Bookmyveda.com

Madukkakuzhy Ayurveda

Rejuvenation / Body Purification – 7N

Ayurveda Rejuvenation Therapy at Madukkakuzhy Ayurveda focuses on revitalising the body and mind through traditional Ayurvedic therapies, personalised herbal medicines, dietary guidance and lifestyle practices. The programme begins with an Ayurvedic physician's assessment to understand the individual's body constitution and health condition. Treatments such as Abhyanga (therapeutic oil massage), Shirodhara (oil stream therapy), Pizhichil (warm medicated oil therapy) and Njavarakizhi (medicated rice bolus therapy) may be incorporated into the treatment plan. For body purification, appropriate cleansing therapies may be prescribed according to the individual's needs. Yoga, meditation and a suitable Ayurvedic diet complement the programme to support relaxation, vitality and overall well-being.

Bookmyveda.com

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

+918431499585 info@bookmyveda.com www.bookmyveda.com

Bookmyveda.com

Madukkakuzhy Ayurveda

Rejuvenation / Body Purification – 7N

Cost:

Single - Euro 993

Double - Euro 1434

Package Inclusions:

- **Air-conditioned standard room with garden view accommodation.**
- **Daily medical consultations with our experienced Ayurvedic physicians.**
- **Two personalized treatments per day / person.**
- **Daily yoga sessions.**
- **Full board vegetarian cuisine as per the diet.**
- **Pick up & drop from cochin international airport**
- **5% GST include**

Bookmyveda.com

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