



Nattika Beach Resort

Psoriasis – 14N

At Nattika Beach AyurvedaResort, psoriasis is approached through a holistic Ayurvedic framework that focuses on restoring internal balance and strengthening the body's natural healing capacity. The 14- and 21-night programs begin with an in-depth consultation by experienced Vaidyas, who assess each individual's prakriti and doshic imbalance to create a fully personalised treatment and dietary plan. Rooted in classical Panchakarma and Shodhana Chikitsa (detoxification), the therapies aim to eliminate accumulated toxins (ama), purify the system, and address the root cause of chronic skin conditions.

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Psoriasis – 14N

Single – Euro 2728

Double – Euro 4116

Psoriasis – 21N:

Single – Euro 4092

Double – Euro 6174

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



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Package Inclusions:

- 🌿 Luxury Villa Accommodation.
- 🌿 Doctors Consultation and Daily Ayurveda treatments.
- 🌿 Ayurveda Diet Consultation and Meal Plan.
- 🌿 Daily Yoga Sessions.
- 🌿 Full Board Ayurveda Vegetarian Cuisine.
- 🌿 Cochin Airport Pick up and drop.
- 🌿 Engage in our daily activities.
- 🌿 Access to all our resort facilities such as Swimming Pool, Tennis Court and guided tours of the premises.

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