

## **Kerala Ayurveda Body Mind Relaxation Packages – KAP- BM01**

### **02 Nights / 03 Days Kerala Ayurveda Body Mind Relaxation Package at Estuary Island Resort, Poovar**

Day 01

Arrival at Trivandrum  
Transfer to Poovar (travel time – 45 mins)  
Boat transfer to Estuary Island Resort  
Check into the Resort  
Rest and relaxation  
Doctor Consultation  
Overnight stay at the deluxe seaside resort

Day 02

Ayurvedic Program  
Overnight stay at the deluxe seaside resort

Day 03

12:00 hrs – Check out from the resort  
Transfer to Trivandrum (travel time – 45 mins)  
Drop at Railway Station/Airport  
Departure

**Price** : Rs.27,400 / Euro 457 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs.19,623/ Euro 328 for ONE Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 29,800 / EURO497 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 22,150/ EURO 370 for ONE Person in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

The above package cost is inclusive of following:

Accommodation for TWO adults  
Boat transfers at Estuary Island Resort  
Consultation with Ayurvedic Doctor  
Lunch, Dinner & Breakfast at the resort (Ayurveda vegetarian diet )  
Ayurveda treatments  
Arrival and departure transfer from Trivandrum  
All applicable taxes  
Ayurvedic Treatment includes:  
Shirodhara  
Rejuvenation Massage  
Steam Bath  
Kizhi

(Treatments are chartered only after the doctor consultation)

Classification of hotels/resorts and category of rooms for the above program is as under:  
Estuary Island Resort, Poovar – 03 star deluxe resort – A/c Estuary Garden view Room  
For reservations, kindly forward us the exact travel dates.

**The Pickup and drop shall be at Trivandrum**

25 % of the total package cost has to be deposited as advance payment, on confirmation of the package, and the balance payment, while in Kerala. Payment can be made by Cheque / Demand Draft / Credit or Debit Card online.

OPTIONALS are not part of the package cost. The above is an Exclusive tour package with a dedicated chauffeur driven car and is NOT part of any Group Tour. The check-in / out time of the hotels/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 3696

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

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