Poovar Island Resort, Kerala

Insomnia Package

The Insomnia Treatment Programme at Poovar Island Resort focuses on improving sleep quality, relaxation and mental well-being through personalised Ayurvedic care. The resort has a dedicated Ayurveda Village offering traditional Ayurvedic treatments and rejuvenation programmes in a peaceful natural setting surrounded by Kerala's backwaters. Treatment begins with an Ayurvedic doctor's consultation, after which suitable therapies, medicines and lifestyle recommendations may be prescribed according to the guest's needs.

The treatment approach may include Shirodhara (a gentle stream of warm oil poured over the forehead), Shiro Abhyanga (head massage), Padabhyanga (foot massage) and other relaxation therapies, if recommended by the doctor. Yoga, meditation, a suitable Ayurvedic diet and a regular sleep routine may also support the programme. These therapies are traditional approaches intended to promote relaxation; they are not a guaranteed cure for insomnia.

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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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Poovar Island Resort, Kerala

Insomnia Package

Cost:

Single - Euro 6949

Double - Euro 9154

Package Inclusions:

- **Accommodation in superior Land Cottage**
- **Pick up & Drop from TVM Airport**
- **Boat transfers from Poovar Boat Jetty**
- **Welcome drink on Arrival (Non-Alcoholic)**
- **Special Ayurveda breakfast, Lunch & Dinner Included**
- **Doctor's Consultations, Ayurveda Therapy, Massages and Medicines during the stay**
- **Rejuvenation and body purification as per the doctor's recommendations**
- **Daily Yoga sessions (08.00 - 09.00 hrs)**
- **One sunset cruise on the backwaters during the stay**
- **Free Usage of Gym Room, Library & Indoor games**
- **Use of Coffee / Tea Maker in the room with one time replacement per day**
- **One half day sightseeing tour of the Trivandrum city during the stay**
- **5% GST include**

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