

DE-STRESS & DETOX PACKAGES

3 DAYS STRESS MANAGEMENT					
	PRICE/SESSION	SESSIONS	SPA CHARGES	ACCOMODATION CHARGES	TOTAL PACKAGE COST
Consultation with Ayurvedic Doctor For all three days:					
Meditation (10 min)					
Abhyanga (60 min)	5000	3	15000		
Shirodhara (60 min)	8500	3	25500		
Use of Jacuzzi, Steam, Sauna (Optional)					
Stress Reliever Herbal Tea after Treatment					
	TOTAL				
		single	40500	60000	100500
		couple	80000	60000	140000

5 Days Stress Management					
Consultation with Ayurvedic Doctor					
First 3Day – Meditation, Traditional Ayurvedic Abhyanga Massage (60 min)	5000	3	15000		
First 3 Days- Meditation, Shirodhara (60 min)	8500	3	25500		
Last 2 Days – Meditation, Choorna Swedanam + shirodhara (120 min)	17000	2	34000		
Use of Jacuzzi, Steam, Sauna (Optional)					
Stress Reliever Herbal Tea after Treatment					
	TOTAL				
		single	74500	100000	174500
		couple	149000	100000	249000

5 days Detox & Destress Program					
Consultation with Ayurvedic Doctor					
1st 2 Days: Meditation, Abhyanga + Shirodhara	13500	2	27000		
Next 3 days: Meditation, Choorna Swedanam, Shirodhara	17000	3	51000		
Last Day: Facial	7500	1	7500		
Use of Jacuzzi, Steam, Sauna (Optional)					
Herbal Tea after Treatment					
	TOTAL				
		single	85500	100000	185500
		couple	170000	100000	270000

07 days Detox & Destress Management					
Consultation with Ayurvedic Doctor					
1st day: Meditation, Sync. Abhyanga,	7000	1	7000		
Next 3 days: Meditation, Choorna Swedanam, Shirodhara	17000	3	51000		
Next 3 days: Mediation, Pizichil, Shirodhara	17000	3	51000		
Use of Jacuzzi, Steam, Sauna (Optional)					
Herbal Tea after Treatment					
	TOTAL				
		single	109000	140000	249000
		couple	210000	140000	350000

Note - Package sequence may be changed / altered after proper analysis by Spa Doctor

Above packages are exclusive of applicable government taxes and levies

Above packages are inclusive of diet plan, prescribed by Spa Doctor. Other Food and Beverage charges, and incidentals remain chargeable to guest