

## **Kerala Ayurveda Myo-Energetic Packages – KAP- ME02**

**06 Nights / 07 Days Myo-Energetic Programme at Estuary Island Resort Poovar as under:**

Day 01

Morning Arrival at Trivandrum  
Transfer to Poovar (travel time 45 mins)  
Boat transfer to Estuary Island Resort  
Rest & Relaxation  
Consultation with Doctor  
Overnight stay at the resort

Day 02

Day at leisure  
Myo-Energetic Programme  
Overnight stay at the resort

Day 03

Day at leisure  
Myo-Energetic Programme  
Overnight stay at the resort

Day 04

Day at leisure  
Myo-Energetic Programme  
Overnight stay at the resort

Day 05

Day at leisure  
Myo-Energetic Programme  
Overnight stay at the resort

Day 06

Day at leisure  
Myo-Energetic Programme  
Overnight stay at the resort

Day 07

Myo-Energetic Programme  
12:00 hrs- checkout of the resort  
Proceed to Trivandrum (travel time -45 mins)  
Drop at Railway station / Airport  
Departure  
The cost of the above tour package as follows:

**Price : Rs.72,400 /Euro 1207 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011**

**Price** : Rs.50,200 /Euro 834 for ONE Persons in an A/c Estuary Garden Room - **For Travel dates till 30 Sep 2011**

**Price** : Rs.83900 / EURO 1399 for TWO Persons in an A/c Estuary View Room - **For Travel dates till 30 Sep 2011**

**Price** : Rs.55,900/ EURO 932 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

Boat transfers at Poovar

Ayurvedic treatment (subject to body texture)

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 Peshi Thirummu, Rejuvenation

Massage, Kolthirummu, Marma Massage, Medicated Steam Bath. All the short term programmes can be done for long term also for better results.

Peshi Thirummu -A deep massage is given with the leg and also done on selected Yoga postures.

Rejuvenation Massage- Massage done with the hands and foot

Kolthirummu -Special massage using smooth rounded herbal sticks

Marma Massage - Marma points are stroked in a deliberate sequence using specific essential oils.

Medicated Steam Bath -Medicated steam is introduced in to a wooden cabin

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 Trivandrum (Thiruvananthapuram) for the above package.

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:

Estuary Island resort, Poovar - 03 star resort - A/c Garden View 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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