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Niramayam Heritage Hospital

Weight Loss treatment – 14N

The weight loss treatment at Niramayam Heritage Ayurveda Hospital, Thrissur, Kerala, can be described as a personalised Ayurvedic approach to weight management, focusing on dietary regulation, daily routines and therapies selected by the Ayurvedic physician. The programme begins with an individual assessment of the guest's constitution, digestion and health requirements. Depending on the doctor's recommendations, suitable Ayurvedic treatments, prescribed herbal medicines, a personalised diet, yoga and pranayama may be incorporated to support healthy weight management and sustainable lifestyle changes.

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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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Niramayam Heritage Hospital

Weight Loss treatment – 14N

Cost:

Single – Euro 1884

Double – Euro 3065

Package Inclusion:

- **Stay in our Royal Heritage Room**
- **Ayurvedic vegetarian food as per the Doctor's advice**
- **Treatments as per the Doctor's advice (we provide 02 treatments per day)**
- **Internal medicines during the stay**
- **One time Doctor's consultation fees**
- **Yoga & Meditation during the stay (morning & evening session)**
- **Pick up & drop from cochin international airport**
- **5% GST include**

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