

# Indus Valley Ayurvedic Centre Mysore

One of the Top 100 SPAs in the World

The award-winning Indus Valley Ayurvedic Centre (IVAC) offers a comprehensive and holistic approach to healing based on the science of Ayurveda.



The Centre is located amid 40 acres of lush greenery in the Palace town of Mysore.

It is the only Ayurveda center in the world to be awarded the ISO 9001 2000 certification by KPMG. The society magazine, Harpers of the UK has rated IVAC among the top 100 spas in the world in Jan 2002.

IVAC has been built keeping in mind the life giving principles of Vaastu (the ancient Indian science of placement, design and space).

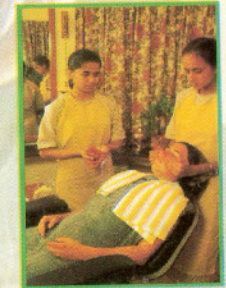


There are presently 24 guest rooms and 5 treatment rooms. The treatment rooms include all modern conveniences and the massage tables are specially designed and crafted out of single pieces of wood. The ambience in the treatment room is temple-like and is very conducive to healing.



Treatments at IVAC range from the regular Abhyanga (whole body massage) and the ever popular Shirodhara ( a continuous stream of oil poured over the forehead) to more advanced massage therapies such as Sarvangadhara, Patrapinda Sweda and Padaghata.

Panchakarma, a detoxification treatment that takes a week or more is also offered for all those who wish to rid themselves of all the toxins accumulated in the body and mind due to a decadent lifestyle.



Ayurvedic beauty treatments are also offered at Shringar, the herbal beauty parlour where no synthetic products are used. Natural and herbal ingredients are used to pamper the skin and hair and bring about an inner transformation rather than an external, temporary upgrading.

The team of trained Ayurvedic cooks provides a simple yet sumptuous vegetarian fare.



Yoga is offered as an integral part of all treatments.

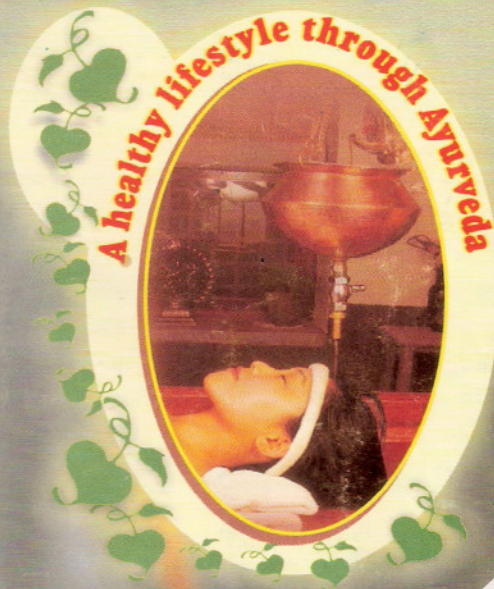


Highly qualified and experienced doctors and therapists supervise all treatments.

# In & Around MYSORE

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*Open  
yourself up  
to the  
healing  
potential  
of  
Ayurveda*



**Indus Valley Ayurvedic Centre**

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Fortnightly

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