

THE HINDU, TUESDAY, SEPTEMBER 22, 2009
A Space Marketing Feature

Time to rejuvenate

Indus Valley Ayurvedic Center, Mysore, is a unique award winning Ayurveda clinic & spa resort in Mysore, India, offering traditional therapeutic and beauty treatments, designed by a highly experienced panel of doctors who have taught Ayurveda in Germany, UK, USA and Japan and India.

The vision behind the concept of healthcare expressed at IVAC is the brain child of Dr Talavane Krishna, MD, Founder president, who has practiced medicine in the UK, USA and Canada for over 20 years.

The New age Ayurvedic resort - is set perfectly in Mysore's peaceful environment, a sprawling 25 acres of land situated at the foot of the Chamundi Hills offering a panoramic view of the city and Lalitha Mahal Palace that offers the best of both worlds in terms of material luxuries and down to earth simplicity.

At IVAC, all features are designed to gently soothe, relax and put you at total ease. Facilities like the beautifully laid out swimming pool, a plush tennis court, an idyllic Yoga hall is offset discreetly with practical facilities like internet and tour and travel centers. Rooms at IVAC are exquisitely appointed with



handcrafted furniture and all possible modern amenities, recreating the ambience of the ancient meeting the modern, making them very comfortable yet truly at peace with its surroundings. Each room is unique and has a character all its own. There is a choice of AC Deluxe rooms and cottages, Deluxe Rooms and Regular rooms for guests to choose from.

IVAC specializes in authentic Ayurveda treatments such as Panchakarma - the ultimate Ayurvedic detox, Shirodhara and Abhyanga - the Ayurvedic oil bath and massage, as well as specially formulated Ayurvedic packages for rejuvenation, beauty and weight loss. The centre also offers authentic courses in Ayurvedic treatments, Vaastu, Ayurvedic cooking, etc.

First time in Mysore, IVAC is introducing, Ayurvedic Surgery "KSHARA CHIKITSA" to relieve from Piles, Fistula, Haemorrhoids Pilonoidal Sinus Ect., "AQUA YOGA" which is a series of yoga exercises done in water that combines the therapeutic and afloat nature of water with the stimulating and balancing effect of yoga, it is also known as anti gravity yoga. DTDA (Presents Door to door Ayurveda): Bringing Wellness to Your Home and IVAC - "Touch Of Life" brings a refreshing offering into stressful lives, never before in the world has a membership been launched to combine medical holiday and relaxed vacations. Come visit IVAC during dasara and avail Dasara discount on stay and packages. For details and information contact: 9538275873