

Kerala Ayurveda Body Mind Relaxation Packages – KAP- BM03

06 Nights / 07 Days Kerala Ayurveda Body Mind Relaxation Package at Estury Island Resort, Poovar

Day 01

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

Day 02

Ayurvedic Program
Day at Leisure
Overnight stay at the deluxe seaside resort

Day 03

Ayurvedic Program
Day at Leisure
Overnight stay at the deluxe seaside resort

Day 04

Ayurvedic Program
Day at Leisure
Overnight stay at the deluxe seaside resort

Day 05

Ayurvedic Program
Day at Leisure
Overnight stay at the deluxe seaside resort

Day 06

Ayurvedic Program
Day at Leisure
Overnight stay at the deluxe seaside resort

Day 07

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

Price : Rs.63,700 / Euro 1062 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs 45,850 / Euro 765 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.69,500/EUR 1159 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

Price : Rs.51,600 / Euro 860 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 the 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

Ksheeradhara

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:

Estury Island Resort, Poovar – deluxe seaside resort – A/c Estuary Garden View Room

For reservations, kindly forward us the exact travel dates. 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 36 96

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

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