

Kerala Ayurveda Destress Therapy Package – KAP- DS01

07 Nights / 08 Days Kerala Ayurveda Destress Therapy Package at Isolo Di Coco Resort, Poovar

Day 01

Arrival at Trivandrum
Transfer to Poovar (travel time -45 mins)
Check into Isolo Di Coco Resort
Rest & Relaxation
Consultation with the doctor
Overnight stay at the deluxe seaside resort

Day 02

Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 03

Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 04

Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 05

Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 06

Ayurveda Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 07

Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 08

12noon – Checkout of the resort
Transfer to Trivandrum (travel time -45 mins)
Drop at Airport /railway station

Departure

Price : Rs. 98,590 / EUR 1521 for TWO Persons in an A/c Classic Pavillion Room - For Travel dates till 30 Sep 2011

Price : Rs. 69,450 / EUR 1071 for ONE Person in an A/c Classic Pavillion Room - For Travel dates till 30 Sep 2011

The package cost is inclusive of the following:

Accommodation

Breakfast, lunch & dinner at the resort (Special Ayurveda vegetarian diet),

Basic medicines, per day minimum three treatments including Yoga session,

Arrival and departure transfer in an A/c Car

All applicable taxes.

The treatment consists of Anti-Stress Massage, General Massage, Thaila Dhara, Ksheera Dhara, Thalpothichil, Thalam, Medicated Steam bath, Chakra Massage, Elakizhi etc.

NB: Treatments will be fixed only after the consultation with the doctor on arrival.

The pick-up & 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 Cash/ Cheque / Demand Draft

Mobile Helpline nos:

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

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

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