



# REJUVENATION PROGRAMME

**Experience this three days program, which reinvigorates and revitalizes you. This is best for getting rid of stress, weariness and fatigue. The feeling of well being is infused to the body and soul. The package includes a consultation with our Ayurvedic doctor; Ayurveda body massages using medicated oils as per traditional Ayurvedic procedures, Herbal steam bath, Shirodhara, Netra Trapana, Herbal face care. Guidelines on Ayurvedic diets are also given.**

**This package gives you mental and physical relaxation; reinvigorate body and mind to experience the fullness of life.**

**DURATION : 2.5 HOURS EVERY DAY | PRICE : INR 10500 FOR 3 DAYS**

FOR RESERVATION CONTACT AT [info@charakayurveda.com](mailto:info@charakayurveda.com) VISIT US AT [www.charakayurveda.com](http://www.charakayurveda.com)