

## **Kerala Ayurveda Slimming Therapy Package – KAP- SL14**

**28 Nights / 29 Days Slimming Therapy at Kalari Kovilakom Resort Palghat (Palakkad) as under:**

Day 01

Morning Arrival at Cochin  
Transfer to Palghat (Palakkad) (travel time 04 hrs)  
Check into the Kalari Kovilakom Resort  
Rest & Relaxation  
Consultation with Doctor  
Overnight stay at the resort

Day 02

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)  
Overnight stay at the resort

Day 03

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)  
Overnight stay at the resort

Day 04

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)  
Overnight stay at the resort

Day 05

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)  
Overnight stay at the resort

Day 06

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)  
Overnight stay at the resort

Day 07

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Foot Massage (Padabhyanga)

Overnight stay at the resort

Day 08

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 09

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 10

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 11

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 12

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 13

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 14

Morning Yoga session

Herbal Powder Massage (Udwarthanam)

Herbal Powder Treatment (Podikizhi)

Overnight stay at the resort

Day 15

Morning Yoga session

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

Day 16

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Herbal Body Pack (Sareeralepam)  
Herbal Steam bath  
Overnight stay at the resort

Day 17

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Herbal Body Pack (Sareeralepam)  
Herbal Steam bath  
Overnight stay at the resort

Day 18

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Herbal Body Pack (Sareeralepam)  
Herbal Steam bath  
Overnight stay at the resort

Day 19

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Herbal Body Pack (Sareeralepam)  
Herbal Steam bath  
Overnight stay at the resort

Day 20

Morning Yoga session  
Herbal Powder Massage (Udwarthanam)  
Herbal Body Pack (Sareeralepam)  
Herbal Steam bath  
Overnight stay at the resort

Day 21

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

Day 22

Herbal Powder Massage (Udwarthanam)

Herbal Body Pack (Sareeralepam)

Herbal Steam bath

Overnight stay at the resort

Day 23

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 24

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 25

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 26

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 27

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 28

Morning Yoga session

Herbal Steam Kizhi

Herbal Steam bath

Overnight stay at the resort

Day 29

Morning Yoga session

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 for TWO Adults

**Price** : Rs. 5,30,450 / EURO 8,190 for ONE Person in an A/c Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 8,36,750 / EURO 12,919 for TWO Persons in an A/c Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 7,54,600/ EURO 11651 for ONE Person in an A/c Vengunad Suite - For Travel dates till 31 Dec 2011

**Price** : Rs.10,60,899 / EURO 16380 for TWO Persons in an A/c Vengunad Suite - For Travel dates till 31 Dec 2011

The package cost is inclusive of the following :

Accommodation for 02 Adults

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.

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:

Kalari Kovilakom resort, Palghat - Deluxe resort - Kovilakom Suite

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, to the closer days of 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 time of the resort is at 1400 hrs and check 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**  
+91 - 999 583 08 33, 944 707 91 78