

Experience
AUTHENTIC AYURVEDA
At Cherai Beach - Kochi.

Hello Everyone,

Hope all of you are doing good

First, let us look into a series of questions.

1. Do you want to improve your immunity?
2. Are you in desperate need for a healthy life, devoid of various health issues?
3. Do you find it difficult to maintain a healthy weight?
4. Are you struggling from post covid complications?
5. Is stress destroying your peace of mind?

If you are a person who is searching for answers to any of the above questions, then we have a deal for you. We present before you some attractive packages that ensure you a healthy lifestyle.

As a joint venture, **Prakruthi.Life** and **Lakefront Beach Homes**, provide you a wonderful opportunity and ideal atmosphere to refresh both physically and mentally.

Prakruthi.Life, is an ayurvedic wellness centre in Cherai beach, Kochi with experienced and qualified faculty, providing treatment based on authentic Ayurveda. For the last 10 years, we have been offering our best services, under the leadership of Dr Harikumar VR, a graduate in Ayurveda Medicine & Surgery and a Postgraduate in Yoga.

Since 2012, Dr Harikumar along with his team, have been offering their sincere services. As a result of their joint effort, we are the best rated wellness centre in Kochi and Cherai Beach (as per Google and TripAdvisor reviews). Our treatments are of comprehensive and systematic in nature.

The Ayurveda program starts with a Doctor Consultation based on Pulse Diagnosis - a scientific and authentic method to find out body type and imbalances. Daily 60-90 minutes treatment according body conditions. Along with this, internal medicines, diet, and lifestyle advice are given.

We, the Prakruthi Life family, ensure you a new refreshing experience at the end of each day.

Our companion, **Lakefront Beach Homes**, provides you one of the best homestay experiences in Cherai Beach. Since it's opening in November 2017, Lakefront Beach Homes has been collaborating with us in providing dedicated homely service to our guests.

Located near the backwaters, in the presence of green mangrove trees, it provides you a serene and relaxing atmosphere. Besides this naturally blessed atmosphere, our staff ensures you a friendly hospitality. Our accommodation assures you air-conditioned rooms, clean washrooms, swimming pool & Wi-Fi facilities. Along with the accommodation and hospitality, we care for your nourishment, by providing you healthy and nutritious Kerala style ayurvedic food. Thereby we can offer you an opportunity to taste the various Kerala Cuisines in a healthy manner. The Lakefront family assures you of providing quality service, which makes you feel at home.

Per Night Package Rates in INR (All Inclusive – Ayurveda, Accommodation & Food)				
	2022 July - October		2022 Nov, Dec & 2023 Jan - Apr	
Program details	Single	Double	Single	Double
Experience Ayurveda (3/5 Days) Relaxation (5/7/10 Days) Rejuvenation (7/10 Days) Immunity Boosting (7/10 Days) (Yoga, Pranayama & Meditation at additional charges)	5750	8875	6000	9375
Complete Detox - Panchakarma (14/21/28 Days) Immunity Boosting (14 Days) Post Covid Rehabilitation (14/21 Days) Stress Management (14 Days) Weight Management (14/21 Days) Specific Ailments & Conditions (14/21/28 Days) (Yoga, Pranayama & Meditation are included)	6500	10000	6750	10500

During the course of treatment, you can begin your day by enjoying the beautiful sunrise and relax during sunset at the beach. Airport pick up and drop, local sightseeing and daily transportation can be coordinated as per your requirements. We are very careful to provide our guests with a hygienic atmosphere, with timely sanitation and cleaning. Besides that, all our staffs are fully vaccinated and follows Ayurvedic lifestyle.

With a bondage of authenticity, understanding and caring, both of us have satisfied over hundreds of guests till now. So, plan your days with us and we will assure you the best.

So, Hurry up,
Book your package with us now 😊

Contact details: For General Enquiries & Booking - **Call/WhatsApp: +91 9946500690**
 For Medical Enquiries - **Call/WhatsApp: +91 9072300690**
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