

## **Kerala Ayurveda Lower Back Pain Package – KAP-LB02**

**13 Nights / 14 Days Kerala Ayurveda Lower Back Pain Package at Cardamom County Resort, Thekkady (Periyar )**

Day 01

Arrival at Cochin  
Transfer to Thekkady (travel time -05 hrs)  
Check into Cardamom County Resort  
Rest & Relaxation  
Consultation with the doctor  
Overnight stay at the deluxe resort

Day 02

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 03

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 04

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 05

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 06

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 07

Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe resort

Day 08

Treatment as suggested by the doctor  
Day at leisure  
Overnight stay at the deluxe resort

Day 09

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe resort

Day 10

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe resort

Day 11

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe resort

Day 12

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe resort

Day 13

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe resort

Day 14

12noon – Checkout of the resort

Transfer to Cochin (travel time -05 hrs )

Drop at Airport /railway station

Departure

**Price** : Rs.1,92,100 / EUR 3312 for TWO Persons in Periyar Cottage - For Travel dates till 30 Sep 2010

**Price** : Rs.1,61,500 / EUR 2784 for ONE Person in Periyar Cottage - For Travel dates till 30 Sep 2010

**Price** : Rs.2,27,550/ EUR 3923 for TWO Persons in Periyar Cottage - For Travel dates from 01 Oct 10 to 31 Mar 2011

**Price** : Rs. 1,90,850 / EUR 3291 for ONE Person in Periyar Cottage - For Travel dates from 01 Oct 10 to 31 Mar 2011

The package cost is inclusive of the following :

Accommodation

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

Ayurveda treatments

Arrival and departure transfer in an A/c Car

All applicable taxes.

These rates are not valid from 20 Dec 10 to 10 Jan 2011

The treatment consist of Thalam, Relaxation massage, Medicated Steambath , Oushadasnanam, Pizhinju Thadaval , Mrudu Virechanam , Kativasthi, Abhyangam, Ela Kizhi, Podi Kizhi, Steam Bath , Sarvoushadha Snamam etc ...

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

The pick-up & drop shall be at Cochin (Kochi)

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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