

## **Kerala Ayurveda Revitalization Treatment for Oldage Disorders Package – KAP-OD01**

**14 Nights / 15 Days Kerala Ayurveda Revitalization Treatment for Oldage Disorders  
at Lake Song Resort, Kumarakom**

Day 01

Arrival at Cochin

Transfer to Kumarakom (travel time -140 mins)

Check into Lake Song Resort

Rest & Relaxation

Consultation with the doctor

Overnight stay at the deluxe backwater resort

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 05

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 06

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 07

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 08

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 09  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 10  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 11  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 12  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 13  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 14  
Ayurveda Programme  
Day at leisure  
Overnight stay at the deluxe backwater resort

Day 15  
12noon – Checkout of the resort  
Transfer to Cochin (travel time -140 mins)  
Drop at Airport /railway station  
Departure

**Price** : Rs.2,53,990 / EUR 4233 for TWO Persons in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 1,74,050 / EUR 2900 for ONE Person in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 2,69,390 / EUR 4490 for TWO Persons in an A/c Ashtamudi Room - For Travel dates til 30 Sep 2011

**Price** : Rs. 1,89,450 / EUR 3157 for ONE Person in an A/c Ashtamudi 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

Arrival and departure transfers in an A/c Car

All applicable taxes.

The treatment consists of Rejuvenation Massage, Steam Bath, Sirodhara , Herbal Facial 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**

+91 - 999 583 08 33, 944 707 91 78