

Indus Valley Ayurvedic Center Mysore

Ancient wisdom modern concept

Tranquility and calm takes over all of your senses as you enter the Indus Valley Ayurvedic Center (IVAC) facility in Mysore, Karnataka. The serenity of the campus makes the stress of daily living a distant memory. Just stepping into IVAC and you are already well on your way to wellness, recovery and rejuvenation.

Listed by the Harpers magazine as "one of the worlds 100 finest spas," IVAC is rated at par with the best. It is the first ISO 9001-2000 certified authentic Ayurvedic rejuvenation health care centre in the world.

Mysore, the heritage city, is famous for its old-world charm with colonial buildings, parks and palaces. IVAC occupies 25 acres of prime land at the foot of Chamundi Hills, overlooking the famous Lalitha Mahal Palace and with a panoramic view of Mysore city.



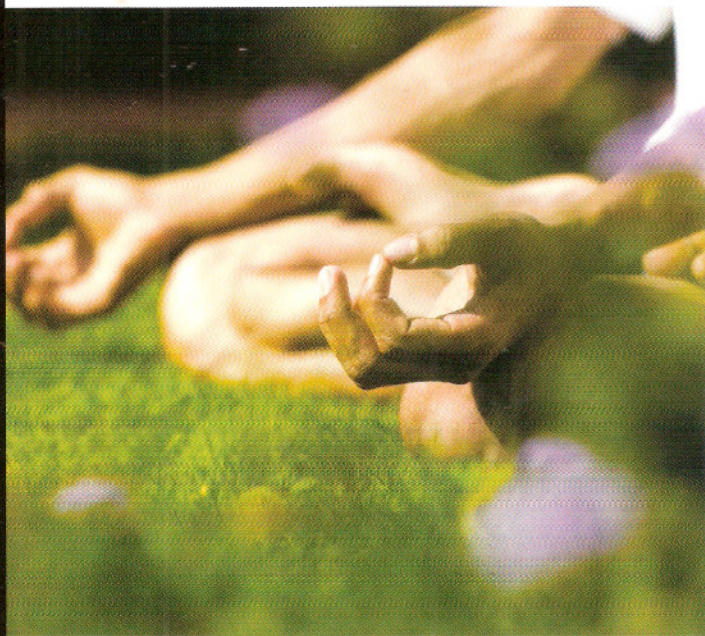
lar Shirodhara (a continuous stream of oil poured over forehead), to more advanced massage therapies such as Sarvangadhara, where five therapists massage and drip warm oil on the lucky client for no less than two hours.

Pancharkama, a detoxification treatment, is offered for those who wish to remove all toxins from body and mind.

The well-appointed rooms and treatment centres recreate an ambience of the ancient meeting the modern. Facilities include a swimming pool, tennis court, and a Yoga hall, besides internet and tour and travel centres.

The food at the centre is wholesome, delicious and healthy, cooked using authentic Ayurvedic techniques and the highest quality ingredients. The therapists and doctors are trained on campus in the ancient Ayurvedic traditions.

Stepping into IVAC and then stepping out with an enhanced, cleansed and strengthened body mind and soul, not only gives one a feeling of being refreshed, but also allows one the liberty to peacefully embrace the real world head on.



IVAC was established in 1999 as the brainchild of visionary Dr. Talavane Krishna, M.B.B.S and F.F.A.R.C.S (UK), who has practiced medicine in the UK, USA and Canada for over 25 years. His vision was to bring Ayurveda to the forefront of modern medicine.

Ayurveda with its profound philosophy and wisdom for healing body and mind is gaining worldwide popularity. Recognising this trend a decade ago, the centre has now positioned itself strategically to take a leading role in healthcare tourism and outsourcing.

IVAC takes care of all wellness requirements with treatments ranging from Abhyanga (whole body oil massage) and the popu-



Add the glow of good health and peace of mind



The Indus Valley Ayurveda Centre is a unique wellness spa & resort, offering traditional and authentic therapeutic and beauty treatments designed by a highly experienced panel of doctors.

INDUS VALLEY AYURVEDIC CENTRE

Situated in the city of Palaces, Mysore, IVAC sits on a sprawling 25 acres of land with a breathtaking view of the Chamundi Hills and Lalitha Mahal Palace. The centre offers a whole range of Ayurvedic and beauty treatments from the relaxing Abhyanga to the trance inducing Shirodhara. IVAC facilities

give you the best of both worlds in terms of material luxuries and down-to-earth simplicity.

IVAC offers a full range of Ayurvedic Treatments for the following health conditions:

- Obesity • Anorexia • Eczema • Arthritis
- Alzheimer's • Diabetes • Menopause
- Gastrointestinal Disorders • Headaches
- Cardiovascular Disease • Asthma • Stress Disorders • Anxiety and Depression
- Chemotherapy and Radiation Side effects
- Post surgery convalescence • Pre surgery detoxification

First two pairs of hands and then four, kneaded, stretched, loosened, rubbed and energized me until my entire body felt as though it was singing new cellular life.

- Chris Kilham,
Travel Writer

IVAC has been listed by Harpers, Britain's leading lifestyle magazine as "one of the 100 finest spas in the world".



IVAC

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