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Amara Ayurveda

Stress Management Program 7N

In this stressful, over-busy and toxic world, our natural health is masked by the accumulation of impurities. These impurities or toxins causes deterioration of normal body functioning. This therapy can revitalize senses, detoxify the body, restore good health and young look and even increase resistance to diseases. This Rejuvenation treatment includes synchronized body massages with medicinal oil and cream, medicated steam bath and medicines. This treatment lasts for seven to fourteen days and consists of Abhyanga, Shirodhara, Lepam, and Rejuvenation massage, along with a restricted Ayurvedic diet regimen and yoga and meditation to maintain the stability and vitality of your body, mind, and soul.

Single - Euro 1071

Double - Euro 1638

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



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Package includes

- 🌿 Accommodation at
- 🌿 All meals (Ayurvedic dosha Menu)
- 🌿 Basic internal medicines
- 🌿 Doctor consultation
- 🌿 Daily 1.5hrs to 2hrs Ayurveda treatments
- 🌿 Herbal Drinking Water
- 🌿 Daily Yoga sessions
- 🌿 Free airport transfer for 7 Nights Package onwards
- 🌿 Wi-Fi & Smart TV.
- 🌿 Air Condition optional

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