Amara Ayurveda

Stress Management Program 7N

The 7-night Stress Management Programme at Amara Ayurveda Retreat, Kerala, is designed to help guests relax, manage everyday stress and improve overall physical and mental well-being. The programme combines traditional Ayurvedic therapies, a personalised Ayurvedic diet, yoga and meditation to promote relaxation and restore balance. Treatments may include Abhyanga (therapeutic oil massage), Shirodhara (a gentle stream of oil poured over the forehead), Lepanam (herbal paste application), rejuvenation massage and medicated steam baths. The programme also includes doctor consultations and prescribed Ayurvedic medicines, with the exact therapies selected according to each guest's health condition and individual needs.

Bookmyveda.com

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

Bookmyveda.com

Amara Ayurveda

Stress Management Program 7N

Cost:

Single - Euro 1620

Double - Euro 2469

Package Inclusions:

- **Accommodation in Ayur Earth Villa / Ayur Earth Ananta**
- **All meals (Ayurvedic diet Menu)**
- **Basic internal medicines**
- **Doctor consultation**
- **Daily 1.5hrs to 2hrs Ayurveda treatments**
- **Herbal Drinking Water**
- **Daily Yoga sessions**
- **Free airport transfer**
- **Wi-Fi & Smart TV**
- **5% GST include**

Bookmyveda.com

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