



CARNOUSTIE AYURVEDA & WELLNESS RESORT

Weight management: 14N

Ayurveda, the Science of Life, emphasizes on a holistic solution that helps people lose excess weight and keep it off, while also improving their overall health. The experts at Carnoustie amalgamate the best practices of ayurveda, yoga and naturopathy to address the issue more comprehensively. The treatments are individualized and are based on the understanding of the unique body constitution or basic nature of body i.e, Prakruti' of the person and his/her lifestyle. After careful analysis, the team prescribes the right blend of Kriya (treatments), Ahara (diet), Vihara (exercise) and Oushada (medicine).

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



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Single – Euro 3699

Double – Euro 4583

Weight loss program – 21N

Single – Euro 5257

Double – Euro 6512

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.

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- 🌿 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)

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