Bookmyveda.com

Carnoustie Ayurveda

Weight management – 14N

The Weight Loss Programme at Carnoustie Ayurveda & Wellness Resort combines traditional Ayurveda, yoga, naturopathy and personalised dietary planning to support healthy weight management. The programme begins with an assessment of the individual's body constitution and lifestyle, followed by a customised plan incorporating treatments, diet, exercise and prescribed Ayurvedic medicines. Therapies may include Udwarthanam (herbal powder massage), Udgarshanam (dry brushing massage), Abhyangam (medicated oil massage) and Swedana (herbal steam therapy), depending on the physician's recommendation. Yoga, pranayama and a supervised diet plan complement the treatment approach, with the aim of supporting weight reduction and sustainable lifestyle changes.

Bookmyveda.com

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

Bookmyveda.com

Carnoustie Ayurveda

Weight management – 14N

Cost:

Single – Euro 6253

Double – Euro 7945

Package Inclusion:

- **Accommodation in Selected 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 doctor's 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**

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