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Carnoustie Ayurveda & Wellness Resort

Anti-Aging Package – 14N

The Anti-Aging Programme at Carnoustie Ayurveda & Wellness Resort, Kerala, focuses on healthy ageing, physical vitality, relaxation and overall well-being through a combination of Ayurveda, Marma therapy, naturopathy, acupressure, yoga and meditation. The programme begins with a detailed consultation with medical experts to assess individual health needs and develop a personalised treatment plan. Ayurvedic therapies may include Abhyangam (therapeutic oil massage), Njavarakizhi (warm medicinal rice-bolus therapy), Pizhichil (warm medicated oil therapy) and Swedanam (herbal steam therapy), depending on the doctor's recommendations. A personalised Ayurvedic diet, breathing exercises and meditation may also be incorporated to support relaxation, energy levels and healthy lifestyle habits.

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

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Carnoustie Ayurveda & Wellness Resort

Anti-Aging Package- 14N

Cost:

Single - Euro 6841

Double - Euro 8533

Package Inclusions:

- **Accommodation in AKUND Deluxe Villa**
- **Airport Transfers from Cochin International Airport (to & from)**
- **Daily 90 minutes Ayurveda Treatments as per Doctor's advice**
- **Daily 45 to 60 minutes of therapeutic Marma treatment**
- **Additional treatments as per doctors' advice**
- **Daily Doctor's Consultation**
- **Free Medicines during the Treatment as per the Doctor's advice.**
- **Individual Ayurveda Diet plan as per the Doctor's advice (all meals).**
- **Daily group yoga sessions in the morning & Evening**

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