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Ayursoma Ayurveda Royal Retreat

Panchakarma – 7N

Panchakarma at Ayursoma Ayurveda Royal Retreat follows traditional Ayurvedic purification principles to support the balance of the body's three doshas: Vata, Pitta and Kapha. The programme begins with a detailed consultation with an Ayurvedic physician, who develops a personalised treatment plan based on the individual's constitution and health condition. The 14-day Body Purification programme may include therapeutic oil massage, Snehapanam (medicated ghee intake), Nasyam (nasal therapy), Virechanam (therapeutic purgation), Snehavasthi (medicated enema), Pizhichil, Njavarakizhi and herbal steam therapy, as prescribed. The programme is complemented by Ayurvedic medicines, a personalised vegetarian diet, yoga and meditation. The overall approach focuses on traditional Ayurvedic cleansing, relaxation and general wellbeing, with therapies adjusted according to the physician's assessment.

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

Ayursoma Ayurveda Royal Retreat

Panchakarma – 7N

Cost:

Single - Euro 1875

Double - Euro 2903

Package Inclusions:

- **Accommodation in hill view palace deluxe room**
- **Daily Ayurvedic treatments**
- **Full-board Ayurvedic vegetarian meals**
- **Initial, daily, and final consultation with the doctor**
- **Complimentary medicines during the treatment period**
- **Individualized Ayurvedic diet menu based on the guest's health and treatment needs**
- **Daily Yoga sessions**
- **Airport transfer from Thiruvananthapuram International Airport**
- **German, Italian, French, and Russian language interpreters available on request**
- **Half-day backwater tour by traditional country boat**
- **5% GST include**

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