

Kerala Ayurveda Revitalization Treatment for Oldage Disorders Package – KAP-OD03

**28 Nights / 29 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
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 16
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 17
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 18
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 19

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 20

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 21

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 22

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 23

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 24

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 25

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 26

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 27

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 28

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 29

12noon – Checkout of the resort

Transfer to Cochin (travel time -140 mins)

Drop at Airport /railway station

Departure

Price : Rs. 5,22,600 / EUR 8710 for TWO Persons in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

Price : Rs. 3,53,350 / EUR 5889 for ONE Person in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

Price : Rs.5,53,400 / EUR 9223 for TWO Persons in an A/c Ashtamudi Room - For Travel dates till 30 Sep 2011

Price : Rs. 3,84,150 / EUR 6402 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**

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