



Somatheeram Ayurveda

Psoriasis – 14N

At Somatheeram Ayurveda Resort, psoriasis is approached through the classical Ayurvedic philosophy of restoring internal balance rather than addressing surface symptoms alone. The 14- and 21-night programs are designed as immersive healing journeys, beginning with a detailed consultation by experienced Vaidyas who create a fully personalised treatment and diet plan based on each individual's prakriti and doshic imbalance. Rooted in traditional Panchakarma and Shodhana Chikitsa (body purification), the therapies focus on eliminating accumulated toxins (ama) and enabling the body to naturally heal and regenerate.

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



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Somatheeram Ayurveda

Psoriasis – 14N

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Single – Euro 2142

Double – Euro 3591

Psoriasis – 21N

Single – Euro 3213

Double – Euro 5386

Package Inclusions:

- ✦ Airport Transfer from Trivandrum International Airport
- ✦ Daily 01 Yoga and Meditation session
- ✦ Cultural programme (visual or music)
- ✦ Weekly 01 Ayurveda cooking demonstration
- ✦ Weekly 01 Ayurveda lecture class
- ✦ Ayurveda tour (visits of our herbal garden, Ayurveda shop with our doctor and translator)
- ✦ Language interpreters.

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