

Kerala Ayurveda Body Purification Package – KAP- BP01

07 Nights / 08 Days Body Purification Package at Kondai Lip Resort Alleppey as under:

Day 01

Morning Arrival at Cochin

Transfer to Kondai Island (travel time 60 mins)

Boat transfer to Kondai Lip Resort

Rest & Relaxation

Consultation with Doctor

Evening sunset cruise by boat

Overnight stay at the resort

Day 02

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 03

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 04

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 05

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 06

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 07

Day at leisure

Body Purification Treatment

Overnight stay at the resort

Day 08

Body Purification Treatment

12:00 hrs- checkout of the resort

Proceed to Cochin (travel time -60 mins)

Drop at Railway station / Airport

Departure

The cost of the above tour package is as follows :

Price : Rs. 46,550 / EURO 776 for ONE Person in an A/c Cottage - For Travel dates till 30 Sep 2011

Price : Rs. 88,900 / EURO 1481 for TWO Persons in an A/c Cottage - For Travel dates till 30 Sep 2011

The package cost is inclusive of the following :

Accommodation for 02 Adults

Boat transfers at Alleppey

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 preparatory methods like Snehapanam, Oil massages, Njavarakizhi, Sirodhara, Elakizhi, Podikizhi, , Virechanam etc

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

Oil massages- Body massage with oil

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

Sirodhara- A mixture of herbal oils or medicated milk or medicated buttermilk is poured on to the forehead

Elakizhi- A bolos bag massage with medicinal leaves

Podikizhi- Ayurvedic massage treatment with herbal powders

Virechanam-Giving medicine for purgation.

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 Cochin for the above package. If the travel is by train you have to alight at Ernakulam railway station.

Please note this is just an offer, no reservation made yet, therefore you are kindly requested to

advice 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:
Kondai Lip resort, Poovar - Heritage Backwater resort - A/c Cottage

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

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