

AYURVEDIC & WELLNESS RETREAT

Personalized Ayurvedic Care for Lasting Health.

Rishikesh | Goa | Kerala

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Wellness Retreats India

Mountain Retreat, Himalayas – Rishikesh

“The Himalayan Utopia”

Tucked into the Himalayan foothills and enveloped by breathtaking natural beauty, this serene retreat offers a sanctuary for those in search of peace and wellness.

Lake retreat – North Goa

“A wellness paradigm”

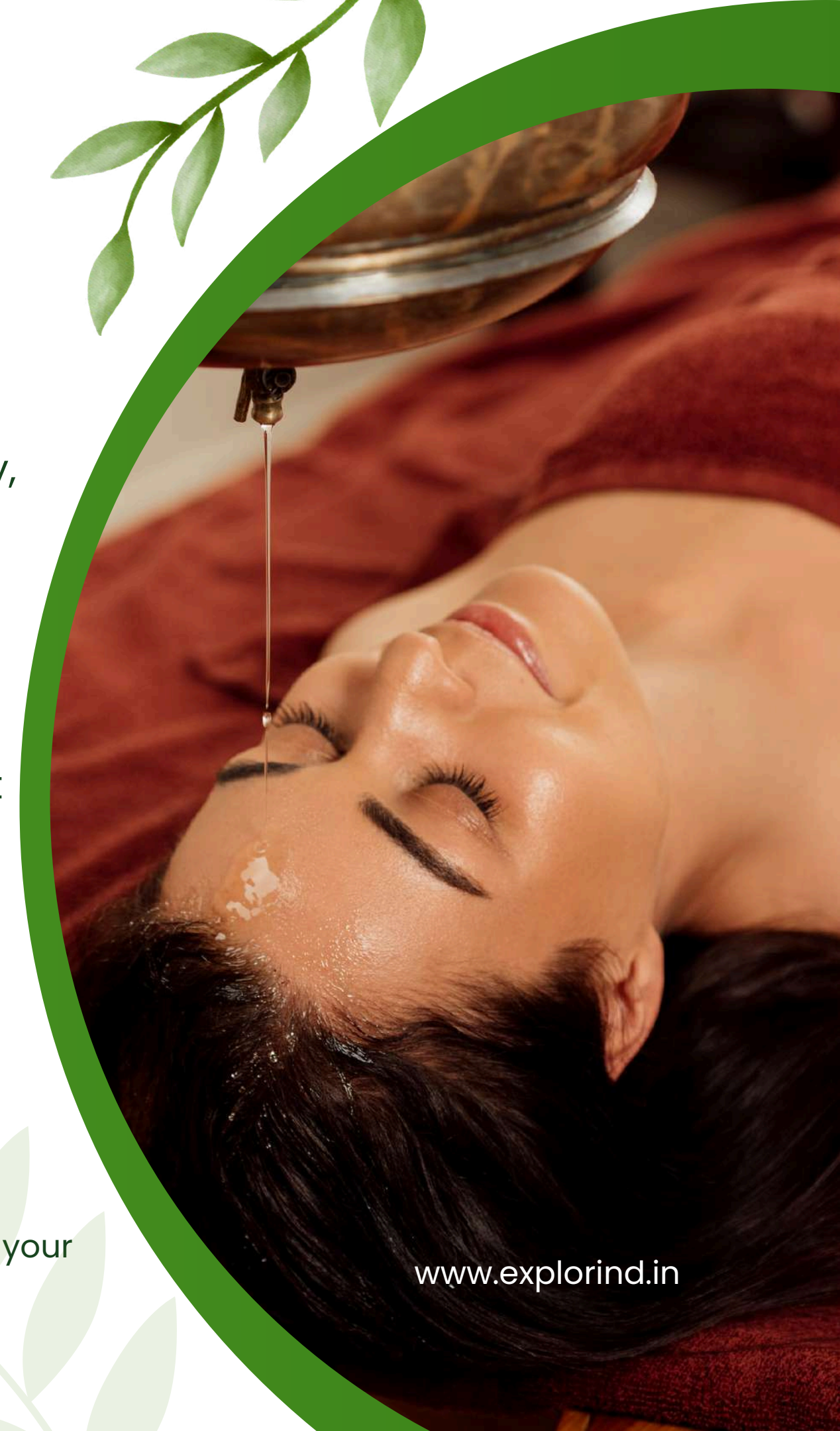
Surrounded by coconut trees, mountains, and lakes, this serene retreat is a perfect haven for those seeking peace, wellness, and harmony.

Beach Retreat, Kaipamangalam – Kerala

“God’s Own Country”

Located at Kaipamangalam beachfront, this boutique Ayurveda living village is a wellness retreat centre.

A carefully crafted blend of Ayurvedic therapies, designed by expert physicians to help you achieve your specific health goals.



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Package 1

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“Kayakalpa”

Rejuvenation & De-Stress Package

Objective of the Package:

- De-Stress
- Anxiety Relief
- Rejuvenation (Physically & Mentally)

Recommended Stay: 5–7 days

Duration of Treatment: 60 Min daily

Includes:



Suitable For:

- Fatigue
- General Weakness
- Anxiety Disorders
- Mental Overload
- Neck & Shoulder Pain
- Sleeplessness



Main Treatments:

- Full body massages (Abhyanga)
- Shirodhara
- Steam bath etc.

