

Kerala Ayurveda Spine & Neck Care Package – KAP-SN01

07 Nights / 08 Days Kerala Ayurveda Spine & Neck Care 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

Ayurveda Programme
Day at leisure
Overnight stay at the deluxe seaside resort

Day 07

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

Day 08

12noon – Checkout of the resort
Transfer to Trivandrum (travel time -45 mins)

Drop at Airport /railway station
Departure

Price : Rs.64,350 / Euro 1073 for TWO Persons in an A/c Heritage Room - For Travel dates till 30 Sep 2011

Price : Rs. 93,600 / Euro 1560 for ONE Person in an A/c Heritage 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) ,

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 special massages for the neck and back, Kativasthy, Galavasthy, Snehavasthy, Pizhichil, Podikizhi, Elakizhi, Pichu etc. This therapy is effective for keeping the spine and neck healthy and to cure the problems associated with it. Duration will be about 90 to 120 minutes /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**

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

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