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Kalari Rasayana

Weight management – 14N

The weight management programme at Kalari Rasayana, Kerala, follows traditional Ayurvedic principles to support healthy weight management and metabolic balance. The programme begins with an individual consultation with an Ayurvedic physician, who assesses the guest's constitution and health requirements before recommending suitable treatments. The approach may include therapeutic massages, herbal steam treatments, prescribed Ayurvedic medicines and a personalised diet plan, complemented by yoga and meditation. The programme aims to encourage healthier lifestyle habits and sustainable weight management through individualised, physician-supervised care.

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

Kalari Rasayana

Weight management – 14N

Cost:

Single – Euro 8846

Double – Euro 14967

Package inclusion:

- **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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