



AYURVEDAGRAM

Weight management: 14N

At Ayurvedagram, multiple concerns are treated as distinct yet connected metabolic conditions, addressed through doctor-prescribed personalised therapies, emotional recovery and long-term lifestyle care. Weight management is approached through a classical, doctor-led Ayurveda program focused on sustainable fat reduction and metabolic balance rather than quick fixes. Following a detailed Ayurvedic consultation and prakriti (body constitution) analysis, each guest is prescribed a personalized treatment plan targeting obesity (sthoolya), sluggish metabolism, and toxin accumulation (ama). The program typically integrates therapies such as udvartana (herbal powder massage) to stimulate fat metabolism and improve circulation, along with abhyanga (medicated oil massage) and swedana (sudation therapy) to support detoxification and lymphatic drainage.

**** 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



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Single – Euro 3167

Double – Euro 4926

Weight management: 28N

Single – Euro 4222

Double – Euro 6568

Package Inclusions:

- 🌿 Doctor's consultation.
- 🌿 Ayurvedic therapies customized for your health needs.
- 🌿 Meditation during the stay.
- 🌿 Yoga sessions.

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