



Ayurvedagram

Panchakarma – 7N

Panchakarma is a doctor-guided Ayurvedic purification and rejuvenation program designed to cleanse the body at a deep systemic level. It is a structured, time-tested process - always personalised based on your body constitution, health condition, and strength. Whether you're dealing with a specific condition or seeking a deep reset, an expert-guided Panchakarma supports your long-term wellbeing.

Modern lifestyle puts our bodies under constant stress. Busy routines, irregular sleep, processed foods, pollution, and just a feeling that something is 'off'. Panchakarma helps the body unload all of this buildup, supporting a sense of lightness and balance.

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



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Panchakarma – 7N

Panchakarma treatment-7N

Single – Euro 1046

Double – Euro 1627

Panchakarma treatment – 14N

Single – Euro 2092

Double – Euro 3255

Package Inclusions:

- 🌿 Doctor's consultation.
- 🌿 Ayurvedic therapies customized for your health needs.
- 🌿 Meditation during the stay.
- 🌿 Ayurvedic diet all 3 meals prescribed by the doctor.
- 🌿 Yoga sessions.

Note: There will be a charge of 6,500 INR for pick up and drop off services from Bengaluru International Airport or any location within Bengaluru city.

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