



## Kairali – Preventive & Regenerative Package

### Description

### Stay Highlights

- Ayurveda Village at Palakkad
- 2 HRS Drive From Cochin Airport
- Preventive & Regenerative Programme
- 3 Nights Package
- Single Pax/ Double Pax

### Includes

- Welcome Drink on Arrival
- Stay in this Kalari Suites
- All Meals
- One Abhyangam Massage/ Person/ Day
- Juice or Herbal Tea after Every Treatment
- Max 2 Water Bottles/ Room/ Day (Unlimited Supply of Herbal Water)
- Group Yoga Session Daily Morning
- Group-Meditation Session Daily Evening
- Daily Personal Lifestyle & Fitness Evaluation
- Use of Swimming pool , Library. Gym and all Indoor & Outdoor Facilities
- Round Transfers from the Coimbatore/ Cochin Airport & Ayurveda Village
- Prescribed Diet
- Yoga & Meditation Sessions
- All Taxes

**Excludes**

- 2.5% Card Processing Charge
- Contingency Expenses
- Whatever is not mentioned in Includes

**Child Policy**

- Below 5 Years Complimentary

[Click to check other Wellness Destinations](#)

**Date**

21/12/2024

Ocean6 Holidays