



Rockholm at the light house Beach

Psoriasis – 14N

At Rockholm at the Light House Beach, psoriasis is addressed through a personalised and integrative healing approach that blends classical Ayurveda with a tranquil, boutique retreat experience. The 14- and 21-night programs begin with a detailed consultation by experienced Ayurvedic doctors, who assess each individual's prakriti and underlying imbalances to curate a tailored treatment plan. Rooted in Ayurvedic detoxification principles, the program incorporates selected Panchakarma-inspired therapies aimed at eliminating toxins (ama), restoring doshic balance, and supporting the body's natural healing processes.

Psoriasis – 14N

Single – Euro 4056

Double – Euro 5382

Psoriasis – 21N:

Single – Euro 6084

Double – Euro 8074

**** Rates are subject to availability and conversion rates at the time of booking.



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www.bookmyveda.com



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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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