	Cottage
7 nights	Rs 95,000/-	Rs 99,750/-
14 nights	Rs 1,89,000/-	Rs 1,99,000/-

• SLIMMING THERAPY :

Experience the curative power of Mother Nature and empower yourself to look and feel good

	Standard room	Cottage
21 nights	Rs 2,52,000/-	Rs 2,62,000/-
28 nights	Rs 3,30,000/-	Rs 3,40,000/-

• STRESS MANAGEMENT PACKAGE - BODY / MIND / SPIRIT :

Put your worries in your pocket and allow yourself to make positive lifestyle changes for mental, physical and spiritual synchronicity.

	Standard room	Cottage
14 nights	Rs 2,15,250/-	Rs 2,25,750/-

• BEAUTY CARE PACKAGE

Ayurvedic beauty rituals and remedies for inner and outer radiance

	Standard room	Cottage
Double Occupancy/ Single treatment	Rs 1,10,000/-	Rs 1,20,000/-
Double occupancy / Double treatment	Rs 1,47,000/-	Rs 1,58,000/-

These rates are for the period 7th January '07 to 14th June '07 and include airport transfers, room on double occupancy with breakfast, lunch and dinner, Ayurvedic consultation and treatment during stay, basic Ayurvedic medicines during therapy, yoga and meditation, free use of spa facilities, and all taxes. You also have the liberty to enjoy the rejuvenating Devaaya experience exclusive of these wellness packages.