

Kerala Ayurveda Rejuvenation Package – KAP-R10

14 Nights / 15 Days Kerala Ayurveda Rejuvenation Package at Isolo Di Coco Resort, Poovar

Day 01

Arrival at Trivandrum

Transfer to Poovar (travel time -45 mins)

Check into Isolo Di Coco Resort

Rest & Relaxation

Consultation with the doctor

Overnight stay at the deluxe seaside resort

Day 02

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 03

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 04

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 05

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 06

Steam bath

Overnight stay at the deluxe seaside resort

Day 07

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 08

Ayurvedic Programme

Day at leisure

Overnight stay at the deluxe seaside resort

Day 09
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 10
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 11
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 12
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 13
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 14
Ayurvedic Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 15
12noon – Checkout of the resort
Transfer to Trivandrum (travel time -45 mins)
Drop at Airport /railway station
Departure

Price : Rs.1,81,600 / EURO 2772 for TWO Persons in an A/c Classic Pavillion Room - For Travel dates from 15 Oct 2011

Price : Rs.1,09,300 / EURO 1666 for ONE Person in an A/c Classic Pavillion Room - For Travel dates from 15 Oct 2011

The package cost is inclusive of the following:

Accommodation in an A/c Heritage Room,
Breakfast, lunch & dinner at the resort (Special Ayurveda vegetarian diet) ,
Basic medicines, per day minimum three treatments including Yoga section,
Arrival and departure transfer in an A/c Car
All applicable taxes.

The treatment consists of Synchronic Massage, Foot Massage, Cream Massage, Herbal Face pack, Steam Bath, Sirodhara etc

Duration of the treatments will be about 90 to 120 minutes per day.

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

The pick-up & drop shall be at Trivandrum

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

3696 [09:30 Hrs - 22:00 Hrs IST / 08:00 Hrs - 18:30 Hrs GMT] – **All days**

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