

Kerala Ayurveda Stress & Strain Relieving Package – KAP -SS01

06 Nights / 07 Days Kerala Ayurveda Stress & Strain Relieving Package at Cardamom County Resort, Thekkady (Periyar)

Day 01

Arrival at Cochin

Transfer to Thekkady (travel time -05 hrs)

Check into Cardamom County Resort

Rest & Relaxation

Consultation with the doctor

Overnight stay at the deluxe resort

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe resort

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe resort

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe resort

Day 05

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe resort

Day 06

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe resort

Day 07

12noon – Checkout of the resort

Transfer to Cochin (travel time -05 hrs)

Drop at Airport /railway station

Departure

Price : Rs.86,950 / EUR 1449 for TWO Persons in Periyar Cottage - For Travel dates till 30 Sep 2011

Price : Rs. 75,400 / EUR 1257 for ONE Person in Periyar Cottage - 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

Arrival and departure transfer in an A/c Car

All applicable taxes.

(these rates are not valid from 20 Dec 10 to 10 Jan 2011)

The treatment consist of Thalam, Relaxation massage, Medicated Steambath ,
Oushadasnanam, Herbal Shower, Shirodhara , Deep Tissue Massage , Kativasthi,
Abhyangam, Kizhi, Special Foot Massage, Njavarakizhi etc ...

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

The pick-up & drop shall be at Cochin (Kochi)

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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