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Somatheeram Ayurveda Village

Panchakarma – 7N

Panchakarma at Somatheeram Ayurveda Village is a traditional Ayurvedic body-purification programme designed to support the management of health concerns and promote overall well-being. The programme begins with an Ayurvedic doctor's consultation, followed by preparatory therapies such as oil applications and therapeutic sweating. Depending on the individual's health condition and treatment requirements, the physician may prescribe purification procedures, including Virechana, Basti and Nasya. The treatment is complemented by personalised Ayurvedic vegetarian meals, herbal medicines, daily yoga and supportive lifestyle practices. The overall approach aims to support digestive health and restore balance according to traditional Ayurvedic principles.

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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

Panchakarma – 7N

Cost:

Single - Euro 1543

Double - Euro 2425

Package Inclusions:

- Accommodation in Standard Room A/C
- Initial Ayurvedic physician consultation
- Daily treatment consultations/monitoring
- Personalised Ayurvedic treatment programme
- Ayurvedic therapies as prescribed
- Ayurvedic medicines during the programme
- Full-board Ayurvedic vegetarian meals
- Personalised diet plan
- Daily yoga Sessions
- Meditation Sessions
- Lifestyle and dietary guidance
- Final/overall health assessment
- Airport transfers to/from Trivandrum
- 5% GST include

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