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1 Day Ayurveda Treatment

-From Himachal Pradesh-

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THINGS INCLUDED

2 Days 1 Nights | **Hotel** | **Meal**

PACKAGE HIGHLIGHTS

START | Himachal Pradesh

END | Himachal Pradesh

PACKAGE ITINERARY

Day 1: 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

Day 2 : Ayurveda Treatment Schedule

- AYURVEDA DAILY SCHEDULE
- TimeActivityPlace/Notes6:30 AM – 7:30 AMBefore Food MedicineDelivered in patient’s room by Nurse on duty6:30 AM – 7:30 AMYogaYoga Hall7:30 AM – 8:30 AMBreakfastAs per doctor’s prescription
- Check Out:- 9:00 AM

❯ Ayurveda Chikitsalayam Package Price

Type Of Room	STUDIO ROOM SINGLE OCCUPANCY
Facilities	1 BEDROOM WITH ONE SINGLE BED SIDE TABLE ALMIRAH LCD AC ATTACHED BATHROOM
Accommodation & Food (Per Day)	Rs.2,600
Doctor visit(Per Day)	Rs.200
Therapy Charges (2 Treatments a Day)	Rs.4,300
Oil, herbs, Kashaypura and Internal Medicine Charges	Rs.700
Total Cost (Per Day)	Rs.7,800
Total Cost (for 14 Days)	Rs.1,09,200

❯ 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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- From Road to Sky - Cars to Helicopters, We've Got It All!
- Flexible, Personalized Pilgrimage Packages
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