

**ONE - TWO NIGHTS  
SPECIAL PACKAGES**



**SOUKYA<sup>®</sup>**

*Dr. Mathai's*

*International Holistic Health Centre*

*At the Organic Farm, Whitefield, Bengaluru*

**National Award for 'Best Wellness Centre'**

**REJUVENATION - RELAXATION  
DE-STRESS**

*Holistic Health ❖ Ayurveda*

*Yoga ❖ Meditation*

*Naturopathy ❖ Hydrotherapy*

*Mud Therapy*



SOUKYA is a world famous centre for holistic healing and life management. We offer a unique experience of authentic holistic treatments in our Wellness and Medical Programmes.

SOUKYA is situated on a 30 acre organic farm with 25 rooms, with facilities like swimming pool, library, recreation and a 2 km walking track.

## Welcome to Wellness

### GOLD PACKAGE (2 Days / 1 Night)

- Doctor's consultation
- Ayurvedic Rejuvenation massage
- Reflexology
- Yoga
- Meditation
- Herbal Mud packs

Package for 2: Rs. 21200 per person (double occupancy basis)

Package for 1: Rs. 24750 (accompanying person: Rs. 4900 extra)

### PLATINUM PACKAGE (3 Days / 2 Nights)

- Doctor's consultation
- Ayurvedic Hot Stone massage
- Ayurvedic Rejuvenation massage
- Energy Balance massage
- Reflexology
- Acupressure
- Yoga
- Meditation
- Herbal Mud packs
- Herbal face pack

Package for 2: Rs. 50000 per person (double occupancy basis)

Package for 1: Rs. 57000 (accompanying person: Rs. 8900 extra)

Cost includes Deluxe room accommodation, ovo-vegetarian SOUKYA cuisine, herbal drinks, refreshments, usage of facilities and all applicable taxes.

Children below 5 years sharing a room without extra bed, will be free of charge. Check in: 2pm and Check out: 12 noon.

Transportation at extra cost.

**Note:** Smoking and alcohol not allowed. Centralized television area

No Yoga on Sunday

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