Manaltheeram Ayurveda Beach Village

Spine and Neck Therapy-14N

The Spine and Neck Care Programme at Manaltheeram Ayurveda Beach Village, Kerala, is designed to support people experiencing neck pain, back pain, spinal stiffness and restricted movement. According to the resort's published programme, the treatment includes special massages, Kativasthi, Snehavasthi, Kashayavasthi, Pizhichil, Njavarakizhi and special exercises.

The programme uses traditional Ayurvedic therapies to help relieve discomfort, relax muscles and improve flexibility and mobility. Kativasthi involves retaining warm medicated oil over a specific area of the back, while Pizhichil involves the application of warm medicated oil over the body. Njavarakizhi is a warm rice-bolus therapy traditionally used to nourish tissues and support physical comfort. The doctor selects suitable therapies according to the patient's condition, medical history and treatment goals.

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

Spine and Neck Therapy -14N

Cost:

Single - Euro 3234

Double - Euro 5145

Package Includes:

- **Accommodation in Standard Room A/C**
- **Ayurveda treatments**
- **Full-board Ayurvedic vegetarian meals**
- **Yoga Session**
- **Meditation session**
- **Ayurvedic Diet**
- **Daily Examination**
- **Doctor’s Consultation**
- **Pickup & drop from Trivandrum International Airport**
- **Day Trips**
- **5% GST include**

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