Somatheeram Ayurveda Village

Slimming Package- 21N

The Slimming Package at Somatheeram Ayurveda Village, Kerala, is designed to support weight management through traditional Ayurvedic treatments, a personalised diet and lifestyle guidance. The programme includes medicated herbal powder massage (Udvartana) to stimulate the skin and tissues, medicated herbal oil massage to support circulation and relaxation, and medicated steam baths. Herbal juices and herbal teas may also be included as part of the treatment plan. Ayurvedic doctors assess each guest and prescribe suitable therapies, medicines and a balanced Ayurvedic diet according to individual needs. Yoga and meditation complement the programme by supporting physical activity, relaxation and healthy lifestyle habits.

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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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Somatheeram Ayurveda Village

Slimming Package -21N

Cost:

Single - Euro 4851

Double - Euro 7717

Package Inclusions:

- **Accommodation in Standard Room A/C**
- **Ayurveda treatments**
- **Full-board Ayurvedic vegetarian meals**
- **Daily Yoga sessions**
- **Daily Meditation sessions**
- **Ayurvedic Diet**
- **Daily Examination**
- **Doctor's Consultation**
- **Pick up & drop from Trivandrum International Airport**
- **5% GST include**

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