



Ayursoma Ayurveda Royal Retreat

Slimming package: 21N

Slimming is not just weight loss; it is about toning your body and attaining a body type that you are comfortable in. This treatment deals with a healthy way of cutting down unwanted fat from the body, which may be due to genetic factors or unhealthy lifestyle that we are prone to in the modern world. Ayursoma offers this natural weight loss programme which uses medicated herbal powder massage, herbal oil massage, intake of herbal juices and tea and customised diet. In the process you attain your desired body type and renewed mind and soul.

Bookmyveda.com

Slimming package: 21N

Single – Euro 11812

Double – Euro 16065

Slimming package: 28N

Single – Euro 15750

Double – Euro 21420

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



+91-9686496930



info@bookmyveda.com



www.bookmyveda.com



Ayursoma Ayurveda Royal Retreat

Slimming package: 21N

Package 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.

Bookmyveda.com

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