

G.V.Raja Road | Samudra Beach | Kovalam | Trivandrum -695 527 | Kerala | INDIA

## AYURVEDA THERAPEUTIC PACKAGES (RATE IN INR)

From 01<sup>st</sup> April 2023 to 14<sup>th</sup> October 2023

REJUVENATION PROGRAMME WITH PANCHAKARMA/BODY PURIFICATION/BODY IMMUNISATION						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
14 Nights	226000	240000	254000	326000	340000	354000
REJUVENATION PROGRAMME /SPINE AND NECK CARE PROGRAMME						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	112000	119000	126000	161000	168000	175000
BEAUTY CARE PROGRAMME/ BODY & MIND RELAXATION PROGRAMME						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
3 Nights	48000	51000	54000	69000	74000	79000
5 Nights	80000	83000	86000	115000	120000	125000
STRESS RELIEVING PROGRAMME						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	114000	121000	128000	165000	172000	179000
SLIMMING PROGRAMME						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	342000	363000	384000	495000	516000	537000
PSORIASIS TREATMENT ON SINGLE OCCUPANCY			ARTHRITIS TREATMENT ON SINGLE OCCUPANCY			
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	342000	363000	384000	342000	363000	384000
From 15th Oct to 19th Dec 2023 & from 11th Jan to 31st March 2024						
REJUVENATION PROGRAMME WITH PANCHAKARMA/BODY PURIFICATION/BODY IMMUNISATION						
	Single Occupancy			Double Occupancy		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
14 Nights	262000	276000	290000	370000	384000	398000
REJUVENATION PROGRAMME /SPINE AND NECK CARE PROGRAMME						
	Single Occupancy			Double Occupancy		

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	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	129500	136500	143500	182000	189000	196000
<b>BEAUTY CARE PROGRAMMME/ BODY &amp; MIND RELAXATION PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
3 Nights	57000	60000	63000	81000	84000	87000
5 Nights	95000	100000	105000	135000	140000	145000
<b>STRESS RELIEVING PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	133000	140000	147000	189000	196000	203000
<b>SLIMMING PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	399000	420000	441000	567000	589000	610000
<b>PSORIASIS TREATMENT ON SINGLE OCCUPANCY</b>				<b>ARTHRITIS TREATMENT ON SINGLE OCCUPANCY</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	399000	420000	441000	399000	420000	441000
<b>From 20<sup>th</sup> December 2023 to 10<sup>th</sup> January 2024</b>						
<b>REJUVENATION PROGRAMME WITH PANCHAKARMA/BODY PURIFICATION/BODY IMMUNISATION</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
14 Nights	320000	334000	348000	445000	459000	473000
<b>REJUVENATION PROGRAMME /SPINE AND NECK CARE PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	157500	164500	171500	220000	227000	234000
<b>BEAUTY CARE PROGRAMMME/ BODY &amp; MIND RELAXATION PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
3 Nights	69000	72000	75000	96000	99000	102000
5 Nights	115000	120000	125000	160000	165000	170000
<b>STRESS RELIEVING PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		

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	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
7 Nights	161000	168000	175000	227000	234000	241000
<b>SLIMMING PROGRAMME</b>						
	<b>Single Occupancy</b>			<b>Double Occupancy</b>		
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	483000	504000	525000	681000	702000	723000
<b>PSORIASIS TREATMENT ON SINGLE OCCUPANCY</b>			<b>ARTHRITIS TREATMENT ON SINGLE OCCUPANCY</b>			
	DELUXE	ATTRIUM	OCEAN VIEW	DELUXE	ATTRIUM	OCEAN VIEW
21 Nights	483000	504000	525000	483000	504000	525000

<b>MANDATORY SUPPLEMENT CHARGES</b>
<b>X mas Eve Dinner &amp; Cultural Programme on 24th December 2023 RS. 3000 - Per Person</b>
<b>New Year Eve Dinner &amp; Cultural Programme on 31st December 2023 RS. 5000/- Per Person</b>

## Package Includes

- Accommodation in well appointed A/c Rooms as Per the Room Category,
- All Meals (Veg Diet), Basic Medicines, Daily One Hour Yoga Lessons
- Free Consultation by the Doctor before all Treatments
- Per Day Two Treatments Included
- Free Herbal water in Room
- Arrival Departure Transfers from Trivandrum Air Port (Minimum 7 Nights & above)
- Inclusive of all applicable Taxes

**REJUVENATION THERAPY (7 to14 days) (Rasayana Chikitsa)** Our body components like the cells and tissues are undergoing various degenerative changes every day as the age advances. So it is very important to arrest or delay this process by rejuvenating the body. This therapy will help you to rejuvenate your body and mind, improve your general health and sexual power , This therapy include food massage, cream massage, Synchronic massage, Herbal face pack, Steam bath, Sirodhara , Njavarakizhi etc. Duration will be about 90 to 120 minutes per day. Herbal rejuvenating medicines use will be provided.

**BODY IMMUNIZATION THERAPY (14 to 28 day) (Vyadhi-kshamathwa chikitsa).**This is to enhance and preserve your natural immunity. This therapy includes a basic purification, various types of body massage, Snehana, Swedana, Pizhichil, Njavarakizhi, Sirodhara, Podikizhi, Sirovasihy, Nasyam and bath. Duration will be about 2 to 3 hours per day. Special herbal medicines will be provided for internal use to improve the functions of immune system.

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**BODY PURIFICATION THERAPY/PANCHAKARMA PROGRAMME (14 to 21 days) (Panchakarma Chikitsa)** huge amount of toxins are accumulated in our body because of the wrong way of life. Eating habits, climatic change etc. Body's natural mechanism is not always enough to expel all these toxins and purify your body, which include preparatory methods like snehapans, Swedana, oil massage.

