

# Kerala Ayurvedic Wellness Retreat: 6-Night Rejuvenation Program

Prepared by TourGrids



Destination  
**Kerala**



Duration  
**6 Nights 7 Days**



Starting from  
**Rs. 36,800 / person**

## ITINERARY ROUTE

↗ **Kochi · 1N**

↗ **Kumarakom · 4N**

↗ **Alleppey · 1N**

## Overview

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A restorative Kerala tour package designed for families and solo travelers seeking authentic Ayurvedic therapies, gentle yoga, and peaceful backwater experiences. This Kerala Family tour package blends traditional Panchakarma-inspired treatments, nourishing cuisine, and curated cultural excursions across Kochi, Kumarakom, and Alleppey. Ideal as a 6 and 7 Kerala Family tour package, the program focuses on stress relief, detoxification, and improved wellbeing in a serene tropical setting.

### ✓ **What's Included**

- ✓ Accommodation for 6 nights as detailed
- ✓ Daily healthy Ayurvedic meals (as per diet plan)
- ✓ All Ayurvedic consultations and prescribed treatments (as per personalized plan)
- ✓ Daily yoga & meditation sessions
- ✓ Private transfers between Kochi, Kumarakom, and Alleppey
- ✓ 1-night private backwater houseboat cruise with meals
- ✓ Guided nature walk and village visit
- ✓ Complimentary herbal welcome kit and follow-up wellness plan
- ✓ All applicable taxes

### ✗ **Not Included**

- ✗ International or domestic flights to Kochi
- ✗ Visa fees and travel insurance
- ✗ Personal expenses (laundry, telephone, minibar)
- ✗ Optional treatments, spa services and excursions not listed in the itinerary
- ✗ Tips/gratuities to staff and drivers
- ✗ Any medical treatments outside the Ayurvedic program
- ✗ Peak season supplements (if applicable)

## Day-by-Day Itinerary

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Day

1

### **Arrival, Welcome and Initial Ayurvedic Assessment**

Arrive at Cochin International Airport or Cochin Railway Station followed by a private transfer to Fort Kochi property. Evening welcome briefing and a detailed Ayurvedic consultation with certified physicians to create a personalized treatment plan. Light restorative therapies and an introductory yoga session to ease travel fatigue.

Day

2

### **Transfer to Kumarakom and Begin Rejuvenation Program**

Drive to Kumarakom (approx. 1–1.5 hours). Check-in at the Ayurvedic wellness resort. Meet your therapist and begin daily therapies including Abhyanga (full body oil massage) and Njavara rice poultice where indicated. Evening guided pranayama session and lakeside relaxation.

Day

3

### **Daily Ayurvedic Therapies, Yoga and Nutrition Workshop**

Full day focused on therapeutic care: personalized treatment sessions (e.g., Shirodhara, herbal steam, therapeutic baths), supervised yoga (Hatha/Vinyasa adaptations for recovery), and an Ayurvedic nutrition workshop covering healing diets and herbal tonics. Expect 2–3 therapy sessions and one yoga class.

Day

4

### **Nature Walk, Village Visit and Cultural Immersion**

Morning nature walk in the Kumarakom bird sanctuary followed by a guided village visit to experience local crafts and cuisine. Afternoon therapies tailored to your progress. Evening Kathakali or local art demonstration (subject to schedule). Wear comfortable shoes for the walk; sun protection recommended.

Day

5

### **Deep Rejuvenation Day and Optional Wellness Activities**

A deeper therapeutic day with longer Ayurvedic procedures (e.g., Kerala special massages, herbal poultices). Optional add-ons: personalized yoga therapy, meditation session, or a short Ayurvedic cooking class. Free time in the late afternoon to relax by the lake or book a private consultation.

Day

6

### **Transfer to Alleppey – Backwater Houseboat Experience**

Drive to Alleppey and board a traditional houseboat for a relaxing backwater cruise through the famed Kerala canals. Enjoy freshly prepared Ayurvedic meals on board, observe village life along the waterways, and spend an overnight on the calm backwaters framed by coconut palms. Houseboat cruises are typically private; confirm boarding time in advance.

