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Nattika Beach Resort

Weight Loss Program – 14N

The Weight Loss Programme at Nattika Beach Ayurveda Resort, Kerala, focuses on healthy weight management through traditional Ayurvedic treatments and personalised lifestyle practices. The programme aims to support digestion and metabolism, encourage gradual weight reduction, and improve overall physical well-being. Depending on the individual's health condition and the Ayurvedic physician's assessment, treatments may include Udvartana (herbal powder massage), selected Ayurvedic therapies, a personalised vegetarian diet, daily yoga, and lifestyle guidance. A minimum stay of 14 nights is recommended for the weight-management programme, with the treatment plan tailored to individual needs.

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

Nattika Beach Resort

Weight Loss Program – 14N

Cost:

Single – Euro 2633

Double – Euro 4204

Package Includes:

- **Accommodation in Deluxe Twin AC villa**
- **Ayurveda vegetarian meals**
- **Daily consultations with doctors One 1-hour 45-minute**
- **Ayurveda treatment session per day (comprising 2-3 types of treatments)**
- **Yoga sessions guided by experienced yoga masters**
- **Engage in our daily activities.**
- **Access to all our resort facilities such as Swimming Pool, Tennis Court and guided tours of the premises.**
- **Airport transfers from cochin Airport**
- **5% GST include**

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