

Kerala Ayurveda Destress Therapy Package – KAP-DS03

14 Nights / 15 Days Kerala Ayurveda Destress Therapy 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

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 09

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 10

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 11

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 12

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 13

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 14

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside resort

Day 15

12noon – Checkout of the resort

Transfer to Trivandrum (travel time -45 mins)

Drop at Airport /railway station

Departure

Price : Rs. 1,97,200 / EUR 3042 for TWO Persons in an A/c Classic Pavillion Room - For Travel dates till 30 Sep 2011

Price : Rs. 1,38,900 / EUR 2142 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 section,

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**

+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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