



# Carnoustie Ayurveda & Wellness Resort

## Anti Aging package

At Carnoustie Resorts, we offer the possibility that normal human ageing could be slowed through few alternative healing techniques, yoga and meditation. No single, chronological timetable of human ageing exists. So, here we do detailed consultations on all possible reasons that could cause ageing. Then we recommend an ideal programme for the betterment of health and well-being in order to age gracefully.

Anti-ageing at Carnoustie involves result-oriented treatments by integrating therapeutic Marma, prana mantra marma, Naturopathy, Acupressure, Ayurveda and Yoga which help in ageing gracefully

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



Bookmyveda.com

# Carnoustie Ayurveda & Wellness Resort

## Anti Aging package

Rates :

Single - Euro 3000

Double - Euro 3376

### Package includes :

- Accommodation in Selected Villa
- Airport Transfers from Cochin International Airport (to & fro)
- Daily 90 minutes Ayurveda Treatments as per Doctor's advice.
- Daily 45 to 60 minutes Therapeutic Marma Treatment / Pranic Healing
- Additional treatments as per Doctor's advice
- Daily Doctor's Consultation Free Medicines during the
- Treatment as per the Doctor's advice.
- Individual Ayurveda Diet plan as per the Doctor's advice (all meals).
- Every morning Yoga & Every evening Yoga & Meditation as per the Doctor's advice

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