



# IVAC

## A Holistic Health Destination...

**I**VAC, a popular acronym for Indus Valley Ayurvedic Centre is one of the finest and well-liked medical spas of India. You may as well be there... to know it and to feel its essence ... the way IVAC's guests ranging from about 55 countries across the globe have always felt!!!

All that you need now is to make up your mind and click on the contact [www.ayurindus.com](http://www.ayurindus.com) for reservations and you would be heading soon towards the holistic destination where the courteous staffs will take care with premium levels of ayurvedic health care.

IVAC is a Medical Spa seated pretty in the midst of 25 acres of unspoiled nature at the out skirts of the heritage city Mysore. Having the charming, mythologically relevant Chamundi hills at its backdrop and magnificent Lalith Mahal palace as its adjacent neighbour only adds up to the grandeur of the centre which was conceptualized a decade ago. At present, there are 4 satellite centres which IVAC operates apart from this centre and this includes being an integral part in a super specialty hospital in Bangalore.

IVAC, an ISO certified Ayurvedic Medical Spa has had many laurels to its credit for bringing out the magical Pandora of India's 5000-year-old perfected system 'Ayurveda' to the benefit of the human race!!!

IVAC is the only one of the few popularly acclaimed authentic Ayurvedic Medical Center in India, whose treatment and therapies are most sought after throughout the world. The superlative healthcare delivered by IVAC has seen

healing critical diseases like arthritis, diabetes, blood pressure, stress, piles and fistula.

The temple like therapy rooms of IVAC are so well crafted and designed that they seem to infuse faith in Ayurveda with their soothing healing properties. The simple, thatched roof, countrified villas and cottages seem like pieces of the bygone era transforming us completely into another world. "Om" mantra reverberates in the entire property adding to the holistic atmosphere and natural healing.

So what's better way than planning a retreat to a place as peaceful as this to relax and revive your souls and senses? Every tiny detail is well taken care of by the team IVAC to perfection.

IVAC puts together an array of treatments and therapies to choose from and the packages on offer include accommodation, food, facilities, treatments and rates.

IVAC offers weekend wellbeing packages/7 nights, cleansing packages/detoxifying packages/15 days luxury revitalizing packages/15 day luxury transformation package/ IVAC indulgent beauty treatments/ time defying skin care facials/15 day body firming packages/1 month yoga/ meditation session with a personal yoga doctor for Ashtanga, (up to level 5).

Please visit the website -[www.ayurindus.com](http://www.ayurindus.com) for free consultation.

### Indus Valley Ayurvedic Center

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

"Indeed they synchronized their movements so beautifully that it felt like ballet dancers tiptoeing on my body" - commented Gustasp & Jeroo Irani, guests who visited IVAC commented post receiving ayurvedic treatments in this holistic medical center.

