

# Your journey to Prakriti Shakti

Prakriti Shakti, India's premier Clinic of Natural Medicine, is nestled 2,700 feet up in the picturesque hills of Panchalimedu in Kerala. And from the very first step you take nature begins to unfold around you in her most spectacular and serene self. Nature cure touches your soul and sows the seed of wholesome well-being. This holistic system of medicine, Naturopathy, strengthens the inherent self-healing capacity of the body by providing a conducive environment. It relies on four essential components: Elements of Nature, Diet, Yoga and Energy Medicine. Treatments use the 5 elements of nature through Hydrotherapy, Mud therapy, and Heliotherapy, to facilitate healing and rejuvenation. This ancient approach is the perfect antidote to the unhealthy lifestyle today. So, we invite you to take this transformative path to complete wellbeing.



## Treatment Rates and Accommodation Options

**All inclusive Rates for treatment in Euro applicable for Foreign Nationals and Non Resident Indians | Valid from 01/01/2024 till 31/12/2024**

Cottages	Single		Double (2 patients in a room)	
	Price for a patient		Price per patient	
	Per day	Total   7 days	Per day	Total   7 days
Valley View with Private Garden	455	3185	390	2730
Valley View with Private Balcony	390	2730	340	2380
Private Balcony amidst Lush Foliage	300	2100	250	1750

*Inclusive of airport transfers, from 10 days onwards | Can be extended on Pro Rata basis*

### Admission Information:

Admission time is 1:00 pm. Discharge time is 11:00 am. It is best if the patient arrives before 2.00 pm.

### Airport Pick up and Drop:

- Airport transfers are included if the treatment is for 10 days and above.
- For those sharing a double room, if the arrival and departure timing varies for each person, only one vehicle will be offered and the second vehicle will be charged extra.
- Please note that, on the date of admission, to start with the formalities of Registration, orientation, having the first consultation and being able to avail of the first day's treatment; the patients should arrive at the centre before 2 pm. In the event that their arrival flight timings are later in the day and they cannot be at the centre before or latest by 2 pm, they would not be able to undergo any of the above procedures. In such cases, we recommend they come in a day earlier and stay in Cochin and proceed to the centre early the next morning so as to reach before 2 pm.



## Note:

1. Our Detox Treatment starts at 7 days and the Curative Treatments start at 10 days from the time of admission.
2. The duration of your stay depends on your medical condition as determined by our medical team.
3. Restrictions apply on treatments during your menstrual cycle.
4. We take only residents of 14 years and above. The doctor's advice is necessary in the case of medical treatments for children aged between 14 to 18 years.
5. Please consult with our doctor prior to booking.

## Cost Inclusion:

1. Daily consultations with the doctors.
2. All Naturopathy treatments like Mud therapy, Hydrotherapy, Heliotherapy, Energy Medicine, Massages, and Physiotherapy.
3. Daily Yoga therapy (both group and personal sessions)
4. Diet therapy tailored for each patient.
5. Daily sessions for Lifestyle and Health Guidance.
6. Accommodation in well-equipped, naturally cooled cottages.
7. All applicable taxes.

\*Terms & Conditions Apply

## Booking & Cancellation Policy

- Confirmation of the treatment is against 50% advance payment, and must be paid at the time of booking the programme or before the cut-off date mentioned by the Wellness reservations.
- 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the Wellness reservations.
- Complete refund, if the booking is cancelled 30 days in advance.
- 50% refund if the booking is cancelled 21 days in advance.
- No refund if the booking is cancelled in less than 20 days.



## Clinic Rules

- The bill and related documents will be generated only in the name of the patient as per the documents submitted.
- Please respect the dress code of the Clinic and wear the uniform that is provided to you. Personal attire is allowed only during the morning yoga sessions and while using the swimming pool. You may use your personal clothes inside your room.
- Please keep your valuables locked in the safe locker provided in the room. The Clinic will not be responsible for losses if any.
- You are here for healing, we request you to not use your mobile phones/other digital devices in the dining area and the Clinic.
- Patients under treatment will not be allowed to leave the premises of the Clinic without a staff escort.
- Usage of stimulants like alcohol, smokes, coffee, tea, aerated beverages and processed or packaged foods etc. are strictly prohibited during your stay with us.
- Please respect and maintain the quiet environment of the Clinic.
- Your reward to the staff can be deposited in the tip box placed at the reception. It will be shared equally among all the staff.

## Packing list

- As per Government Regulations, Foreign Nationals are required to carry a valid Passport and Visa. Indian Nationals can present any one of the following: Passport, Driving License, Voter ID or Aadhaar card, for verification, during admission at the Clinic.
- It is essential you carry your medical reports and medications for your consultation with our doctors.
- Please pack a pair of flip-flops, comfortable walking shoes, swimwear, a sweater and sunglasses.
- You will be provided with a uniform to wear during your stay with us, hence pack light.



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