



FULL BOARD AYURVEDA DESTINATION WELLNESS RETREATS

AYURVEDA AND YOGA TOUR PACKAGES

Full Board Ayurveda Destination Wellness Retreats are multi-day package programs which combine Ayurveda therapies, Yoga and Wellness diet along with your stay at Backwater/Beach Resorts under the guidance of Ayurveda specialists, for natural healing and well being. Intake of herbal medications as indicated and a disciplined lifestyle regimen would be advisable to achieve maximum benefits from the various programs offered.





RELAX AND REJUVE PROGRAM - “RASAYANA”

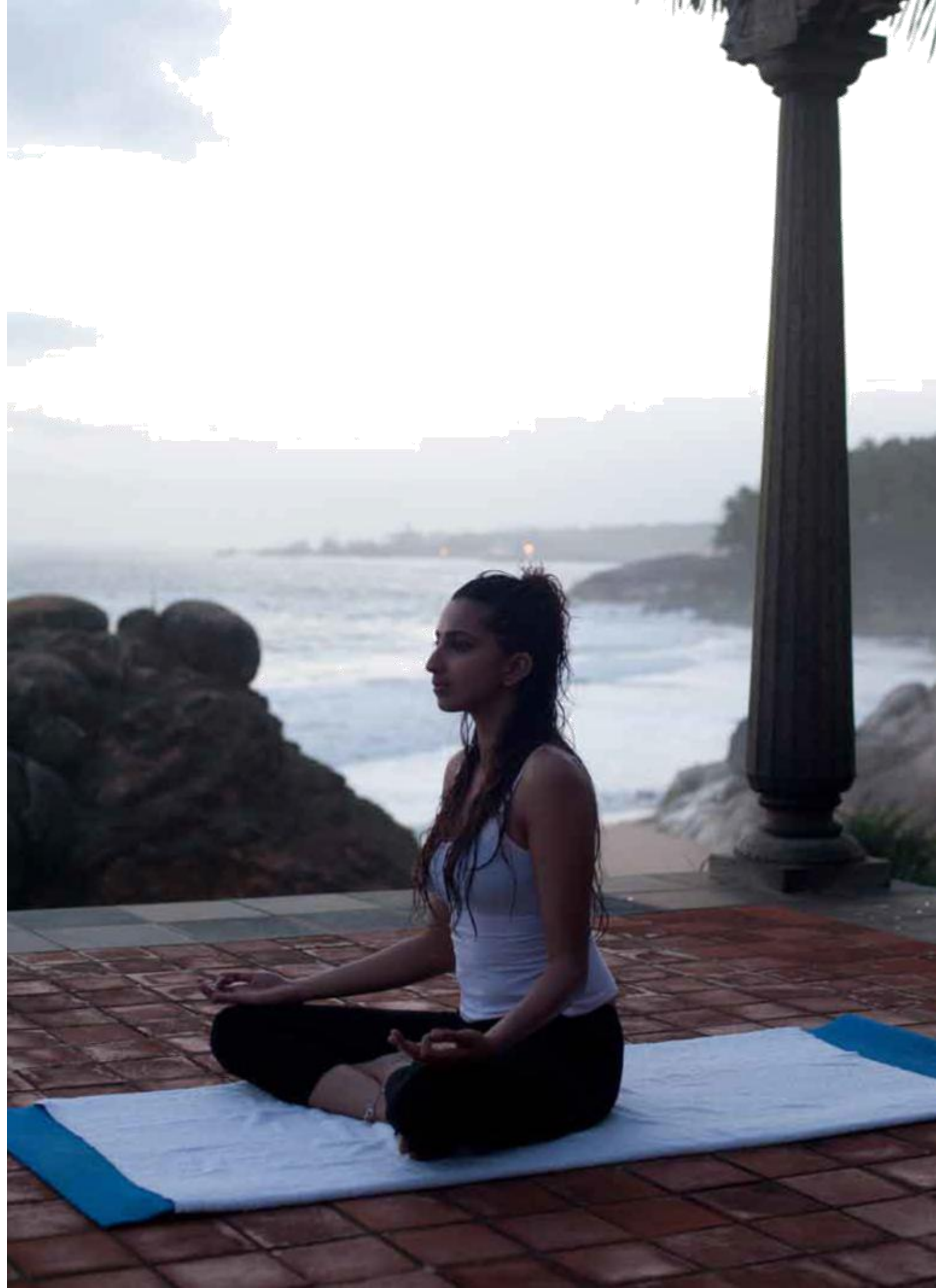
Rasayana therapy enhances the life force and immunity of a person and rejuvenates the cells and tissues in his body. This therapy is believed to hold old age and related infirmities at bay. It is believed that Rasayana was the secret of the long, healthy, energetic lives of the sages of yore. This program keeps one in a state of “Niraamaya” – Free from Ailments.