Day

7

## Disembark, Final Consultation and Departure

After breakfast on the houseboat, disembark and travel back to Kochi. Final Ayurvedic follow-up consultation and practical wellbeing plan to continue benefits at home. Drop-off at Cochin International Airport or railway station for onward travel. Carry all travel documents and check flight timings; we recommend a minimum 3-hour window from disembarkation to flight departure.

## 🔗 Frequently Asked Questions

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### 🔗 What are the top tourist destinations in Kerala?

Kerala offers stunning tourist destinations like Munnar's tea plantations, Alleppey's backwaters, Kochi's vibrant culture, and Wayanad's lush hills. Don't miss the stunning beaches of Varkala and Kovalam, as well as the tranquil landscapes of Thekkady and Kumarakom. Each offers unique experiences for every traveler.

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### 🔗 What is the best time to visit Kerala?

The best time to visit Kerala is from October to March. During these months, the weather is pleasantly cool and dry, making it ideal for exploring the lush backwaters, hill stations, and vibrant culture. Remember to experience the festivals and local events that take place during this peak tourist season!

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### 🔗 How can I travel around Kerala?

Traveling around Kerala is easy thanks to its extensive transport options. You can use private taxis, auto-rickshaws, and public buses. For scenic routes, consider hiring a houseboat, especially in the backwaters of Alleppey. Trains and domestic flights connect major cities, making exploration seamless.

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### 🔗 What are the famous cuisines to try in Kerala?

Kerala is renowned for its delicious cuisine, featuring dishes like Sambar, Appam, and Puttu. Don't miss the spicy Kerala fish curry and the delectable dosa. For a unique experience, try traditional Sadya, a vegetarian feast served on a banana leaf, highlighting the region's rich flavors and diverse culinary traditions.

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## ❓ What activities can I enjoy in Kerala's backwaters?

In Kerala's backwaters, you can enjoy serene houseboat cruises, kayaking through lush mangroves, and bird watching. Experience local cuisine on board, visit traditional villages, and partake in unique cultural performances. Don't miss the opportunity for peaceful sunsets and picturesque landscapes!

## ❓ Is Kerala suitable for family vacations?

Yes, Kerala is ideal for family vacations! With its serene backwaters, lush hill stations, wildlife sanctuaries, and beautiful beaches, it offers a variety of activities for all ages. Families can enjoy houseboat rides, explore spice plantations, and visit cultural sites, making it a memorable destination.

## ❓ What are the important festivals celebrated in Kerala?

Kerala is home to vibrant festivals like Onam, celebrated with colorful festivities and the traditional feast; Vishu, marking the New Year with family gatherings; and Thrissur Pooram, showcasing grand temple processions and spectacular fireworks. These events reflect the rich culture and heritage, making Kerala a unique tourist destination.

## ★ Traveller Reviews



**Aditi Rao**

★★★★★ 5/5

### Everlasting Impressions of Kerala

From the stunning scenery to rich traditions, this tour made lasting impressions. I can't help but reminisce about the experiences. Highly recommend!



**Kunal Kaur**

★★★★★ 5/5

### A Well-Rounded Experience

This Kerala tour provided a perfect blend of relaxation and activities. We got to unwind in the backwaters and explore beautiful hill stations. A great balance!



**Vani Dubey**

★★★★★ 5/5

### Heavenly Kerala Escape

Kerala felt like heaven on earth! The combination of nature, culture, and warm hospitality made it a trip to remember. I left a piece of my heart there!



**Kiran Menon**

★★★★☆ 4/5

### An Immersive Eco-Tour

The eco-tour experience was unique and educational. We learned about sustainable practices while enjoying the nature-rich surroundings. Very well organized!



**Rajesh Iyer**

★★★★★ 5/5

### Charming Village Tours

Exploring local villages was a highlight. Interacting with locals and understanding their lifestyle was eye-opening. Very enriching experience!

## ⚡ Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

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