Kairali - The Ayurvedic Healing Village

Psoriasis – 14N

The Psoriasis Treatment Programme at Kairali – The Ayurvedic Healing Village focuses on supporting skin health through a personalised Ayurvedic approach. The programme aims to help manage symptoms such as itching, dryness, redness and skin irritation through physician-prescribed Ayurvedic therapies, herbal preparations, dietary guidance and lifestyle modifications. Yoga and meditation may also be incorporated to support relaxation and overall well-being. The treatment plan is tailored to the individual's skin condition and overall health following a medical assessment. Psoriasis is a chronic condition, and Ayurvedic care should complement, rather than replace, appropriate dermatological treatment.

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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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Cost:

Single – Euro 4368

Double – Euro 7984

Package Inclusion:

- **A Warm Welcome:** Sip on our signature herbal detox drink as you settle into your serene retreat.
- **Luxury Stay:** Unwind in private, eco-friendly villas designed for tranquility, blending traditional charm with modern comforts.
- **Farm-to-Table Meals:** Meals: Enjoy freshly prepared vegetarian or vegan meals tailored to your wellness consultation (breakfast, lunch, and dinner)
- **Hydration Wellness:** Daily in-room mineral water (1 bottle per person) + unlimited herbal-infused detox water.
- **Daily Rejuvenation:** Two Ayurvedic therapies per day, including herbal steam baths to restore balance. (Note: Preventive Health & Regenerative Program includes one therapy per day.)
- **Post-Treatment Refreshments:** Enjoy freshly prepared juices or calming herbal teas after every session.
- **Morning Yoga:** Start your day with group sunrise yoga sessions.

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- **Evening Meditation:** Wind down with group guided mindfulness sessions in the evening.
- **Ayurveda & Yoga Wisdom:** Weekly interactive workshops on holistic living, led by expert practitioners.
- **Craft Your Wellness:** Join our Weekly fun, hands-on Ayurvedic cooking classes by in-house chefs.
- **Price for Pick-up or Drop-off**: From Coimbatore international Airport
- **Local Experiences:** Weekly organic farm tours, village walks, and sunset nature trails to connect with Kerala's culture.
- **Leisure & Wellness:** Access to our Swimming pool, Library, Gym, and Outdoor Facilities.
- **Personalized Care:** Daily wellness check-ins with your Ayurvedic doctor to tailor your journey.
- **5% GST include**

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