



Carnoustie Ayurveda

Psoriasis – 14N

At Carnoustie Ayurveda & Wellness Resort, psoriasis is addressed through a highly structured and medical-grade Ayurvedic approach that focuses on root-cause healing and long-term management. The 14- and 21-night programs begin with an in-depth consultation by experienced Vaidyas, who assess each individual's prakriti and underlying doshic imbalances to design a personalised treatment protocol. Rooted in classical Panchakarma and Shodhana Chikitsa (detoxification), the program emphasises systematic cleansing therapies, such as Snehapanam (internal oleation) followed by Virechana (therapeutic purgation), to eliminate toxins (ama), purify the system, and restore internal balance.

Bookmyveda.com

Psoriasis – 14N

Single – Euro 3699

Double – Euro 4583

Psoriasis – 21N:

Single – Euro 5257

Double – Euro 6512

****** Rates are subject to availability and conversion rates at the time of booking.**



+91-9686496930



info@bookmyveda.com



www.bookmyveda.com



Carnoustie Ayurveda

Psoriasis – 14N

Package Inclusions:

- 🌿 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.
- 🌿 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)

**** Rates are subject to availability and conversion rates at the time of booking.