

STRESS

MANAGEMENT PROGRAMME



Short and power packed program for one day for those of you who are stressed out due to heavy work schedules, meeting deadlines, long hours in work load. The therapeutic procedure in this package is specially formulated for those who get the 'burnt out feeling' and for super stressed-out businessman.

The package consists of a consultation with our Ayurvedic doctor, Ayurveda body massage with traditional Ayurvedic oils, Herbal steam bath & Shirodhara.

DURATION : 2 HOURS | PRICE : INR 3500.00

FOR RESERVATION CONTACT AT info@charakayurveda.com VISIT US AT www.charakayurveda.com