



Rockholm At the light house beach

Panchakarma – 7N

Panchakarma is a classical Ayurvedic detoxification and rejuvenation therapy designed to cleanse the body of accumulated toxins and restore the natural balance of the doshas—Vata, Pitta and Kapha. Rooted in ancient Ayurvedic texts, this holistic healing process works through a series of personalised treatments using herbal oils, natural therapies, and therapeutic procedures to eliminate deep-seated impurities and revitalise the system. Ayurveda considers Panchakarma as the most effective method for internal purification, helping improve metabolism, strengthen immunity, and enhance overall well-being.

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



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Panchakarma – 7N

Panchakarma – 14N

Single – Euro 903

Double – Euro 1580

Panchakarma – 14N

Single – Euro 1807

Double – Euro 3160

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.

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