



Manaltheeram Ayurvedic hospital

Slimming therapy: 14N

Slimming is not just weight loss; it is about toning your body and attaining a body type that you are comfortable in. This treatment deals with a healthy way of cutting down unwanted fat from the body, which may be due to genetic factors or unhealthy lifestyle that we are prone to in the modern world. Ayursoma offers this natural weight loss programme which uses medicated herbal powder massage, herbal oil massage, intake of herbal juices and tea and customised diet. In the process you attain your desired body type and renewed mind and soul.

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Slimming package: 14N

Single – Euro 2142

Double – Euro 3591

Slimming therapy: 21N

Single – Euro 3213

Double – Euro 5386

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



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Package Inclusions:

- ✦ Airport Transfer from Trivandrum International Airport
- ✦ Daily 01 Yoga and Meditation session
- ✦ Cultural programme (visual or music)
- ✦ 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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