



ROCKHOLM AT THE LIGHT HOUSE BEACH

Weight Loss Program – 14N

The Weight Management approach at Rockholm at the Light House Beach is rooted in classical Ayurveda and designed as a personalised, lifestyle-driven wellness program rather than a restrictive weight loss regime. The program integrates doctor-led consultations, customised Ayurvedic therapies, and dosha-specific dietary guidance to address metabolic imbalances and support natural fat reduction. Emphasising detoxification and internal cleansing through gentle Panchakarma and daily treatments, the program works in harmony with the body's natural rhythms to restore balance and improve digestion. Supported by structured yoga, meditation, and a disciplined wellness environment including vegetarian Ayurvedic cuisine and mindful living practices the program enables gradual, sustainable weight management while enhancing overall physical and mental well-being.

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



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ROCKHOLM AT THE LIGHT HOUSE BEACH

Weight Loss Program – 14N

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Single – Euro 4056

Double – Euro 5382

Weight Loss program – 21N:

Single – Euro 6084

Double – Euro 8074

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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