



# Indus Valley Ayurvedic Centre Pvt. Ltd.

**"ONE OF THE 100 FINEST SPAS IN THE WORLD"**

Listed by Harpers (Britain's leading lifestyle magazine)

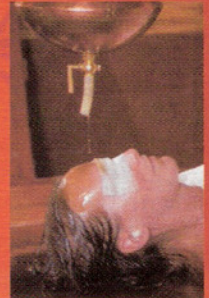
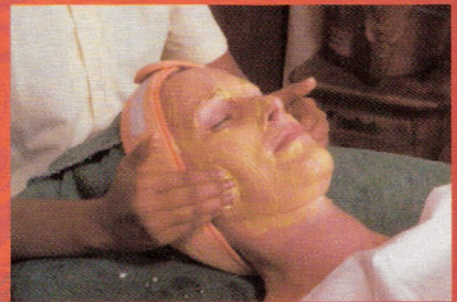
Indus Valley Ayurvedic Centre is an exclusive Ayurvedic hub offering the much-desired break from life's demanding schedules. From an extensive range of therapies and soulful yoga sessions to the serene ambience, the inviting cottages, the tempting pool and the delectable Ayurvedic cuisine, IVAC has it all. Absolute devotion to Ayurveda and constant personalized hospitality are the Centre's trademark. What's more? Access to the in-house library and sightseeing facilities for guests are added attractions. Situated aptly at the foothills of the magnificent Chamundi Hills and adjacent to the elegant Lalitamaharaj Palace, IVAC is truly a blissful experience.

## Treatments at IVAC

- ➔ Rejuvenation Treatments
- ➔ PanchaKarma - Detox Program
- ➔ Curative Treatments for

Obesity  
Stress  
Insomnia  
Migraine  
Sinusitis  
Anemia  
Anxiety/Depression  
Cholesterol Disorders  
Hypertension  
Sciatica  
Diabetes  
Paralysis  
Osteo & Rheumatoid Arthritis  
Neck and Back Pain, etc.,

- ➔ Beauty and Skin Care Treatments with more than 30 varieties of Herbal Facials.



Post Box No-3, Ittigegud, Lalithadripura, Mysore - 570 010, Karnataka

0821 2473437, 2473263, 2473266, 2477601

Log on: [www.ayurindus.com](http://www.ayurindus.com) Email: [reservations@ayurindus.com](mailto:reservations@ayurindus.com)

## Indus Valley Ayurvedic Centre Pvt. Ltd.



Indus Valley Ayurvedic Centre is an exclusive Ayurvedic hub offering the much-desired break from life's demanding schedules. Indus Valley Ayurvedic Centre is a unique award-winning ayurvedic clinic and spa resort in Mysore, India, offering traditional therapeutic, rejuvenation and beauty treatments, designed by a highly experienced panel of Vaidyas (doctors) who have practiced ayurveda in Germany, UK, USA, Japan as well as in India. The serene ambience, the inviting cottages, the tempting pool, and the delectable Ayurvedic cuisine, IVAC has it all. Absolute devotion to Ayurveda and constant personalized hospitality are the Centre's trademark. IVAC is the first ISO

(9001-2000) Certified Ayurvedic and Rejuvenation Health Care Centre in the world. Harpers magazine has listed IVAC among the World's 100 Best Spas. Indus Valley Ayurvedic Centre is dedicated to practicing Ayurveda, the ancient science, in its pristine form by integrating the knowledge of modern medicine in diagnostics and laboratory investigations.

Situated at the foothills of the glorious Chamundi Hill and adjacent to the royal Lalitamaharaj Palace, the Centre has been designed on the ancient principles of Vaastu, the Indian antecedent of Feng Shui. Accommodation at IVAC is luxurious and private, with facilities matching international standards. Guest rooms are crafted cottage-style, yet with modern conveniences, to achieve an ideal ambience for ayurveda. Pleasant panoramic view from the guest rooms, alluring gardens and silent walkways, all combine to create a poetic scene. Even the constantly resonating 'Om' mantra in the campus adds to the course of healing and spiritual enrichment. An assortment of

meticulously designed therapies and purely compatible yoga programs are the Centre's cornerstones. True to the ayurvedic belief, of nurturing every individual uniquely, IVAC's health packages are tailor-made to complement each of our guest's constitution. At IVAC a profound association between the Vedic knowledge and Astrology, Aromatherapy, Colour Therapy, Music Therapy, Herbal Therapy, Gem Therapy, Vaastu, Yagna, Homa, Meditation and Ayurvedic Cuisines is encouraged.

Indus Valley Ayurvedic Centre, surely, is an experience worth your Carte de jour!

