

REJUVENATE & REVITALISE PROGRAMME

The accumulation of toxins and free radicals, along with unhealthy lifestyle habits and prolonged stress can result in fatigue and signs of ageing. Addressing the damaging effects of modern life, these specialist retreats rejuvenate the body, strengthen the immune system and restore a naturally vibrant glow.

All programmes include:

- 1x Ayurveda Lifestyle Consultation
- Daily Group Yoga (Morning & Sunset)
- Daily Breathing Exercises and Meditation
- Daily Treatments
- Access to Herbal Steam
- Healthy Meals & Refreshments

3-Day Retreat / USD800++

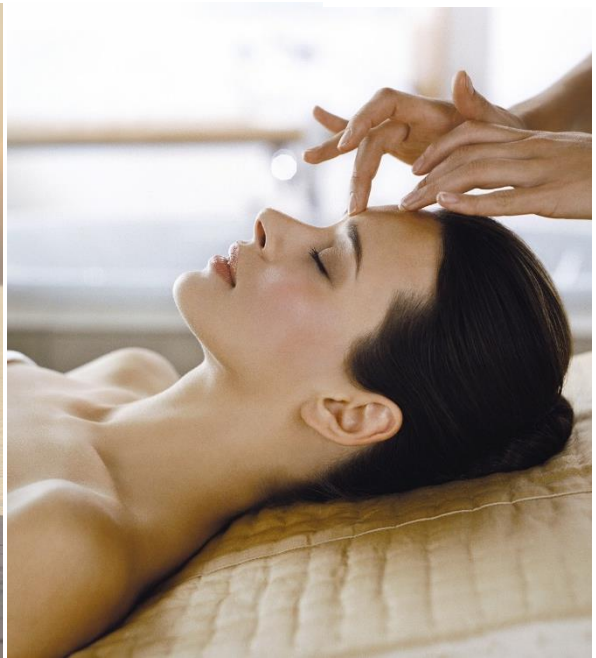
Abhyanga
White Coconut Scrub
Abhyangamshirodhara
Podikizhi Massage
Healthy Refreshment
1x Healthy Lunch

5-Day Retreat / USD1,500++

Abhyanga
Green Gram Body Scrub
Abhyangamshirodhara
Podikizhi Massage
Neem Herbal Bath
Elemis Facial
Healthy Refreshment
2x Healthy Lunch

7-Day Retreat / USD1,950++

Abhyanga
Green Gram Body Scrub
Abhyangamshirodhara
Podikizhi Massage
Neem Herbal Bath
Pizhichil (with Ayurveda oil or Herbal Milk)
Elemis Facial
Healthy Refreshment
3x Healthy Lunch



DE-STRESS PROGRAMME

When we are suffering from excess stress, both the body and mind are negatively affected. Embark on a wellness retreat to improve the healthy function of your digestive, metabolic, cardiovascular, musculoskeletal, nervous, reproductive and immune systems. Release deep-held tension to uplift your mental and emotional state, leaving space and clarity for a fresh and positive focus.

All programmes include:

- 1 x Ayurveda Lifestyle Consultation
- Daily Group Yoga (Morning & Sunset)
- Daily Breathing Exercises and Meditation
- Daily Treatments
- Access to Herbal Steam
- Healthy Meals & Refreshments

3-Day Retreat / USD850++

Abhyanga
White Coconut Scrub
Abhyangamshirodhara
Healthy Refreshment
1 x Healthy Lunch

5-Day Retreat / USD1,650++

Abhyanga
White Coconut Scrub
Abhyangamshirodhara
Navarra Kizhi
Neem Herbal Bath
Elemis Facial
Healthy Refreshment
2 x Healthy Lunch

7-Day Retreat / USD1,900++

Abhyanga
White Coconut Scrub
Abhyangamshirodhara
Neem Herbal Bath
Navarakizhi
Herbal Shirodhara
Elemis Facial
Healthy Refreshment
3 x Healthy Lunch



WEIGHT LOSS & DETOXIFYING PROGRAMME

The air we breathe, the water we drink and the foods we eat are often filled with toxins that can overload the liver and immune system, adversely affect our hormones and create functional disorders, illness and allergies. A sedate lifestyle, unhealthy diet and lack of motivation sets us on a pathway to gaining weight. Get back on track to natural good health with our specialist retreats to help you slim down and detoxify from the inside out.

All programmes include:

- 1x Ayurveda Lifestyle Consultation
- Daily Group Yoga (Morning & Sunset)
- Daily Breathing Exercises and Meditation
- Daily Treatments
- Access to Herbal Steam
- Healthy Meals & Refreshments

3-Day Retreat / USD750++

Abhyanga
Urdvartana Massage
Healthy Refreshment
1x Healthy Lunch

5-Day Retreat / USD1,400++

Abhyanga
Urdvartana Massage
Herbal Bath
Detoxifying Green Tea Scrub
Green Tea Body Mask
Elemis Facial
Healthy Refreshment
2x Healthy Lunch

7-Day Retreat / USD1,800++

Abhyanga
Urdvartana Massage
Herbal Bath
Detoxifying Green Tea Scrub
Green Tea Body Mask
Navarakizhi
Elemis Facial
Healthy Refreshment
3x Healthy Lunch