Carnoustie Ayurveda

Psoriasis – 14N

The Psoriasis Care Programme at Carnoustie Ayurveda & Wellness Resort, Mararikulam, Kerala, may be approached through personalised Ayurvedic care focused on skin health and overall well-being. Following an Ayurvedic physician's assessment, suitable therapies, herbal preparations, dietary recommendations and lifestyle practices may be considered according to the individual's condition. The approach aims to support skin comfort and help manage symptoms such as itching, dryness and irritation. However, a dedicated psoriasis package should be confirmed directly with the resort before listing it as an available programme. Psoriasis is a chronic inflammatory skin condition, so Ayurvedic care should complement appropriate dermatological treatment.

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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

Psoriasis – 14N

Cost:

Single – Euro 6253

Double – Euro 7945

Package inclusion:

- **Accommodation in Selected villa**
- **Airport Transfers from Cochin International Airport (to & fro)**
- **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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