

Supervisor: Dr. Fabio Basalisco



He is a specialist in neurology and psychosomatic medicine. He graduated also at the Maharishi Vedic University as an ayurvedic physician and therapist. As such, he was trained in Italy and in India by Dr. Raju.

He has been studying and practising ayurveda for about 20 years, combining the study of its basic principles with his interest in massage, nutrition, yoga, meditation, vedic philosophy and psychology and self-consciousness.

He is also an experienced therapist in pulse diagnosis.

Tel. 340-6351729

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Manager and Assistant: Dr. Enrica Dubini

She graduated in Chemistry in Italy. She was trained in Ayurveda both in Italy and in Kerala (India).



She is a bodyworker. She is an expert and teacher of Hawaiian Massage, Sea Malay Massage (Indonesian Massage), Ayurveda Massage and Stone Massage.

She has developed new treatments: The Crystal Energy Massage, AyurLifting (a facial anti-age treatment) and The Oneness Bliss Massage. She is trained also in Reiki, Aquawellness, Psychic, Californian and Tantric- Kashmir Massage, Crystal-therapy, Colour-puncture, Bach Flowers, Family

Constellations.

She has a consistent experience in different meditation techniques.

Two more ayurvedic therapists and an ayurvedic cook will be part of the staff.

INFO & Reservations:

Tel 0039- (0)2-5469907, mobile 0039-335-6639834

e-mail: enrica.dubini@alice.it, www.untoccodalcuore.com

**Ayurvedic Treatments
for your well-being and your health**

Take a break from stress!

**Qualified therapists
will take care of you!**



**you are invited to experience
6 days of ayurvedic detoxification**

from June 30th to July 5th 2013

in an old carefully renovated farmhouse with a swimming pool and a wonderful garden, situated on the green hills of the Val Tidone (Piacenza - North-Italy).

**Do you feel you need a break from stress,
do you want to detox and get fit,
do you want to be cared for, cuddled and nourished for
your well-being?**

Here's what it does for you!

Villa Paradiso is an elegant farmhouse with a swimming pool and a wide, beautiful garden: there we offer you the opportunity to enjoy a detoxification experience inspired by the principles of Panchakarma, the purification procedure of the Ayurvedic medicine.



Villa Paradiso is situated in the country, near Borgonovo VT (Piacenza-North-Italy), on the first sweet hills of the Val Tidone, at an hour's drive from Milan and a couple of hours' drive from Turin and Bologna.

The name Ayurveda consists of two words: Ayu = life and veda = knowledge. We could reformulate it by saying that Ayurveda is the science for a good, long life. In the Ayurvedic vision a good health is the result of well balanced functional and psychophysical energies, the proper elimination of toxins, the harmony of body, mind and consciousness with each other and with the universe.

Panchakarma is a set of detoxification procedures aimed at maintaining or recreating these conditions. So we are offering you an experience where every day you will receive:



Abhyangam

a 4-hands-massage to be detoxified and rebalanced

Shirodhara: a stream of warm oil on the forehead and a head massage, to "clean up" the mind



Patrapotalisweda : a detoxifying treatment based on the use of heated cotton bags filled with herbs, spices and aromatic oils, applied to the body with a soft massage.



Kathivasti: the administration of hot medicated oils on the body, to release tension and muscle pain.



A delicious Ayurvedic vegetarian diet will help you detox and balance your dosha (your psycho-physical characteristics).

The treatments will be tailored to the individual needs resulting from the medical consultation.

During these 6 days you will also:

- receive a specific massage to hands and feet
- receive face packs (beauty treatments to face and neck)
- participate in informative sessions about the Ayurveda diet and lifestyle
- relax with guided meditations
- sunbathe and swim in the pool
- walk in the countryside.

The package includes the medical examination by means of the pulse diagnosis on your arrival and a series of recommendations at the end, to extend the benefits acquired through the detoxification.

The supervising doctor and the staff will always be present and available throughout all the days of treatment.