Nattika Beach Resort

Rejuvenation / Body Purification

At Nattika Beach Resort, Kerala, the Rejuvenation and Body Purification programme focuses on improving overall well-being through traditional Ayurvedic therapies, a balanced Ayurvedic diet, yoga and relaxation. Rejuvenation treatments aim to relieve stress, reduce fatigue, support better sleep and restore vitality. Body purification focuses on supporting the body's natural cleansing processes and balancing the doshas through doctor-prescribed Ayurvedic treatments, which may include Abhyanga (therapeutic oil massage), Swedana (herbal steam therapy) and Panchakarma procedures when medically appropriate. The treatment plan is personalised following an Ayurvedic doctor's consultation, based on the guest's health condition and individual needs.

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

Nattika Beach Resort

Rejuvenation / Body Purification

Cost:

Single - Euro 1633

Double - Euro 2464

Package Includes:

- **Accommodation in Deluxe Twin AC villa**
- **Ayurveda vegetarian meals**
- **Daily consultations with doctors One 1-hour 45-minute**
- **Ayurveda treatment session per day (comprising 2-3 types of treatments)**
- **Yoga sessions guided by experienced yoga masters**
- **Engage in our daily activities.**
- **Access to all our resort facilities such as Swimming Pool, Tennis Court and guided tours of the premises.**
- **Airport transfers from cochin Airport**
- **5% GST include**

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