

## **Kerala Ayurveda Body Immunization Packages – KAPBI03**

**27 Nights / 28 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  
Overnight stay at the resort

Day 15  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 16  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 17  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 18  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 19  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 20  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 21  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 22  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 23  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 24  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 25  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 26  
Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 27

Day at leisure  
Body Immunization Treatment  
Overnight stay at the resort

Day 28  
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.2,11,950 / Euro 3533 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs.4,15,350 / Euro 6923 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 2,34,950/ EURO 3916 for ONE Person in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

**Price** :Rs. 3,35,200 / EURO 5587 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**  
+91 - 999 583 08 33, 944 707 91 78