#### **DE-STRESS THERAPY (7 to 14 days)**

**(Manasika Chikitsa)** This is very effective for reducing stress from the job, personal life surrounding. This is a combination of different kinds of treatments, which calms down the body, a mind, and soul. Duration will be about 120 to 180 minutes / days with intake of herbal medicines

#### **BEAUTY CARE PROGRAMME (7 to 14 days) (Soundarya sarakshana chikitsa)**

The special treatment includes herbal cream massages, Oil massages, Body pack Herbal face pack, Herbal bath, Powder massage, Fruit massage etc. This treatment increases the skin tone, complexion, and peripheral circulation. Also beautifies the body figure. Duration will be about 2 to 3 hours per day.

#### **SLIMMING PROGRAMME (21 to 28 days) (Sthoola chikitsa)**

This includes medicated power massage, Oil massage, Steam bath, Herbal bath, Snehavasthy, Pizhichil, Podikizhi, Elakizhi, and Pichu etc. This therapy is effective for keeping the spine and neck healthy and to cure the problems associated with it. Duration will be about 90 to 120 minutes / day.

**BODY AND MIND RELAXATION (5 to 10 days) :** This includes Relaxing types of massages, Thaila dhara, Ksheera dhara, Steam bath and other types of relaxing treatments. This is effective for the general relaxation of the body and mind. Duration will be about 90 minutes / day.

**ANTI-CELLULITES PROGRAMME (14 to 21 days) .** This is a comprehensive clinical approach to the common symptoms like cellulites, water retention etc which is caused by various reasons. This programme includes powder massages, cream massages, herbal paste application, Podikizhi, Elakizhi, body pack etc. Medicines for internal use shall be provided as per the condition.

**PSORIASIS TREATMENT (14 to 21 Days)** Psoriasis is an auto immune disease & need systematic treatments like, snehapanam [medicated ghee to drink] Virechanam [drug induced purgation] dhara like thaila and thakradhara, special oil massage, which will reduce itching and lesion. This package include internal medication and individual vegetarian diet

#### **Ayurveda Individual Treatments**

**SIRODHARA:** In this treatment medicated oil or milk or buttermilk is poured on the forehead in a rhythmic way for 30 to 45 minutes. This is mainly for de-stressing, removal mental tension, headache, insomnia, and impaired memory.

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**SIROVASTHY:** A cap is fitted on the head and medicated oil is poured in to it, oil to be held in position for 20 to 30 minutes. This treatment is effective for insomnia, facial paralysis, numbness in the head, dryness of nostrils and throat, headaches etc.

**ABHYANGAM:** This is the anointing the whole body in oil or a specific part and a gentle massage along the circulatory channels for 45 to 60 minutes. This is very useful for the removal of fatigue, Vatha problems and sleeplessness; it also improves eyesight, skin tone and lengthens life.

**UDWARTHANAM:** This is powder massage. This massage is with warm medicated powder in the old traditional prescribed method for 30 to 45 minutes. This is effective in reducing weight; giving stability and strength, giving better skin luster and for Kapha pre-dominant conditions.

**PIZHICHIL:** This treatment with warm herbal oils is anointing the whole body with the same, in a rhythmic manner for about 45 to 60 minutes. This treatment is very useful in Rheumatic problems, arthritis, paraplegia, hemiplegic, paralysis, sexual weakness and nervous disorders.

**NJAVARA KIZHI:** This is a type of Sudation treatment in which the body is made to perspire by the application of special boluses which contain cooked herbal rice inside. Here the massage is done with this bolus after dipping it in a mixture of milk and decoction. This is for 45 minutes to 1 hour and is very effective for rheumatism, joint pain, emaciation, muscle wasting etc.

**NASYAM:** This is a Panchakarma treatment in which herbal juices or oils are dripped in to the nostrils. This is a cleansing treatment for the head and effective for facial paralysis, sinusitis, and headaches and in some mental disorders.

**HERBAL STEAM BATH:** In the body is treated with a medicated steam introduced to a wooden cabin for 15 to 20 minutes. This is effective in improving the blood circulation, eliminating impurities, and for cellulites.

**KATIVASTHY:** In this the body is treated with warm medicated oil kept on the lower back of the patient in a herbal paste boundary for 30 to 45 minutes. It is useful in low back pain, spondilosis and other problems in the lower vertebral column

**KARNA DHOOPANAM:** Medicated anti septic fumes are puffed into the ears for 5 to 10 minutes. This procedure helps to clean and detoxify the ear.

**THARPANAM:** The treatments to cleanse and prevent diseases in the eyes where upon eyes are treated with various herbal preparations.

**MUKHALEPAM:** This facial treatment with different kinds of herbal paste is Very effective in removal of wrinkles, cellulites, blackheads etc. This treatment beautifies and rejuvenates the facial skin.

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**REJUVENATION MASSAGE:** This is a special kind of massage in which the whole body is massaged using hands and foot for 50 to 60 minutes. This is best for rejuvenating the body, to increase sexual power, blood circulation and also to reduce mental tension.

**GENERAL MASSAGE:** This is the full body massage with herbal oil by hands for 40 to 50 minutes to tone up the body, to improve the blood circulation and enhances lymphatic drainage.

**KIZHI:** Kizhi means bolus. Here special herbal leaves row powders are smeared in oil and tied up in muslin. Then the massage is done on the whole body or on the affected part with this special bolus after dipping it in warm oil;. This is very effective for pain, inflammation and stiffness.

**HEAD MASSAGE:** Massage is done to the whole body with special herbal mixture for 45 to 60 minutes. This is very effective in improving the normal skin complexion tone up the body and for cellulites.

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