



Ayursoma Ayurveda

Panchakarma – 7N

Ayur soma is a retreat dedicated to the ‘Science of Life’ – Ayurveda and its treatments. It is part of the prestigious Somatheeram Group, which has been a pioneer to Ayurvedic Hospitals in a Resort Ambience. This hospital has been certified under ‘National Accreditation Board of Hospitals and Healthcare Providers Quality Control’ of Government of India. It has also received certificate of excellence from the ‘European Audit Institute Wellness and Spa’. Importance has been given to hygiene and individual care which enables you to explore the beauty of Ayurveda and return as a renewed person. Ayurvedic treatment at Ayur soma is not just restricted to herbal treatments; it is an overall transformation of body, mind and soul, through meditation, yoga, Ayurvedic cuisine. The ambience of Ayur soma is set to transfer you to the ancient royal world of Maharajas, with wooden palace like architecture. It is complimented by the perfect beachside location, which is all you need for a relaxed getaway.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Single – Euro 1835

Double – Euro 2737

Panchakarma – 14N

Single – Euro 3670

Double – Euro 5474.

Inclusions:

- ✦ Airport Transfer from Trivandrum International Airport
- ✦ Daily 01 Yoga and Meditation session
- ✦ Cultural programme (visual or music)
- ✦ Weekly 01 Ayurveda cooking demonstration
- ✦ Weekly 01 Ayurveda lecture class
- ✦ Ayurveda tour (visits of our herbal garden, Ayurveda shop with our doctor and translator)
- ✦ Language interpreters.

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