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Niraamaya Retreats Backwaters & Beyond

Psoriasis – 14N

The Psoriasis Treatment Programme at Niraamaya Retreats Backwaters & Beyond, Kerala, focuses on supporting skin health and overall well-being through a personalised Ayurvedic approach. Depending on the individual's condition and the Ayurvedic physician's assessment, the treatment plan may include traditional Ayurvedic therapies, prescribed herbal preparations, medicated oil applications, dietary guidance, yoga and relaxation practices. The programme aims to help manage symptoms such as itching, dryness, redness and skin irritation while promoting healthy lifestyle habits. The therapies and duration are determined following an individual assessment. Psoriasis is a chronic skin condition, and Ayurvedic care should complement appropriate dermatological treatment rather than replace it.

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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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Psoriasis – 14N

Cost:

Single – Euro 3885

Double – Euro 5276

Package Inclusion:

- Accommodation in a well-appointed room
- Daily 90-minute Ayurvedic therapy, administered by a trained therapist
- Daily 60-minute guided yoga session
- Personalized consultation with an Ayurveda physician
- Prescribed internal herbal medications during the course of the program
- Wholesome meals (breakfast, lunch, and dinner) based on a customized Ayurvedic diet plan
- Round-trip transfers from Cochin (COK) airport or railway station
- One Ayurvedic cooking session during the stay
- One Yoga Nidra session during the stay
- Complimentary Wi-Fi access
- 50% savings on laundry services
- 5% GST include

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