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5 Day Ayurveda Treatment

-From Himachal Pradesh-

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THINGS INCLUDED

1 Days 0 Nights | **Hotel** | **Meal**

PACKAGE HIGHLIGHTS

START | Himachal Pradesh

END | Himachal Pradesh

PACKAGE ITINERARY

Ayurveda Treatment Schedule

- Check In:- 9:00 AM
- Check Out:- 9:00 AM
- AYURVEDA DAILY SCHEDULE
- TimeActivityPlace/Notes9:00 AM – 10:00 AMDoctor’s RoundIn patient’s room12:00 PM – 1:00 PMMedicine (After Food)Delivered in patient’s room by Nurse on duty1:00 PM – 2:00 PMLunchAs per doctor’s advice2:00 PM – 3:00 PMMedicine (After Lunch)Delivered in patient’s room by Nurse on duty2:45 PM – 6:00 PMAfternoon TreatmentsExact timing will be informed by Nurse one day prior5:00 PM – 6:00 PMMedicine (Before Dinner)Delivered in patient’s room by Nurse on duty5:00 PM – 6:00 PMDoctor’s RoundIn patient’s room6:00 PM – 6:40 PMMeditationYoga Hall6:45 PM – 7:00 PMPrayerShri Dhanwantri Ji Temple7:15 PM – 8:30 PMDinnerAs per doctor’s advice7:30 PM – 8:30 PMPost-Dinner MedicineDelivered in patient’s room by Nurse on duty

❯ Ayurveda Chikitsalayam Package Price

Type Of Room	STUDIO ROOM SINGLE OCCUPANCY
Facilities	1 BED ROOM WITH ONE SINGLE BED SIDE TABLE ALMIRAH LCD AC ATTACHED BATHROOM
Accommodation & Food (Five Day)	Rs.13,000
Doctor visit (Five Day)	Rs.1000
Therapy Charges (10 Treatments Five Day)	Rs.21,500
Oil, herbs, Kashaypura and Internal Medicine Charges	Rs.3500
Total Cost (for 5 Days)	Rs.39,000

❯ Package Inclusion

- Yoga, Meditation, Deep Breathing
- Doctor Chekup
- Medicine & Treatment
- All Meals (Breakfast, Lunch & Dinner)
- Accommodation
- Temple Visit And Darshan
- Outdoor Open Green Spaces
- Govind Ji Gaushala
- Recreational Activities
- Work Station

❯ Package Exclusion

- Personal expenses
- Optional Activities
- Medical Costs
- Yoga Equipment
- Airfare, visa, and travel charges
- Late Check-In/Check-Out Fees
- Additional Accommodation
- Stays before or after Treatment dates
- Insurance and any other liabilities
- Tips, gratuities, and donations
- Medical treatments or consultations
- Prescription medications or first aid items
- Treatments or therapies not included in the package
- Personal clothing and shoes (extra layers depending on the season)
- Personal hygiene items (sunscreen, topical medications, etc.)
- Excursions, tours, or activities not part of the official Ayurvedic Treatment schedule
- Charges for early arrival or late departure (unless arranged in advance)
- Personal yoga mats, props, or attire (unless provided as part of the package)
- Room upgrades or special requests not included in standard pricing
- Comfortable Clothing: Easy-to-wear, loose-fitting clothing for comfort
- Personal Care Products: Natural toiletries, a refillable bottle, and all hygiene items.
- Light Jacket or Shawl: For cooler evenings or early mornings.
- Sunglasses and Sunscreen: To avoid sun exposure during outdoor activities.
- Sadly, pets are not allowed in VVAC to maintain cleanliness and hygiene.
- Patients Accompanied with a Minor Child We recommend you to inform prior to arrival.
- The Netflix Subscription is chargeable and not included in the treatment package
- (NOTE: The summer and winter timings of yoga and meditation are different)

Why Choose Us?

- Dedicated Expert Support, Every Step
- One-Stop Solution: Car, Stay & Puja - All Arranged for You!
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- Flexible, Personalized Pilgrimage Packages
- Safe & Reliable Drivers for Your Family
- One Trusted Path For All Pilgrimages

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