



POOVAR ISLAND RESORT

Weight Loss Program (Medodhara chikilsa) – 14N

This is a popular program at our center. Ayurveda considers excessive weight as a disease and has a methodical approach to weight management and reduction. The program consists of a restructuring of diet and a combination of massages and oral medications.

Weight Loss Program – 14N

Single – Euro 2490

Double – Euro 3579

Weight loss program (Medodhara chikilsa) – 28N

Single – Euro 4980

Double – Euro 7158

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



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Weight Loss Program (Medodhara chikilsa) – 14N

Package Inclusions:

- Accommodation on non-AC Rooms per night.
- Pick up & Drop from TVM Airport/ Railway station.
- Boat transfers from Poovar Boat Jetty.
- Welcome drink on arrival.
- Special Ayurveda breakfast, lunch & dinner included.
- Doctor's consultation, Ayurveda therapy, Massages and medicines during the stay.
- Daily Yoga sessions.
- One sunset cruise on the backwaters during the stay.
- Usage of ayurveda swimming pool.

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