

Kerala Ayurveda Special Therapy For Women Package – KAPWT01

06 Nights / 07 Days Special Therapy For Women at Estuary Island Resort Poovar as under:

Day 01

Morning Arrival at Trivandrum
Transfer to Poovar (travel time 45 mins)
Boat transfer to Estuary Island Resort
Rest & Relaxation
Consultation with Doctor
Overnight stay at the resort

Day 02

Day at leisure
Special Therapy For Women
Overnight stay at the resort

Day 03

Day at leisure
Special Therapy For Women
Overnight stay at the resort

Day 04

Day at leisure
Special Therapy For Women
Overnight stay at the resort

Day 05

Day at leisure
Special Therapy For Women
Overnight stay at the resort

Day 06

Day at leisure
Special Therapy For Women
Overnight stay at the resort

Day 07

Special Therapy For Women
12:00 hrs- checkout of the resort
Proceed to Trivandrum (travel time -45 mins)
Drop at Railway station / Airport
Departure

The cost of the above tour package as follows:

Price : Rs.50,150/ Euro 836 for ONE Person in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.72,350 / Euro 1206 for TWO Persons in an A/c Estuary Garden Room - For Travel dates till 30 Sep 2011

Price : Rs.55,900/ EURO 932 for TWO Persons in an A/c Estuary View Room - For Travel dates till 30 Sep 2011

Price : Rs. 78,100 / EURO 1302 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

Boat transfers at Poovar

Ayurvedic treatment (subject to body texture)

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-Above therapy generally includes Avagaha, Pichu, Kshalana ,Sekam and Panchakarma (Vamanam / Virechanam/ Nasyam /Nirooham / Answasanam). The herbal medicines taken internally and the external therapies combined with the prescribed vegetarian diet and sessions of yoga, meditation and pranayama collectively acts on the body and the mind to maintain normality.

All the short term programmes can be done for long term also for better results.

Avagaha-. To sweat while seated in a large tub filled with warm medicated liquid

Pichu -Sponging the body/head with cotton sponges dipped in medicated oils.

Kshalana- A method of Ayurvedic cleaning of vaginal area with medicated oils.

Sekam (Pizhichil)- warm herbal oils are applied on the whole body in a rhythmic way.

Vamanam - Herbal solutions or salt water to induce vomiting

Virechanam -Giving Ayurveda medicine for purgation.

Nasyam -Herbal juices or oils are dripped to the nostrils which cleanses head

Nirooham (Nourishing Enema) Vasthi - Medicated enemas are applied through the rectum.

Answasanam (Purging)- Oil Enema for cleaning the bowels

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 Trivandrum (Thiruvananthapuram) for the above package.

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:
Estuary Island resort, Poovar - 03 star resort - A/c Garden View 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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