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Shinshiva Ayurvedashram

Weight Loss Program -14N

The Weight Loss Programme at Shinshiva Ayurvedashram focuses on supporting healthy weight management through a holistic Ayurvedic approach. The programme aims to improve digestion and metabolism, support gradual weight reduction, and promote healthier lifestyle habits. Depending on the individual's health condition and the Ayurvedic doctor's assessment, the treatment may include herbal massages, selected Panchakarma therapies, personalised Ayurvedic medicines, dietary guidance, yoga and lifestyle modifications. The programme is designed to support sustainable weight management and overall well-being through an individually tailored treatment plan.

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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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Weight Loss Program -14N

Cost:

Single – Euro 2002

Double – Euro 3384

Package Inclusion:

- **Accommodation in VEDA room**
- **One-time pick-up and drop from Trivandrum Airport**
- **Full-board diet as per the physician's prescription**
- **Full-board diet as per the physician's prescription**
- **Ayurveda treatments, including internal medicines and internal & external therapies**
- **Yoga sessions (except Sundays)**
- **Meditation sessions (except Sundays)**
- **Complimentary sightseeing after treatment (Trivandrum circle)**
- **5% GST include**

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