



## Kerala Ayurveda Wellness Retreat at Cherai – 4 Days / 3 Nights

**Tour Code : KWC -01**

**4 Days / 3 Nights | Cherai, Kerala**

**Description:** *Reconnect with nature, restore your inner balance, and rejuvenate your body and mind through an authentic Ayurveda Wellness Retreat in the tranquil coastal destination of Cherai, Kerala. This thoughtfully curated program combines traditional Ayurvedic therapies, daily yoga sessions, wellness consultations, and the serene beauty of Kerala's beaches and backwaters to create a truly transformative experience. Experience the healing traditions of Kerala with this 4 Days / 3 Nights Ayurveda Wellness Retreat at Akanta Ayurveda & Yoga Resort, Cherai. Combining authentic Ayurvedic therapies, daily yoga sessions, personalized wellness consultations, detoxification treatments, and wholesome Ayurvedic cuisine, this retreat is designed to rejuvenate the body, calm the mind, and restore inner balance amidst the serene beauty of Cherai's beaches and backwaters.*

### **Day 01: Arrival at Cochin – Cherai Heritage & Beach Tour**

Upon arrival at Cochin International Airport, proceed to Cherai and explore its popular attractions. Visit the historic **Portuguese Fort**, one of the oldest European forts in India, followed by the heritage-rich **Paliyam Palace** showcasing Kerala's royal legacy. Continue to the renowned **Manjumatha Basilica**, a revered pilgrimage center known for its spiritual significance and beautiful architecture. Later, unwind at the picturesque **Cherai Beach**, famous for its golden sands and serene coastal ambiance. After sightseeing, check in to your hotel and enjoy a relaxing evening.

**Overnight Stay at Cherai.**

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## **Day 02: Commencement of Ayurveda Wellness Programme**

Early in the morning at 5:30, check out from the hotel and transfer to the Ayurveda Wellness Resort. Upon arrival, complete the check-in formalities and attend an introductory consultation with the Ayurveda physician, including Prakriti (Body Constitution) Analysis and personalized wellness assessment.

### **06:00 AM – 07:00 AM | Dinacharya (Ayurvedic Daily Regimen)**

Introduction to Ayurveda's daily wellness practices including Ayurvedic oral cleansing, oil pulling, eye cleansing, face massage, and Pratimarsha Nasya.

### **07:00 AM – 08:00 AM | Yoga Session**

Guided yoga session focusing on flexibility, breathing techniques, relaxation, and overall well-being.

### **10:00 AM – 01:00 PM | Treatment Session I**

Personalized Ayurveda therapies including Oil Massage, Herbal Poultice Therapy, or Milk Poultice Therapy based on individual health conditions and doctor's recommendations.

### **03:00 PM – 06:00 PM | Treatment Session II**

Dhara Therapy using medicated oil or milk applied to the head or body, along with other prescribed therapies aimed at detoxification and rejuvenation.

A specially curated Ayurvedic vegetarian diet and internal herbal medicines will be provided throughout the day to support the healing process.

**Overnight Stay at Akanta Ayurveda & Yoga Resort.**

## **Day 03: Full-Day Ayurveda Rejuvenation Programme**

Continue your holistic wellness journey with a structured programme designed to detoxify, revitalize, and restore balance to the body and mind.

**06:00 AM – 07:00 AM | Dinacharya (Ayurvedic Daily Regimen)**

Daily cleansing and wellness rituals promoting overall health and vitality.

**07:00 AM – 08:00 AM | Yoga Session**

Morning yoga and breathing exercises to improve flexibility, mental clarity, and inner harmony.

**10:00 AM – 01:00 PM | Treatment Session I**

Continuation of personalized Ayurveda therapies prescribed by the wellness physician, focusing on rejuvenation and metabolic enhancement.

**03:00 PM – 06:00 PM | Treatment Session II**

Advanced Ayurveda treatments including Dhara Therapy and other wellness procedures tailored to individual health requirements.

Throughout the day, guests will receive personalized dietary guidance, Ayurvedic vegetarian meals, and internal herbal medicines to enhance the benefits of the wellness programme.

**Overnight Stay at Akanta Ayurveda & Yoga Resort.**

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## **Day 4: Departure**

After breakfast, check out from the resort and proceed to Cochin International Airport for your onward journey.

Return home feeling refreshed, revitalized, and empowered with valuable wellness practices for a healthier lifestyle.



## **Package Price:**

<b>TOUR CODE : KWC 01- Kerala Ayurveda Wellness Retreat at Cherai – 4 Days / 3 Nights</b>				
<b>Period</b>	<b>Category</b>	<b>By Car</b>	<b>Double Occupancy</b>	<b>Single Occupancy</b>
		<b>Sedan Vehicle</b>	<b>Rs. 34,312/- <del>Rs. 38,430/-</del></b>	<b>Rs. 46,625/- <del>Rs.52,220/-</del></b>

**Note :** 5% GST Extra

## **Programme Highlights**

- Authentic Ayurveda Wellness Treatments
- Personalized Doctor Consultation
- Daily Yoga & Meditation Sessions
- Detoxification & Rejuvenation Therapies
- Ayurvedic Vegetarian Cuisine
- Wellness & Lifestyle Guidance
- Beachside and Backwater Environment
- Traditional Kerala Hospitality
- Peaceful & Holistic Healing Experience

## **Package Inclusions**



- Airport Transfers from Cochin International Airport
  - Accommodation in A/C Heritage Rooms at wellness centres
  - Daily Ayurveda Doctor Consultation
  - Doctor on Call
  - Prakriti Analysis (Body Constitution Assessment)
  - Personalized Diet & Lifestyle Guidance
  - Daily Yoga Sessions
  - Daily Ayurveda Therapies
  - Internal Herbal Medicines as Prescribed
  - Vegetarian Full Board Meals
  - 03 Post-Departure Online Consultations (On Request)
  - Complimentary Wi-Fi Access
  - Cherai Local Sightseeing as per Itinerary
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## **Package Exclusions**

- Airfare / Train Fare
- Personal Expenses
- Travel Insurance
- GST
- Any Guide Service
- Additional Treatments Not Included in the Programme
- Early Check-in & Late Check-out Charges
- Camera & Video Charges
- Meals Not Mentioned Above
- Expenses Arising Due to Weather Conditions, Flight Delays, Natural Calamities, or Other Unforeseen Circumstances
- Any Services Not Specifically Mentioned Under Inclusions



## Note

- Treatment schedules are subject to the doctor's assessment and individual health conditions.
- Ayurveda treatments and medicines will be prescribed based on the guest's health profile.
- The retreat follows a strictly vegetarian wellness diet.
- Alcohol, smoking, and outside food are not permitted within the wellness centre premises.
- Comfortable cotton clothing is recommended for yoga and therapy sessions

**For Terms & Conditions:** <https://www.southerntravelsindia.com/Terms-Conditions.aspx>