Bookmyveda.com

Poovar Island Resort

Panchakarma

Panchakarma at Poovar Island Resort is offered through its dedicated Ayurveda Village, which combines traditional Ayurvedic treatments with personalised dietary guidance, yoga and a peaceful natural setting. The programme begins with an Ayurvedic doctor's consultation to assess the guest's health condition and treatment requirements. Depending on the assessment, the treatment plan may include preparatory oil therapies, herbal steam treatments and physician-prescribed cleansing procedures. Ayurvedic meals, daily yoga and lifestyle guidance complement the programme, supporting relaxation and overall well-being.

Bookmyveda.com

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

Bookmyveda.com

Poovar Island Resort

Panchakarma

Cost:

Single - Euro 2316

Double - Euro 3051

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**

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