

## **Kerala Ayurveda Insomnia Stress Relieving Packages – KAP- IS01**

**07 Nights / 08 Days Insomnia Stress Relieving Package at Lake Song Resort Kumarakom  
as under:**

Day 01

Morning Arrival at Cochin  
Transfer to Kumarakom (travel time 140 mins)  
Check into Lake Song Resort  
Rest & Relaxation  
Consultation with Doctor  
Overnight stay at the resort

Day 02

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 03

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 04

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 05

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 06

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 07

Day at leisure  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
Overnight stay at the resort

Day 08  
One hr Yoga session  
Insomnia Stress Relieving Treatment  
12:00 hrs- checkout of the resort  
Proceed to Cochin (travel time -140 mins)  
Drop at Railway station / Airport  
Departure

The cost of the above tour package is as follows :

**Price** : Rs. 1,18,250 /EUR 1971 for TWO Persons in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 82,650 / EUR 1377 for ONE Person in an A/c Punnamada Room - For Travel dates till 1 30 Sep 2011

**Price** : Rs. 1,25,950 / EUR 2099 for TWO Persons in an A/c Ashtamudi Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 90,350 /EUR 1506 for ONE Person in an A/c Ashtamudi Room - For Travel dates till 1 30 Sep 2011

The package cost is inclusive of the following :

Accommodation

Ayurvedic treatment (subject to body texture)

Daily 01 hr yoga session

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 treatments like, Snehapanam, Nasyam, Thalam , Pichu , Abhyanga Snana , Sirodhara, Podikizhi , Herbal Facial, Ksheera Dhara , Kashaya Dhara ,Shirovasthi, Thala pothichil etc

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

Nasyam - Herbal juices and medicated herbal oils are applied through the nose

Thalam- Special powder mixed with medicated oil applied on the top of the head

Pichu- Sponging the body/head with cotton sponges dipped in medicated oils

Abhyanga Snana -Herbal Full body Oil Massage with herbal steam bath

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

Podikizhi - Ayurvedic massage treatment with herbal powders

Ksheera Dhara - After giving a full body massage medicated milk is poured all over the body using a specially made vessel called Kindi.

Kashaya Dhara - Herbal decoctions are poured continuously over the body.  
Shirovasthi - Lukewarm medicated oil is poured in to a cap fitted round the head  
Thala pothichil - A herbal paste is applied to the entire head  
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 advise 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:  
Lake Song resort, Kumarakom - Deluxe Backwater resort - A/c Punnamada room

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 96

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

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