



Rockholm at the light house beach

Panchakarma Package - Body Purification Therapy

An authentic ayurveda center is defined by classical guidance, personalized care, and steady rhythms rather than spa style services. At Rockholm, assessments, therapies, diet, and lifestyle are framed by tradition and adjusted to each individual.

Their treatments are planned focusing on the Shodhana (Body purification), Shamana (Pacification), and Rasayana (Rejuvenation) type of management motioned in the Ayurveda classics.

In Ayurveda, diet and activity regulation is considered equally important as medicines and therapies. The entire treatment is overseen by special diets, yoga and exercises specific to the body nature, climate and imbalance.

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



Bookmyveda.com

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7N:

Single - Euro 2012

Double - Euro 2730

14N

Single - Euro 4024

Double - Euro 5460

Package includes :

- 🌿 All Taxes.
- 🌿 Accommodation in the room category booked.
- 🌿 Full board Ayurveda Vegetarian Meals.
- 🌿 01 Ayurveda session daily with 2-3 treatments (around 1 hour 45 minutes on daily basis per pax). On arrival day your appointment is scheduled with the doctor and based on the discussions about your health conditions, the doctor will decide the treatment schedule for the stay.
- 🌿 Daily 02 Yoga Sessions - Meditation session & Wellness or Progressive session.
- 🌿 Diet Consultation- Our Diet Doctor will prescribe your diet based on your treatment program.
- 🌿 Free WiFi in rooms and public areas.
- 🌿 Trivandrum International Airport Pick Up and Drop.

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