

Poovar Island Resort							
Rates - 2022 to 2023							
The net rates are per room basis and include Full Board on Ayurveda meals & Ayurveda treatments.							
Valid from 01/04/22 to 31/03/23							
Ayurveda Package on offer							
1. Ayurveda package with Panchakarma							
a. Stress Management			Minimum				
b. Weight Management			Minimum stay 21 days				
2. Rejuvenation & Regeneration Package				Minimum stay 07 days			
Room Category	Currency	01.04.2022 to 30.09.2022		01.10.2022 to 19.12.2022 11.01.2023 to 31.03.2023		20.12.2022 to 10.01.2023	
		Sgl	Dbl	Sgl	Dbl	Sgl	Dbl
Superior Land Cottage	INR	8000	12100	12100	17000	13000	18000
Ayurveda village cottage	INR	8500	12500	12500	18000	13500	18500
Floating cottage	INR	9000	13000	13000	19000	14500	19500
Ayurveda Suite /PremiumLand cottage	INR	10000	14500	14500	20000	15500	20500
Compulsory Supplement for X'Mas Eve: INR 4000 per person							
Compulsory Supplement for New Year Eve: INR 5500 per							
Air condition supplement: INR 600 per room per							

The above rate is for minimum 07 nights stay for Ayurveda

Rejuvana Wellness : #1/A, Hiprofiles Business Centre, 3rd Floor, Room #6, Church Street, Shanthala Naga, Opp Starbucks Coffee, Bangalore – 560001.

GSTIN: 29AAMCP8033D1Z8, M: +91 9845512142/ +91 9035711029/30/26/27/28,
E: sales@rejuvanawellness.com, W: www.rejuvanawellness.com

Above Package Includes:

- All rate in INR currency on Full board
- Accommodation on Non A/C rooms
- Pick up & Drop from TVM Airport/Railway station
- Boat transfers from Poovar Boat Jetty
- Welcome drink on Arrival
- Special Ayurveda breakfast, Lunch & Dinner
- Doctor's Consultations, Ayurveda Therapy, Massages and Medicines during the stay.
- Rejuvenation and body purification as per the doctor's recommendations
- **Daily Yoga sessions (08.00 - 09.00)**
- One sunset cruise on the backwaters during the Usage of ayurveda Swimming pool
Free Usage of Gym Room , Library & Indoor
- Use of Coffee / Tea Maker in the room with one time replacement per day
- One half day sightseeing tour of the Trivandrum city during the stay
- **Half an hour walking mandatory either in the morning or in the evening**
- Complete abstinence of alcohol, cigarettes and other junk stuff during the period is mandatory
- Valid medical investigation reports to be carried along, if there is any serious medical condition/medication
- **Detoxification (panchakarma) needs a minimum period of 14 days.**
- WEIGHT REDUCTION program need a minimum of 21 days of treatment.
- All applicable taxes.

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