



Carnoustie Ayurveda & Wellness Resort

Detox (Panchkarma) – 7N

In Ayurveda, svastha, the Sanskrit word for perfect health is defined as a balance between body, mind, spirit and social well-being". Ayurveda has a holistic approach to health and believes that restoring balance between our mental, physical and spiritual side is essential to be healthy for instance, there can be no physical health without mental or spiritual health and vice versa. This balance is not only internal but also external. External balance is the balance between the individual and the environment. Hence, it emphasizes on a balanced relationship with nature on one side and the people around us on the other.

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



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Panchkarma treatment – 7 N

Single – Euro 1982

Double – Euro 2456

Detox (Panchkarma) – 14N

Single – Euro 3766

Double – Euro 4666

The package includes :

- 🌿 Accommodation: Stay in premium, eco-luxury villas with private pools and timber decks.
- 🌿 Ayurveda Treatments: Daily 90-minute customized ayurveda treatments based on doctor consultations.
- 🌿 Therapeutic Healing: Daily 45–60-minute specialized treatments, including Marma and Pranic healing.
- 🌿 Consultation & Medicine: Regular consultations with qualified ayurvedic doctors and prescribed medicines during the treatment.

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- 🌿 Diet: Personalized, doctor-approved, ayurvedic full-board meals.
- 🌿 Yoga & Meditation: Daily morning yoga and evening meditation sessions.
- 🌿 Transfers: Complimentary, to-and-fro airport transfers from Cochin International Airport (COK)



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