

Kerala Ayurveda Body Immunization Packages – KAPBI02

13 Nights / 14 Days Body Immunization Package at Estuary Island Resort Poovar as under:

Day 01

Morning Arrival at Trivandrum
Transfer to Poovar (travel time 45 mins)
Boat transfer to Estuary Island Resort
Rest & Relaxation
Consultation with Doctor
Overnight stay at the resort

Day 02

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 03

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 04

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 05

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 06

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 07

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 08

Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 09
Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 10
Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 11
Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 12
Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 13
Day at leisure
Body Immunization Treatment
Overnight stay at the resort

Day 14
Day at leisure
Body Immunization Treatment
12:00 hrs- checkout of the resort
Proceed to Trivandrum (travel time -45 mins)
Drop at Railway station / Airport
Departure

The cost of the above tour package as follows:

Price : Rs. 1,06,000 / Euro 1767 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.1,56,150 / Euro 2603 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.1,17,500/ EURO 1959 for ONE Person in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

Price : Rs.1,67,600 / EURO 2794 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

The package cost is inclusive of the following :

Accommodation

Boat transfers at Poovar

Ayurvedic treatment (subject to body texture)
Ayurvedic Vegetarian food (breakfast, Lunch, Dinner)
Consultation with Ayurvedic Doctor
Airport / Railway station - hotel transfers in a chauffeur driven A/c Indica car
All applicable taxes.

NB-Above therapy generally includes Basic purification, Body Massages, Snehana, Swedana, Pizhichil, Njavarakizhi, Sirodhara, Elakizhi, Podikizhi, Sirovasthy, Nasyam, Steam bath, Thakra Dhara, Dhanyamla Dhara, Dhoopanam, Marma Massage. Special herbal Medicines (Rasayana drugs) will be provided for internal use to improve the immune system.

Snehapanam- Medicated herbal oils or ghee preparations are given orally as a therapeutic procedure / preparatory process

Swedana- Sitting in a herb-infused steam box (sweating therapy)

Oil massages- Body massage with oil

Pizhichil- medicated oil massage in a special rhythmic way.

Njavarakizhi- Special massage programme in which body is rubbed with boluses containing njavara rice.

Sirodhara- After head massage a mixture of herbal oils is poured in an uninterrupted flow from a hanging vessel to the forehead and scalp

Elakizhi- A bolos bag massage with medicinal leaves

Podikizhi- Ayurvedic massage treatment with herbal powders

Sirovasthy- Lukewarm medicated oil is poured in to a cap fitted round the head

Nasyam- Herbal juices and medicated herbal oils are applied through the nose

Steam Bath - A room equipped to provide bathing with steam

Thakra Dhara- After head massage medicated Buttermilk is poured in an uninterrupted flow from a hanging vessel to the forehead and scalp.

Dhanyamla Dhara -Medicated herbal liquid Dhara

Dhoopanam, - Ear Care Programme (Application of Medicated Fumes)

Marma Massage - Marma points are stroked in a deliberate sequence using specific essential oils.

Everyday the client has to take Ayurvedic herbal medicines and should follow the special diet plan prescribed by the Physician. It is not always possible to book the time slot in advance. Hence the time will only be announced at time of consultation on the first day.

The treatment type and schedule shall be changed as per the health condition of the client and as directed by the Physician. Any other treatment prescribed by the Doctor will be charged extra which must be settled direct at time of check-out. It is advisable to show one's medical history to the doctor during consultation to help plan for best results, taking into consideration any specific problems.

The pick-up & drop shall be at Trivandrum (Thiruvananthapuram) for the above package. Please note this is just an offer, no reservation made yet, therefore you are kindly requested to advise your acceptance in order to proceed with reservation according to availability.

Classification of hotels/resorts and category of rooms for the above program is as under:

Estuary Island resort, Poovar - 03 star resort - A/c Garden View room

For reservations please forward us the exact arrival date. 25 % of the total package cost has to be deposited as advance payment, on confirmation of the package , and the balance payment, On Arrival Payment can be made by Fund Transfer/ Credit or Debit Card Online/Offline. Optionals are NOT part of the package cost. The check-in / out time of the resort is at 12 noon.

Mobile Helpline nos:

[09:30 Hrs - 18:00 Hrs IST / 08:00 Hrs - 13:00 Hrs GMT] – **Week days only**

+91 - 999 583 08 32, 999 583 08 33, 999 583 08 34, 999 583 08 35, 944 707 9178, 944 778 36 96

[09:30 Hrs - 22:00 Hrs IST / 08:00 Hrs - 18:30 Hrs GMT] – **All days**

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