Manaltheeram Ayurveda Beach Village

Panchakarma- 7N

Panchakarma at Manaltheeram Ayurveda Beach Village follows traditional Kerala Ayurvedic principles and focuses on body purification, personalised treatment and overall well-being. The programme begins with a consultation with an Ayurvedic physician, who assesses the guest's health condition and individual requirements. Preparatory therapies may include Snehana (oleation) and Swedana (therapeutic sweating), followed by physician-prescribed cleansing procedures when appropriate. Treatments are complemented by personalised Ayurvedic vegetarian meals, herbal medicines, daily yoga and meditation. The programme aims to support physical relaxation, digestive well-being and balance according to traditional Ayurvedic principles.

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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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Manaltheeram Ayurveda Beach Village

Panchakarma- 7N

Cost:

Single - Euro 1543

Double - Euro 2425

Package Inclusions:

- **Accommodation in Standard Room A/C**
- **Ayurveda treatments**
- **Full-board Ayurvedic vegetarian meals**
- **Yoga & Meditation**
- **Ayurvedic Diet**
- **Daily Examination**
- **Doctor's Consultation**
- **Airport transfers (Thiruvananthapuram)**
- **Day Trips**
- **5% GST include**

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