

Weight loss



7 DAY STANDARD PACKAGE – 936 €

- Day 1:** Udwartanam – Powder massage with ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 2:** Dhanyakizhi – Stamp massage with medicated powders and cereals. Nabhi Abhyanga – Abdominal massage.
- Day 3:** Udwartanam – Powder massage with ayurvedic herbal powders. Vasti – Medicated enema.
- Day 4:** Dhanyamla dhara – Pouring medicated liquid on to the body in continuous streams.
Rooksha swedam

- Day 5:** Udwartanam – Powder massage with ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 6:** Dhanyakizhi – Stamp massage with medicated powders and cereals. Udwartanam – Powder massage with ayurvedic herbal powders.
- Day 7:** Vasti – Medicated enema. Nabhi Abhyangam – Abdominal massage using medicated herbal powders.

14 DAY MEDIUM PACKAGE – 1.499 €

- Day 1:** Ayurvedic consultation followed by pulse diagnosis. Udwartanam – Powder massage using Ayurvedic herbal powders. Ruksha swedam.
- Day 2:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 3:** Vasti – Medicated enema. Dhanyakizhi – Stamp massage using medicated cereals and pulses.
- Day 4:** Nahi Abhyangam – Abdominal massage with ayurvedic herbal powders. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 5:** Rooksha swedam. Udwartanam Powder massage using Ayurvedic herbal powders.
- Day 6:** Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders. Dhanya kizhi – Ayurvedic stamp massage with medicated cereals and pulses.
- Day 7:** Udwartanam – Powder massage using Ayurvedic herbal powders. Dhanyakizhi – Stamp massage using medicated cereals and pulses.

- Day 8:** Udwartanam – Powder massage using Ayurvedic herbal powder. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 9:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Nabhi Abhyanga – Abdominal massage with ayurvedic herbal powders.
- Day 10:** Udwartanam – Powder massage using Ayurvedic herbal powders. Vasti – Medicated enema.
- Day 11:** Dhanyamla dhara – Pouring of medicated liquid on to the body. Rooksha swedam.
- Day 12:** Udwartanam – Powder massage using Ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 13:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 14:** Vasti – Medicated enema. Nabhi Abhyangam – Abdominal massage.

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21 DAY PREMIUM PACKAGE – 2.499 €

- Day 1:** Udwartanam – Powder massage using Ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 2:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Nabhi Abhyanga – Abdominal massage with ayurvedic herbal powders.
- Day 3:** Udwartanam – Powder massage using Ayurvedic herbal powders. Vasti – Medicated enema.
- Day 4:** Dhanyamla dhara – Pouring medicated liquid on the body. Rooksha swedam.
- Day 5:** Udwartanam – Powder massage using Ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 6:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 7:** Vasti – Medicated enema. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 8:** Vasti – Medicated enema. Dhanyakizhi – Stamp massage using medicated cereals and pulses.
- Day 9:** Nahi Abhyangam – Abdominal massage with ayurvedic herbal powders. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 10:** Rooksha swedam. Udwartanam – Powder massage using Ayurvedic herbal powders.
- Day 11:** Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders. Dhanya kizhi – Stamp massage using medicated cereals and pulses.
- Day 12:** Udwartanam – Powder massage using Ayurvedic herbal powders. Dhanyakizhi – Stamp massage using medicated cereals and pulses.
- Day 13:** Udwartanam – Powder massage using Ayurvedic herbal powders. Dhanyakizhi. – Stamp massage using medicated cereals and pulses.
- Day 14:** Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders. Dhanyakizhi – Stamp massage using medicated cereals and pulses.
- Day 15:** Udwartanam – Powder massage using Ayurvedic herbal powders. Nabhi Abhyangam – Abdominal massage with ayurvedic herbal powders.
- Day 16:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Nabhi Abhyanga – Abdominal massage with ayurvedic herbal powders.
- Day 17:** Udwartanam – Powder massage using Ayurvedic herbal powders. Vasti – Medicated enema.
- Day 18:** Dhanyamla dhara – Pouring medicated liquid on to the body. Rooksha swedam.
- Day 19:** Udwartanam – Powder massage using Ayurvedic herbal powders. Nabhi Abhyangan – Abdominal massage with ayurvedic herbal powders.
- Day 20:** Dhanyakizhi – Stamp massage using medicated cereals and pulses. Udwartanam.
- Day 21:** Vasti – medicated enema. Dhanya kizhi – Stamp massage using medicated cereals and pulses.