Rates (INR)

Room Type
Deluxe
Superior

Single Occupancy
₹15,400
₹16,700

Double Occupancy
₹19,800
₹21,500

Package 2

“Samshuddhi”

Ayurveda Detox Package

Objective of the Package:

- Complete Body Detox
- Boosting Immunity

Recommended Stay: 8–15 days

Duration of Treatment: 75 Min daily

Includes:



Daily
Treatments, Consultation



Doctor



Yoga &
Meditation



Yogic diet



Cooking
Class



Ayurveda
Talks



Sighting



Airport
Transfers



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Suitable For:

- Digestive Disorders
- Weak Immunity
- Sinus & Migraine
- Lack of Appetite
- Insomnia
- Muscular tensions & pain
- Allergies
- Skin problems etc.



Main Treatments:

- Full Body Oil Massage
- Steam Bath
- Powder Massage
- Shirodhara
- Potli Massage
- Vasti
- Virechan etc.

Rates (INR)

Room Type
Deluxe
Superior

Single Occupancy
₹16,000
₹17,000

Double Occupancy
₹21,000
₹23,000

Package 3

“Sthoola Hara”

Weight Loss Package

Objective of the Package:

- Weight Reduction
- Hormonal Balance
- Rejuvenation

Recommended Stay: 15–30 days

Duration of Treatment: 75 Min daily

Includes:



Daily
Treatments, Consultation



Doctor
Consultation



Yoga &
Meditation



Yogic diet



Cooking
Class



Ayurveda
Talks



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Suitable For:

- Overweight
- High BP
- Diabetes
- Joint pain
- Metabolic Disorders



Main Treatments:

- Full Body Massages by Oil, Powder & Herbs
- Steam Bath
- Customised Ayurvedic Diet

Rates (INR)

Room Type
Deluxe
Superior

Single Occupancy
₹16,000
₹17,000

Double Occupancy
₹21,000
₹23,000

Suitable For:

- Digestive Disorders
- Heaviness of Body

Main Treatments:

- Full Body Massages by Oil/Powder
- Shirodhara
- Potli Massages
- Vasti
- Vaman
- Virechan

Rates (INR)

Room Type
Deluxe
Superior

Single Occupancy
₹16,500
₹17,800

Double Occupancy
₹22,500
₹23,500

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Package 3

“Panchakarma”

Treatment Package

Objective of the Package:

- Balance of Doshas
- Body Purification
- Ailment Relief

Recommended Stay: 14–28 days
(Once a year, recommended by doctors)

Duration of Treatment: 90 Min daily
(except on Virechan day)

Includes:



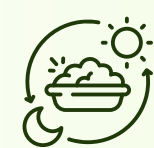
Daily
Treatments, Consultation



Doctor
Consultation



Yoga &
Meditation



Yogic diet



Cooking
Class



Ayurveda
Talks



Sighting



Airport
Transfers

PER NIGHT RATES

Ayurveda Panchakarma Package (AP Plan; 90 Minutes Therapy) Recommended Stay: 14-28 days (Once a year recommended by Doctors)			“Samshuddhi” Ayurveda Detox Package (AP Plan; 75 Minutes Therapy) Recommended Stay: 8-15 days		“Kayakalpa” Rejuvenation & De-Stress Package (AP Plan; 60 Minutes Therapy) Recommended Stay: 5-7 days	
Room Type	Single Occupancy	Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy	Double Occupancy
Deluxe Room	₹ 14250 + 18% GST	₹ 18000 + 18% GST	₹ 13000 + 18% GST	₹ 16150 + 18% GST	₹ 13100 + 18% GST	₹ 15500 + 18% GST
Superior Room	₹ 15100 + 18% GST	₹ 19150 + 18% GST	₹ 14150 + 18% GST	₹ 17850 + 18% GST	₹ 14100 + 18% GST	₹ 16200 + 18% GST

• Valid from 01-06-2026 till 30-07-2027 not applicable on during Christmas and New Year Period

Ayurveda Panchakarma Package Inclusions : minimum 10 ngts stay

- Accommodation in selected category room
- Panchakarma prescribed meals (Breakfast, lunch & dinner + evening Tea)
- Ayurveda doctor consultation & alternate days follow-up
- Daily Panchakarma treatment (Max. 90 minutes)
- Daily morning mantrachanting and group Yoga/Pranayama class
- Daily afternoon advance Yoga class & Evening Meditation session
- Half day sightseeing & Return airport transfers

Ayurveda Detox Package Inclusions: minimum 07 ngts stay

- Accommodation in well-appointed room
- Vegetarian Cuisine meals (Breakfast, Lunch & Dinner + Evening Tea)
- Ayurveda doctor Consultation, (Alternate follow-up)
- Daily Ayurveda treatment (75 Minutes max)
- Ayurveda lecture/cooking classes,
- Daily morning group Yoga & Pranayama session & meditation class
- Half day sightseeing & Return airport transfers

Rejuvenation & De-Stress Package Inclusions: minimum 03 ngts stay

- Accommodation in well-appointed room
- All meals (Breakfast, lunch & dinner + evening Tea/coffee)
- Ayurveda Doctor consultation
- 01 hour daily Ayurveda treatment
- Daily morning mantra chanting and group Yoga/Pranayama class
- Evening meditation session

Valid from: 01-08-2026 till 30-07-2027




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Experience the Healing Power of Ayurveda

Book your transformative wellness retreat and discover balance, peace, and rejuvenation.

THANK YOU

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 Mumbai, India

Additional Notes

GST 5% applicable on all packages | For customised/group retreats | Valid from 01-08-2026 till 30-07-2027

