

# PANCHAKARMA Retreat

At Alba Wellness Valley

A journey of detoxification, healing  
& renewal through traditional Ayurveda

## Ayurveda Treatments:



### Ms. Jennifer Andrews

Clinical Ayurvedic Specialist and Registered Dietitian with 20 years of experience bridging Western nutrition science and Ayurveda. At Alba Wellness Valley, she leads the Panchakarma Retreat, harmonizing nutrition, Ayurveda, and yoga to restore mind-body-soul balance.



### Ms. Tram Nguyen (Theresa)

Tram Nguyen is an experienced yoga and Aqua fit (water fitness) instructor. She has completed 200 hours Yoga teacher training in the USA and 500 hours in India. For over 12 years she has assisted Jennifer Andrews in PanchaKarma retreats in Vietnam.

### Assessment:

Each participant will be assessed to determine course of treatments and Ayurveda guidelines to follow after detoxification.

### Four Hand Massage:

A synchronized full-body massage performed by two therapists using warm herbal oil, promoting detoxification, improved circulation, and deep relaxation.

### Shirodhara:

A calming therapy where warm oil is poured in a steady stream onto the forehead, helping to soothe the nervous system, reduce anxiety, and enhance sleep quality.

### Panchakarma Diet:

The Diet during PanchaKarma is designed to be easy to digest and help remove toxins from the body. The base diet is moong beans rice and vegetables with spices to help with detoxification.

## Daily Schedule:

06:15 – 06:45 A.M



Meditation (Yoga Hall)

06:45 – 07:00 A.M



Rice Water

07:00 – 08:00 A.M



Yoga

10:00 – 11:00 A.M



Brunch (kitcheri)

03:30 – 04:30 P.M



Afternoon Yoga

06:00 – 07:00 P.M



Dinner

07:30 – 10:00 P.M



Basti Treatment  
in Room



Gift after retreat  
completion

Package from

VND59,322,000

≈ \$2,282

(Includes accommodation and retreat course)

### Retreat Dates:

Nov 7–13, 2025

### Swedena (Steam):

A gentle herbal steam bath that opens pores, eliminates toxins through sweat, and supports metabolic function.

### Nasya:

A nasal detox therapy where medicated oils are administered through the nostrils, aiding in sinus cleansing, mental clarity, and respiratory wellness.

### Basti:

A crucial cleansing treatment that uses herbal decoctions or oils administered via the colon to eliminate deep-seated toxins and rebalance the digestive system.

