



Manaltheeram Ayurveda Beach Village

Panchakarma – 7N

Ayurveda is an ancient science of life believed to have originated over 5000 years ago. As a medical system, it works wonders as a preventive and curative tool. This two-pronged approach is combined in the Ayurveda treatment packages achieving a holistic approach to wellness. Ayurvedic teachings are based on the ancient Indian texts Atharva Veda, laying emphasis on prevention rather than cure for the harmonious existence of body, mind and soul. This eons old system continues to be followed and practiced throughout India, preferred in the main to modern medicine which usually focuses on treatment of ailments that are already developed. A significant part of the therapies centre around diet advocating a nutritious, tailor made diet to complement specific body types.

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



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Panchakarma – 7N

Single – Euro 1030

Double – Euro 1738

Panchakarma – 14N

Single – Euro 2060

Double – Euro 3477

Inclusions:

- ✦ Airport Transfer from Trivandrum International Airport
- ✦ Daily 01 Yoga and Meditation session
- ✦ Cultural programme
- ✦ Weekly 01 Ayurveda cooking demonstration
- ✦ Weekly 01 Ayurveda lecture class
- ✦ Ayurveda tour (visits of our herbal garden, Ayurveda shop with our doctor and translator)
- ✦ Language interpreters.

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