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Rockholm at the Light House Beach

Panchakarma – 7N

Panchakarma at Rockholm at the Light House Beach is a personalised Ayurvedic body-purification programme designed to support overall well-being through traditional therapies, dietary guidance and yoga. The programme begins with a consultation with an Ayurvedic physician, who assesses the individual's constitution, health concerns and treatment requirements before preparing a customised treatment plan. Preparatory therapies may include Abhyanga (therapeutic oil massage) and Swedana (therapeutic sweating), followed by physician-prescribed cleansing procedures where appropriate. Daily yoga, meditation and a personalised Ayurvedic vegetarian diet complement the treatment in the peaceful surroundings of Lighthouse Beach.

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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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Cost:

Single - Euro 1033

Double - Euro 1834

Package Inclusions:

- **Accommodation in the Deluxe Ocean View**
- **Full board Ayurveda Vegetarian Meals.**
- **01 Ayurveda session daily with 2-3 treatments (around 1 hour 45 minutes on daily basis per pax). On arrival day your appointment is scheduled with the doctor and based on the discussions about your health conditions, the doctor will decide the treatment schedule for the stay.**
- **Daily 02 Yoga Sessions – Meditation session & Wellness or Progressive session.**
- **Diet Consultation- Our Diet Doctor will prescribe your diet based on your treatment program.**
- **Free WiFi in rooms and public areas.**
- **Trivandrum International Airport Pick Up and Drop.**
- **5% GST include**

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