

## **Kerala Ayurveda Panchakarma Purification Package – KAP- PK06**

**06 Nights / 07 Days Panchakarma Purification Package at Cardamom County Resort**

**Thekkady as under:**

Day 01

Morning Arrival at Cochin

Transfer to Thekkady (travel time 05 hrs)

Check into Cardamom County Resort Thekkady

Rest & Relaxation

Consultation with Doctor

Overnight stay at the resort

Day 02

Day at leisure

Panchakarma Purification tyreatment

Overnight stay at the resort

Day 03

Day at leisure

Panchakarma Purification tyreatment

Overnight stay at the resort

Day 04

Day at leisure

Panchakarma Purification tyreatment

Overnight stay at the resort

Day 05

Day at leisure

Panchakarma Purification tyreatment

Overnight stay at the resort

Day 06

Day at leisure

Panchakarma Purification tyreatment

Overnight stay at the resort

Day 07

Panchakarma Purification tyreatment

12:00 hrs- checkout of the resort

Proceed to Cochin (travel time -05 hrs)

Drop at Railway station / Airport

Departure

**Price** : Rs.88,100 /EURO 1519 for TWO Persons in Periyar Cottage - **For Travel dates till 30 Sep2010**

**Price** : Rs. 61,800 / EUR 1066 for ONE Person in Periyar Cottage - **For Travel dates till 30 Sep 2010**

**Price** : Rs.1,03,550 / EURO 1786 for TWO Persons in Periyar Cottage - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

**Price** : Rs. 72,000 / EUR 1241 for ONE Person in Periyar Cottage - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

The cost of the above tour package is as follows :

The package cost is inclusive of the following :

Accommodation

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.

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

NB- Above therapy generally includes Snehapanam, Thalam, Abhayangam, Medicated Steam Bath, Pizhichil, Dianacharya Procedures, Virechanam, Relaxation Massage, Njavara Kizhi, Herbal Face Pack, Shirovasthi, shirolepam, Karnapooranam, dhoomapanam, prachanam, thakra dhara, kashaya vasthi, sneha vasthi lepana etc

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

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

Abhayangam - Full body massage with medicated oil followed by warm shower

Medicated Steam Bath - Fully medicated steam is passed to the chamber (steam bath boxes) so that the person gets his body below neck completely bathe in medicated steam

Pizhichil - Squeezing of medicated oil all over the body in a rhythmic manner along with whole body massage

Dianacharya Procedures - Cleansing of teeth, nostrils and eyes to full body massage followed by warm shower

Virechanam-Giving medicine for purgation.

Relaxation Massage - Full body massage with special medicated oil followed by warm shower.

Njavara Kizhi -A special massage with medicinal rice called Njavara, cooked with milk and herbs

Herbal Face Pack.-After massaging the face with fresh fruit juices and creams herbal face pack is applied.

Shirovasthi, -Luke warm herbal oil (Ksheerabala oil) is poured into a cap fitted on the head

Shirolepam, -Application of paste of different drugs prepared in a special way over the scalp

Karnapooranam, -Medicated oil is instilled into the ear.

Dhoomapanam,- For inhalation different types of medicated cigars are used. The smoke is usually inhaled through the nose.Prachanam,

Thakra dhara - Medicated buttermilk is poured on the forehead or the whole body in a rhythmic way

Kashaya vasthi, - Cleansing of colon with the administration of honey, medicated oil and an

appropriate decoction (kashaya, kashayam).

Sneha vasthi -Certain herbal oils, herbal extracts etc., are applied through the rectum

Lepanam - Application of freshly prepared ointments and massaging them

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:

Cardamom County resort, Thekkady - 04 star resort - Periyar Cottage

For your information, there are NO A/c rooms at thekkady as it is a high altitude place with cool climate

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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