

Ayurveda Programme in Kerala



~ Ayurvedic wellness Programme ~

~ customised Ayurveda Programme from 5 nights to 4 weeks and more ~

~ Package at a Glance ~

Choice of wellness retreats

Ayurveda is the science of wellbeing and holistic healing.

The Ayurveda Retreats are a humble approach to exploit the benefits of Ayurveda to the fullest.

In-house authentic Ayurveda doctors understand the imbalance in your body and provide consultation and treatments, satvic vegetarian food which also acts as a good catalyst in detoxifying the body and yoga & meditation hours help rejuvenate the mind and body.

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Day 01

Arrive into India / Trivandrum

Arrival at Trivandrum airport, meet and greet at the Airport and transfer to Nikkis Nest
Check into the hotel.

Upon day of arrival , consultation with the Doctor and discussion around the treatment
plan and 1 Hour of Treatment.

Day 02 onwards

Stay at Nikki's Nest

Day of Activities and relaxation at Nikki's
Nest.

yoga sessions:

We teach Sivananda yoga
{Monday till Saturday}- Sunday holiday

Food Timings

Breakfast:- 07:00 am till 11:00 am

Lunch :- 12:30 PM till 03:30 PM

Dinner:- 06:30 PM till 10:00 PM

Treatments

On the day of arrival :- 01 hr treatment

2nd day of arrival:- 01 hr 30 min treatment

03rd day on wards:- 02 hrs treatment

Treatments will be done according to the
condition of the body and deep consultation
with our doctors...

Check in & Check out timings

Check in:- After 09:00 am

Check out:- Before 09:00 am - However, if the
room is available we are flexible with our
timings..

Final Day of checkout

Flight to Chennai / back Home

In time transfer to the Airport to connect to your Flight to Chennai. Upon arrival
Transfer to Hotel Trident for wash and change. Later transfer to the Airport to connect
to your Return Flight back home.

HOTEL & PRICE OFFER

| CITY | Standard | Superior | Deluxe | Deluxe Premium |
|----------------------|--------------|--------------|--------------|----------------|
| Trivandrum / Kovalam | upon Request | Upon Request | Upon Request | Upon Request |

Inclusions

- Accommodation in Hotels as indicated above on Full Board basis.(includes Breakfast, Lunch & Dinner)
- Airport Transfers to and from Resort to Trivandrum Airport
- Yoga sessions Monday - Saturday as mentioned above
- Doctor's Consultation and treatment as mentioned above. Please note the treatments are entirely based upon the consultation with the in house doctors
- All around Local Support through our network of local offices in all the cities
- The Ayurveda Programme is offered by the Hotel and there is no customisation of the same at our end.
- 24 x 7 reachable Phone Contacts for any query / Clarification / Assistance during the whole Tour
- All prevailing Taxes.

Exclusions

- Meals not indicated above
- Room Service, Drinks and beverages, housekeeping & Laundry, Telephone calls, expenses of personal nature.
- Any Airfare & Land transport other than indicated above
- Tips and Gratuities

Enchanting Kerala

Notes

A series of horizontal dotted lines for writing notes.