Duration: 90 minutes daily. Minimum 7 days.

“SLIM BODY” BY AYURVEDA

Time tested Ayurveda proves that losing weight is not about starving or suppressing the appetite, it is about balancing your fat metabolism by rebalancing Kapha. The body slimming package includes body massages by special herbal powders, herbal oils and internal herbal medications. A specific dietary regimen and fitness Yoga are prescribed along with the therapies. The effect of the slimming may show only after a week and will also depend on the body constitutional type of the individual, hormonal imbalances and hereditary factors.

Duration: 90 minutes daily. Minimum 14 days.





BODY PURIFICATION AND DETOXIFICATION PROGRAM

Food habits, sedentary life style, climatic variations and occupational hazards can cause accumulation of toxins inside the body. This can lead to the imbalance of Vata, Pitta and Kapha - the tridoshas (the three bio-regulating energies) that make up every person's constitution according to Ayurveda. In addition to the body's natural mechanism to get rid of these toxins, Ayurveda detoxification therapy helps to purify the whole body to attain proper balance of the tridoshas.

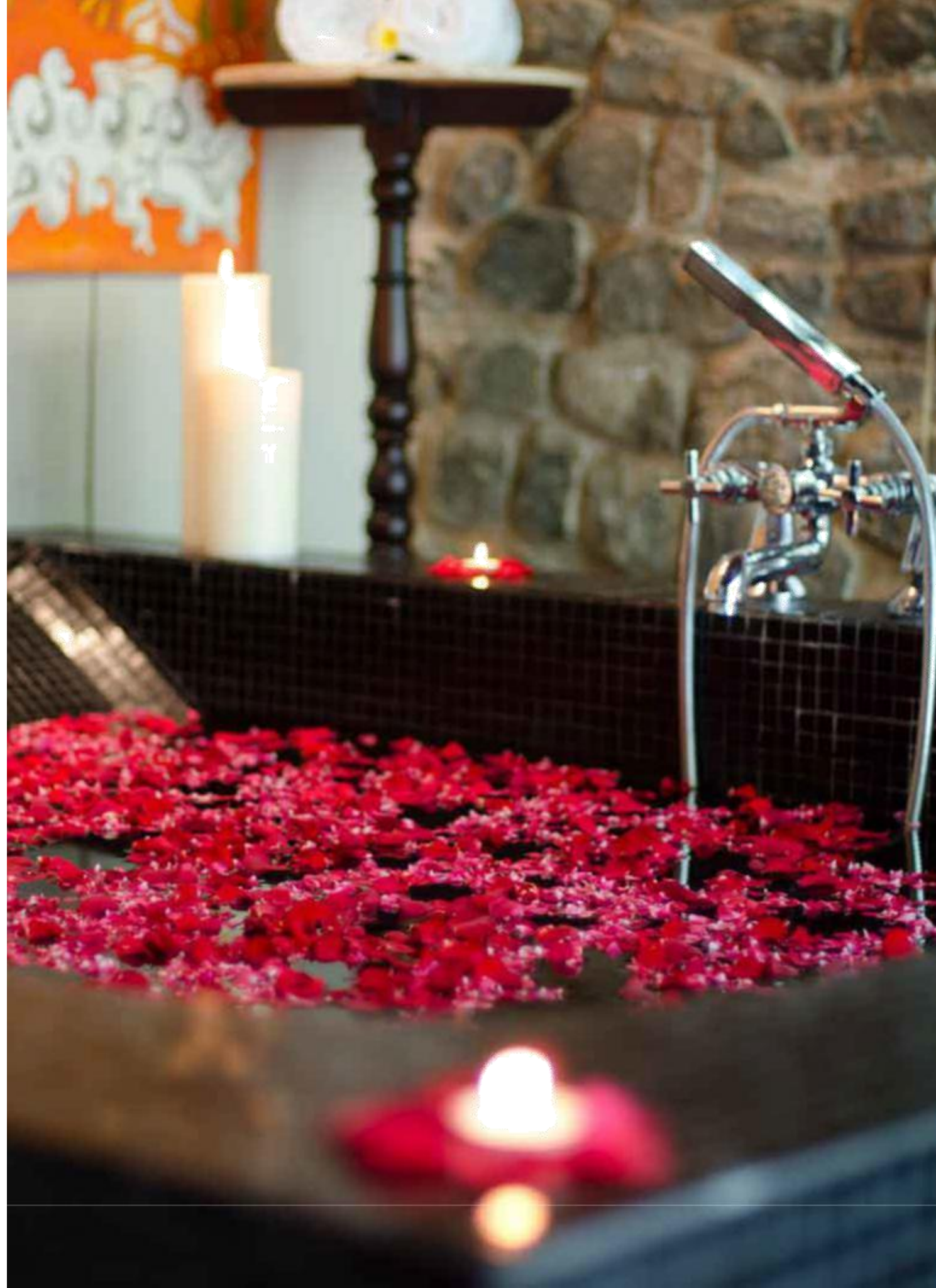
Duration: 90 minutes daily. Minimum 14 days.



