



THE NATTIKA BEACH AYURVEDA RESORT

Weight Loss Program – 14N

The Weight Management Program at Nattika Beach Ayurveda Resort is a structured Ayurvedic healing program designed to promote sustainable weight loss by addressing the root causes of metabolic imbalance. Rooted in classical Ayurveda, the program combines personalised diet plans, detoxification therapies, and carefully prescribed herbal medications to improve digestion, enhance metabolism, and reduce excess body fat naturally. Each guest undergoes a customised treatment plan under the guidance of experienced Ayurvedic physicians, supported by daily therapies, yoga, and meditation to ensure both physical and mental balance. The program focuses on eliminating toxins, restoring internal harmony, and introducing long-term lifestyle modifications, enabling guests to achieve gradual, stable weight reduction along with improved energy levels and 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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Weight Loss Program – 14N

Weight Loss Program – 14N

Single – Euro 3111

Double – Euro 4510

Weight loss program – 21N

Single – Euro 4667

Double – Euro 6765

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.
- 🌿 Access to all our resort facilities such as Swimming Pool, Tennis Court and guided tours of the premises.

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