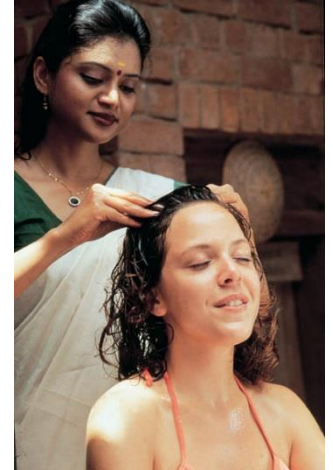


# Kerala Wellness

## AYURVEDIC PACKAGE FOR 7 DAYS AT ZURI KUMARAKOM

| DAY | TREATMENT                         | DURATION |
|-----|-----------------------------------|----------|
| 1   | Consultation                      | 45 min   |
|     | Marma massage                     | 90 min   |
| 2   | Udwarthanam ( powder massage)     | 45 min   |
|     | Sirodhara                         | 60 min   |
| 3   | Neck and shoulder or back masaage | 60 min   |
|     | Podikizhi ( bundle massage)       | 60 min   |
| 4   | Abhyangam                         | 75 min   |
|     | Foot reflexology or Podikizhi     | 30 min   |
| 5   | Head,neck and shouldermasaage     | 60 min   |
|     | Sirodhara                         | 60 min   |
| 6   | Foot care masaage                 | 30 min   |
|     | Salt scrub and chandan pack       | 90 min   |
| 7   | Rejuvenation massage              | 60 min   |
|     | Ayurvedic facial                  | 60 min   |



### Inclusions:-

International Buffet – breakfast, lunch and dinner at all day dining restaurant “Lime Tree”

| Includes                      | Duration  | 7 Nights    |
|-------------------------------|-----------|-------------|
| Ayurveda Consultation         | 30 min    | 1 session   |
| Personalized Yoga Classes     | 60 min    | 1 session   |
| Personalized Ayurveda massage | 30-60 min | 13 sessions |
| Wellness consultation         | 30 min    | 1 session   |

Fruit basket in room once during the stay

Hi-tea at Lime Tree in the evening

Yoga and meditation at Body Temple daily from 7am-8am

Evening local Kerala cultural program including live musical entertainment at Natya - exclusive amphitheatre by the Lime Tree Restaurant Deck

Paddle boat ride in the lagoon between 11am - 6pm.

Bamboo rafting in the lagoon

Wireless internet access to one device/Laptop across the resort and in your guest room as well

Complimentary use of Gym, Sauna, Jacuzzi & Steam bath.