## Ayursoma Ayurveda Royal Retreat

### Weight management – 14N

The 14-night Weight Management programme at Ayursoma Ayurveda Royal Retreat focuses on supporting healthy weight reduction through traditional Ayurvedic therapies, personalised dietary guidance and lifestyle modifications. The programme begins with an Ayurvedic doctor's consultation to assess the individual's constitution, digestion and health requirements. Treatments may include herbal powder massage (Udwarthanam), therapeutic oil massage and other prescribed Ayurvedic therapies to support metabolism, circulation and physical wellbeing. A balanced Ayurvedic vegetarian diet, yoga, meditation and daily wellness routines complement the treatment plan. The programme is tailored to individual needs, with therapies selected by the physician to encourage sustainable weight management and healthier lifestyle habits.

Bookmyveda.com

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

# Ayursoma Ayurveda Royal Retreat

## Weight management – 14N

### Cost:

**Single – Euro 4042**

**Double – Euro 6395**

### Package Inclusion:

- **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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