Kalari Kovilakom

Weight management – 14N

The weight management programme at Kalari Kovilakom, Kerala, is known as Sthoulyaghna Chikitsa. This traditional Ayurvedic programme focuses on supporting healthy weight management through personalised therapies, dietary regulation and lifestyle practices. The treatment plan is developed by an Ayurvedic physician following an individual assessment and aims to address factors associated with excess weight, including digestion and metabolic balance. The programme may include medicated steam baths, therapeutic massages, herbal medicines, herbal teas and a prescribed Sattvic vegetarian diet, complemented by yoga and meditation. The therapies and diet are tailored to the individual's constitution and health requirements, with a focus on supporting sustainable lifestyle changes.

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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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Kalari Kovilakom

Weight management – 14N

Cost:

Single – Euro 8389

Double – Euro 14175

Package Inclusion:

- **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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