Carnoustie Ayurveda

Panchakarma – 7N

Panchakarma at Carnoustie Ayurveda & Wellness Resort is a traditional Ayurvedic detoxification programme designed to support the body's balance and overall wellbeing. The programme combines personalised Ayurvedic therapies, herbal oil treatments, a prescribed diet and supportive lifestyle practices. Following an initial consultation, the Ayurvedic physician develops a treatment plan based on the individual's constitution, health condition and treatment requirements. Depending on the assessment, therapies may include preparatory oil treatments, therapeutic sweating, Virechana (purgation), Basti (medicated enema) and other prescribed cleansing procedures. Yoga, meditation and dietary guidance may complement the programme. The overall approach focuses on traditional Ayurvedic purification, relaxation and rejuvenation under professional supervision.

Bookmyveda.com

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

Carnoustie Ayurveda

Panchakarma – 7N

Cost:

Single - Euro 3291

Double - Euro 4181

Package Inclusions:

- **Accommodation in AKUND 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**
- **5% GST include**

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