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Poovar Island Resort

Weight management – 14N

The Weight Management programme at Poovar Island Resort combines traditional Ayurvedic therapies, personalised dietary guidance, yoga and lifestyle modifications to support healthy weight management. Following an initial consultation, the Ayurvedic physician develops an individual treatment plan based on the guest's constitution and health requirements. Treatments may include herbal powder massage, therapeutic oil massage and herbal steam therapy, along with a prescribed Ayurvedic diet and physical activity. The programme aims to encourage sustainable weight management and healthier lifestyle habits under professional supervision.

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

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Poovar Island Resort

Weight management – 14N

Cost:

Single – Euro 4495

Double – Euro 6037

Package Inclusion:

- **Accommodation in superior Land Cottage**
- **Pick up & Drop from TVM Airport**
- **Boat transfers from Poovar Boat Jetty**
- **Welcome drink on Arrival (Non-Alcoholic)**
- **Special Ayurveda breakfast, Lunch & Dinner Included**
- **Doctor's Consultations, Ayurveda Therapy, Massages and Medicines during the stay**
- **Rejuvenation and body purification as per the doctor's recommendations**
- **Daily Yoga sessions (08.00 - 09.00 hrs)**
- **One sunset cruise on the backwaters during the stay**
- **Free Usage of Gym Room, Library & Indoor games**
- **Use of Coffee / Tea Maker in the room with one time replacement per day**
- **One half day sightseeing tour of the Trivandrum city during the stay**
- **5% GST include**

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