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Shathayu Ayurveda Retreat

Psoriasis – 14N

The Psoriasis Treatment Programme at Shathayu Ayurveda Retreat in Bengaluru focuses on supporting skin health through a personalised Ayurvedic approach. Based on the individual's condition and the Ayurvedic physician's assessment, the programme may include traditional herbal therapies, medicated oils, external applications, dietary guidance and lifestyle modifications. The treatment approach aims to help manage symptoms such as itching, dryness, redness and skin irritation while supporting overall well-being. The therapies and duration are tailored to the individual's needs following a medical assessment. Psoriasis is a chronic skin condition, and Ayurvedic treatment should complement appropriate dermatological care rather than replace it.

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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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Shathayu Ayurveda Retreat

Psoriasis – 14N

Cost:

Single – Euro 1884

Double – Euro 2803

Package Inclusion:

- **Air-conditioned accommodation on a single-occupancy standard room for 14 nights**
- **All Sattvic vegetarian meals, including breakfast, lunch, evening snacks, and dinner**
- **Doctor consultation**
- **Group yoga sessions – 60 minutes daily**
- **Meditation sessions – 30 minutes daily**
- **Two Ayurvedic/Naturopathy therapies daily (one major and one minor therapy), as prescribed by the doctor**
- **Activities such as hiking and village walks**
- **Access to retreat amenities, including the swimming pool and garden**
- **Pickup & drop from Kempegowda International Airport**
- **5% GST include**

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