Sanjeevanam Ayurveda Hospital

Weight Loss program- 14N

The Weight Loss Programme at Sanjeevanam Ayurveda Hospital, Kochi, Kerala, focuses on healthy weight management through personalised Ayurvedic treatments, dietary planning, physical activity and lifestyle modifications. The programme begins with a medical assessment to understand the guest's weight, digestion, metabolism and overall health. Based on the assessment, the treatment plan may include prescribed Ayurvedic therapies, herbal medicines, a balanced Ayurvedic diet, yoga, functional fitness and physiotherapy where appropriate. The hospital combines traditional Ayurveda with modern diagnostics and fitness-based support to help guests develop healthier habits, improve physical fitness and work towards sustainable weight management.

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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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Sanjeevanam Ayurveda Hospital

Weight Loss program- 14N

Cost:

Single - Euro 1912

Double - Euro 3000

Package Inclusions:

- **Doctor Consultations.**
- **Accommodation in Deluxe room**
- **Two Ayurvedic treatments each day**
- **One session of Physiotherapy & Functional Fitness each day**
- **One session of Yoga**
- **One session of Meditation**
- **Full board meal as per body constitution and ailments.**
- **Oral Medications during the stay**
- **Airport transfers from Cochin International Airport.**
- **Free Wi-Fi**
- **5% GST include**

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