

Kerala Ayurveda Destress Therapy Package – KAP-DS02

06 Nights / 07 Days Kerala Ayurveda Destress Therapy 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 & Relaxation

Consultation with the doctor

Overnight stay at the deluxe seaside island resort

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 05

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 06

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 07

12noon – Checkout of the resort

Transfer to Trivandrum (travel time -45 mins)

Drop at Airport /railway station

Departure

Price : Rs. 85,950 / EUR 1432 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs. 68,000 / EUR 1135 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.89,600 / EUR 1492 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

Price : Rs. 71,600 / EUR 1193 for ONE Person in an A/c Estuary View 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) ,

Ayurveda treatments

Boat transfers at the resort ,

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.

Duration:2 to 2.30 hrs/day.

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**

+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