Bookmyveda.com

Rockholm at the Light House Beach

Weight Loss Program – 14N

The Weight Loss Programme at Rockholm at the Light House Beach, Kovalam, Kerala, combines traditional Ayurvedic therapies, personalised dietary guidance and yoga to support healthy weight management. The programme begins with a consultation with an Ayurvedic physician, who assesses the individual's constitution, health condition and lifestyle before recommending suitable treatments. The approach may include herbal powder massage (Udwarthanam), therapeutic oil treatments and herbal steam therapy, as prescribed. A balanced Ayurvedic vegetarian diet, regular yoga and lifestyle guidance complement the treatment plan. The programme aims to support healthy weight reduction, improve daily habits and encourage sustainable wellbeing through personalised, physician-supervised care.

Bookmyveda.com

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

Bookmyveda.com

Rockholm at the Light House Beach

Weight Loss Program – 14N

Cost:

Single – Euro 2066

Double – Euro 3668

Package Inclusion:

- **Accommodation in the Deluxe Ocean View**
- **Full board Ayurveda Vegetarian Meals.**
- **01 Ayurveda session daily with 2-3 treatments (around 1 hour 45 minutes on daily basis per pax). On arrival day your appointment is scheduled with the doctor and based on the discussions about your health conditions, the doctor will decide the treatment schedule for the stay.**
- **Daily 02 Yoga Sessions – Meditation session & Wellness or Progressive session.**
- **Diet Consultation- Our Diet Doctor will prescribe your diet based on your treatment program.**
- **Free WiFi in rooms and public areas.**
- **Trivandrum International Airport Pick Up and Drop.**
- **5% GST include**

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