## Kalari Kovilakom

## Panchakarma – 14N

Panchakarma is a traditional Ayurvedic detoxification and cleansing approach designed to support the balance of the body's doshas and promote overall wellbeing. At Kalari Kovilakom, the approach follows classical Ayurvedic principles, combining individual consultations, personalised therapies, a prescribed Ayurvedic diet and supportive lifestyle practices. The programme is tailored to each individual's constitution and health requirements, with treatments selected by the Ayurvedic physician following a detailed assessment. The overall focus is on supporting digestion, relaxation, balance and general health through a structured, doctor-supervised Ayurvedic programme.

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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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## Panchakarma – 14N

### Cost:

**Single - Euro 8389**

**Double - Euro 14174**

### Package Inclusions:

- **Accommodation in Kalari Suites**
- **All Ayurveda treatments including**
- **Cost of Doctors' consultations**
- **Therapeutic massages**
- **Steam treatments**
- **All herbal medicines administered at the hospital for external use and internal consumption**
- **Prescribed diet**
- **Yoga consultation**
- **Yoga Sessions**
- **Meditation sessions**
- **Garments provided for use at the hospital,**
- **Pick-up and drop from the Coimbatore or Cochin airports**
- **5% GST include**

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