

Treatment	5 nights (Single)	5 nights (Double)	7 nights (Single)	7 nights (Double)	14 nights (Single)	14 nights (Double)	21 nights (Single)	21 nights (Double)	Remarks
Rejuvenation Therapy (90 minutes per day)	75200	108000	102000	144500	200000	283000	292500	408000	This treatment includes detoxification and rejuvenation of body by herbal oils and medicines, which nourishes the body tissues. This therapy increases the health span by improving the quality and purity of structural components. An effective and prominent treatment for the release of day-to-day strain and stress.
Slimming program(90 minutes per day)	75200	108000	102000	144500	200000	283000	292500	408000	From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine.
Spine care(90 minutes per day)	71700	102000	93600	128700	182000	243000	268000	358000	This program includes special treatments for neck pain and low back pain due to various conditions like muscular conditions, Spondylosis, Spondylitis, Ankylosing spondylitis, Disc problems etc. The treatment includes traditional massages with special herbs from Kerala, Nasal drops, medicated steam, medicated spinal baths and internal medications.
Skin care(90 minutes per day)	71700	102000	93600	128700	182000	243000	268000	358000	This special program is for improving the complexion and toning up of the body. This includes special detoxification program and beautification therapies. Cures skin diseases like psoriasis, eczema, scabies, dermatitis, folliculitis, premature graying and hair falling etc. This includes special herbal face packs, etc.
Stress and strain relief program(90 minutes per day)	75200	108000	102000	144500	200000	283000	292500	408000	An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace
Panchakarma Therapy (Detox)90 Minutes / day					200000	283000	292500	408000	A five-fold treatment, which includes different massages, internal herbal teas and treatments like Nasyam (Nasal drops), Virechanam (purgation), Vasthy (Enema therapy) etc. This is for the mental and physical well being - tones the body, mind, breath, nerves and purifies the blood. It takes a minimum of 14 up to 28 days for the treatments.

Please note:

- Above packages are applicable for Single/Double occupancy Superior rooms including breakfast and applicable taxes (Diet would be suggested by Doctor after consultation)
- Supplement charges for higher category would be applicable depending upon the room category
- The package is valid 01st April, 2016 till 31st March, 2017 (Except 20th December till 10th January)
- As the treatments are strictly personalized, the exact treatment and medicines can be fixed after detailed consultation with the doctor

This Package includes:

- Traditional welcome at the lobby
- Welcome drink on arrival
- Accommodation in Lake facing Superior Room with spacious balcony on single/double sharing basis (Twin / King size Beds)
- Buffet Breakfast @ Mystic Spice (7.30 am to 10.30 am)
- Regional delicacies as room amenities along with turn down services
- 30 minutes complimentary evening cruise
- Free use of pedal boats and canoes (30 minutes)

Additional Meal Supplement: INR 550+ Taxes per person.

- Package meals would be special dietary meals as per the direction from the doctor as per treatment