



Niraamaya Retreats Backwaters And Beyond Kumarakom

Psoriasis – 14N

The Psoriasis management program is rooted in classical Ayurvedic healing, offering a gentle yet effective approach to managing chronic skin conditions. Surrounded by the tranquil backwaters of Kerala, the program focuses on detoxifying the body, purifying the blood, and restoring internal balance to address the underlying causes of psoriasis. Experienced Ayurvedic physicians design personalized treatment plans based on individual dosha imbalances, incorporating therapies such as medicated oil applications, herbal steam treatments, and specialized Panchakarma procedures aimed at deep cleansing and rejuvenation. These therapies are complemented by customized herbal medications, a skin-friendly Ayurvedic diet, and supportive practices like yoga and stress management. By combining internal healing with external care, the program aims to reduce flare-ups, soothe inflammation, and promote healthier, more resilient skin over time.

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



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Single – Euro 3080

Double – Euro 4301

PSORIASIS – 21N:

Single – Euro 4620

Double – Euro 6451

Package Inclusions:

- 🌿 Accommodation in a well-appointed room
- 🌿 Daily 90-minute Ayurvedic therapy, administered by a trained therapist
- 🌿 Daily 60-minute guided yoga session
- 🌿 Personalized consultation with an Ayurveda physician
- 🌿 Prescribed internal herbal medications during the course of the program

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Package Inclusions:

- 🌿 Wholesome meals (breakfast, lunch, and dinner) based on a customized Ayurvedic diet plan
- 🌿 Round-trip transfers from Cochin (COK) airport or railway station
- 🌿 One Ayurvedic cooking session during the stay
- 🌿 One Yoga Nidra session during the stay
- 🌿 Complimentary Wi-Fi access
- 🌿 50% savings on laundry services

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