ANTI AGEING / KAYAKALPA PROGRAM

Aims to slow down the degenerative changes in the body related to ageing by rejuvenating, immunizing and regenerating through a holistic transformation of mind, body and soul. Best suited for people in the age group of 50-60 years. Vataatapika form of Kayakalpa along with intake of rejuvenative tonics is followed in this program.

Duration: 90 minutes daily. Minimum 14 days.





AYURVEDA STRESS AND STRAIN BUSTER

An effective program for the release of day-to-day stress and strain.

It calms your mood and relaxes the body and mind. The package includes different traditional Ayurveda massages and therapies for soothing the body, mind & soul. Simultaneous practice of Yoga and Meditation will enhance the benefits.

Duration: 90 minutes daily. Minimum 7 days.

BONE AND JOINT CARE PROGRAM

This palliative and preventive care program with long term benefits includes special treatments for neck pain, low back pain and joint problems due to various musculo - skeletal conditions. The treatment includes traditional massages with herbal oils, application of warm pouches with medicinal herbs, intensive oil therapies, medicated baths and internal medications.

Duration: 90 minutes daily. Minimum 7 days.





SPA ESSENCE OF WELLNESS PROGRAM

This program integrates Ayurveda with Oriental and European natural healing practices. Indulge in the luxury of a fine selection of spa experiences to manage stress, nurture your skin, enhance immunity, combat degenerative changes and slow down the ageing process.

Duration: 90 minutes daily. Minimum 7 days.

Please note: Pre consultation and sharing of related medical data with our Ayurveda physician prior to confirming your reservation is necessary for “Bone and Joint Care Program”, “Slim Body by Ayurveda” and “Body Purification-Detoxification Program”. A health assessment data sheet needs to be filled up and send along with the enquiry. Treatment inclusions will be finalized during the consultation with the doctor.

Inclusions:

- Accommodation with daily Ayurveda therapy for the prescribed duration for each program
- Daily group Yoga session for 60 minutes
- One on one consultation with Ayurveda Physician
- Internal herbal medicines as indicated during the period of treatment
- Breakfast, Lunch & Dinner as per menu prescribed by Doctor in consultation with the Chef
- Pick-up and Drop from / to Trivandrum Airport or Railway Station





Visit us at www.raintreeholidays.com

For reservations contact info@raintreeholidays.com