



PLANTATION
VILLA

3-Day Ayurveda Self-Care Course, UK

This course invites you to experience Ayurveda through the **art of self-care**, combining ancient techniques with practical, hands-on learning in a peaceful retreat setting. More than a beauty workshop, it is an opportunity to live the Ayurveda lifestyle—nurturing your skin, hair, and body through herbal therapies and personalised practices that support natural radiance and long-term wellbeing.



Why Join This Course?

- Learn authentic Ayurvedic beauty practices from an Ayurveda Doctor
- Gain practical skills you can use daily for your skin, hair, and body
- Understand your unique dosha and how it shapes your beauty needs
- Learn in a peaceful retreat environment that nourishes you
- Integrate lifestyle and diet tips that enhance long-term radiance from within

What's included:

- 2 nights / 3 days accommodation (optional)
- All meals and refreshments (Ayurvedic, freshly prepared)
- Daily Ayurvedic teachings and guided practical sessions
- Access to the daily yoga and meditation retreat programme
- Beauty course booklet: dosha summary, beauty treatment guide, reading list

“In Ayurveda, beauty is much more than the external appearance, it is a reflection of our inner health, emotional well-being, and the harmony between body, mind, and spirit.”

Our Course Overview

Course Dates:

Friday 5th June - Sunday 7th June

What You'll Learn:

- Understanding the Doshas (Vata, Pitta, Kapha)
- Treatments, oils and herbs that are used on the doshas
- The affects of beauty treatments/therapies on the Gunas
- Variety of Ayurveda treatments, massage therapy techniques
- Identifying Ayurvedic skin types, common skin concerns and seasonal care

Practical Self-Care Sessions:

- Herbal facial and body therapies
- Hair and scalp treatments using herbal oils and powders
- Integrating herbal skincare and haircare into daily routines

Schedule

- **Friday** - introduces you to the foundations of Ayurvedic beauty, including the doshas, skin types, and the factors that shape personalised skincare.
- **Saturday** - focuses on hands-on Ayurvedic facial, hair, scalp, and body treatments, such as face massage, herbal facials, self-oil massage, and preparing herbal packs and scrubs.
- **Sunday** - brings everything together with guidance on Ayurvedic diet and lifestyle for inner and outer beauty, ending with a final Q&A session.

Pricing

Non-Residential Pricing for 3 day course including meals: £450

All-Inclusive Residential Per Person Pricing:

- Quad/Triple Female Shared Room: £690
- Female Twin Share: £765
- Private Shared Bathroom: £899
- Private Ensuite: £970

