Kalari Rasayana

Panchakarma – 14N

Panchakarma at Kalari Rasayana follows classical Ayurvedic cleansing principles to support the management of health conditions and promote overall well-being. The programme begins with preparatory therapies, which may include medicated ghee intake and external treatments, followed by physician-prescribed purification procedures. The treatment plan is individually designed by the Ayurvedic doctor according to the guest's health condition, assessment and treatment requirements. The programme is complemented by a personalised vegetarian Ayurvedic diet, yoga, meditation and a peaceful lakeside environment.

Bookmyveda.com

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

Kalari Rasayana

Panchakarma – 14N

Cost:

Single - Euro 8846

Double - Euro 14967

Package Inclusions:

- **All charges include the cost of Doctors' consultations**
- **Accommodation in Rasayana Suites**
- **All Ayurveda treatments including**
- **Therapeutic massages**
- **Steam treatments**
- **All herbal medicines administered at the hospital for external use and internal consumption**
- **Prescribed diet**
- **Yoga consultation**
- **Yoga and meditation sessions**
- **Garments provided for use at the hospital**
- **Airport pick-up and drop Trivandrum Airport**
- **5% GST include**

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