

Kerala Ayurveda Slimming Therapy Package – KAP- SL07

21 Nights / 22 Days Slimming Therapy at Lake Song Resort Kumarakom as under:

Day 01

Morning Arrival at Cochin

Transfer to Kumarakom (travel time 140 mins)

Check into Lake Song Resort

Rest & Relaxation

Consultation with Doctor

Rejuvenation Massage

Overnight stay at the resort

Day 02

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 03

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 04

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 05

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 06

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 07

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 08

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 09

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 10

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 11

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 12

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 13

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 14
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 15
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 16
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 17
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 18
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 19
Day at leisure
One hr Yoga session
Herbal Powder Massage (Udwarthanam)
Steam bath
Overnight stay at the resort

Day 20

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 21

Day at leisure

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

Overnight stay at the resort

Day 22

One hr Yoga session

Herbal Powder Massage (Udwarthanam)

Steam bath

12:00 hrs- checkout of the resort

Proceed to Cochin (travel time -140 mins)

Drop at Railway station / Airport

Departure

The cost of the above tour package is as follows :

Price : Rs.2,40,950 / EUR 4016 for ONE Person in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

Price : Rs. 3,40,600 / EUR 5676 for TWO Persons in an A/c Punnamada Room - For Travel dates till 30 Sep 2011

Price : Rs. 2,64,050 / EUR 4400 for ONE Person in an A/c Ashtamudi Room - For Travel dates till 30 Sep 2011

Price : Rs.3,63,700 / EUR 6061 for TWO Persons in an A/c Ashtamudi Room - For Travel dates till 30 Sep 2011

The package cost is inclusive of the following :

Accommodation

Ayurvedic treatment (subject to body texture)

Daily 01 hr yoga session

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- 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:
Lake Song resort, Kumarakom - Deluxe Backwater resort - A/c Punnamada 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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