

## **Kerala Ayurveda Spine & Neck Care Package – KAP-SN03**

**20 Nights / 21 Days Kerala Ayurveda Spine & Neck Care Package at Estuary Island Resort, Poovar**

Day 01

Arrival at Trivandrum

Transfer to Poovar (travel time -45 mins)

Boat transfer to Estuary Island Resort

Check into the Resort

Rest & Relaxation

Consultation with the doctor

Overnight stay at the deluxe seaside island resort

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 05

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 06

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 07

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 08

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 09

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 10

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 11

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 12

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 13

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 14

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 15

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 16

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 17

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 18

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 19

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 20

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe seaside island resort

Day 21

12noon – Checkout of the resort

Transfer to Trivandrum (travel time -45 mins)

Drop at Airport /railway station

Departure

**Price** : Rs.1,91,200 / Euro 3187 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs.1,37,500 / Euro 2292 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

**Price** : Rs.2,08,400 / EURO 3474 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

**Price** : Rs. 1,54,700/ EURO 2578 for ONE Person in an A/c Estuary View 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 ) ,

Ayurveda treatments

Boat transfers at the resort ,

Arrival and departure transfer in an A/c car

All applicable taxes .

The treatment consists of Neck Massage, Back Massage, Pichu, Kadivasthy, Greevavasthy,

General Massage,Ooshma Swedam,Virechanam,Mathravasthy,etc.

Duration:2hrs/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 36 96

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

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