

Backwaters & Ayurvedic Detox: 6-Night Rebalance Program in Kumarakom

Prepared by TourGrids



Destination
Kerala



Duration
6 Nights 7 Days



Starting from
Rs. 33,900 / person

ITINERARY ROUTE

📍 **Kumarakom - 6N**

<https://tourgrids.com/packages/kerala/kerala-6-nights-7-days-package-187>

Overview

A targeted Kerala tour package focused on restorative Ayurvedic therapies, gentle yoga, and immersive backwater experiences on the shores of Kumarakom. This Kerala Beach package blends traditional Panchakarma-inspired treatments with guided meditation, healthy Kerala cuisine, village walks, and a serene houseboat cruise on Vembanad Lake. Ideal as a 6 and 7 Kerala Beach tour package option for travelers seeking detox, stress relief, and a deep connection with nature.

Highlights:

- Comprehensive Ayurvedic consultations & daily therapies
- Overnight houseboat cruise on Vembanad Lake
- Sunset cruise & birdwatching at Kumarakom Bird Sanctuary
- Relaxing day at Marari Beach
- Personalized yoga, pranayama & meditation sessions
- Traditional Kerala cooking demonstration

Note: This program is a wellness-focused Kerala Beach tour package tailored to all levels; guests with medical conditions should consult a physician before booking.

✓ **What's Included**

- ✓ 6 nights accommodation in Kumarakom (lake-facing Ayurvedic resort)
- ✓ Daily Ayurvedic consultations and personalized therapy plan
- ✓ Up to 2 dedicated Ayurvedic therapies per day (as prescribed)
- ✓ One overnight houseboat cruise on Vembanad Lake (twin-share cabin)
- ✓ Daily nutritious Ayurvedic meals and detox-supportive teas
- ✓ Daily guided yoga, pranayama & meditation sessions
- ✓ Airport transfers (Kochi) on arrival and departure
- ✓ Guided nature walk, village visit & Marari Beach transfer
- ✓ Kerala cooking demonstration and evening cultural program (subject to availability)
- ✓ Bottled water, Wi-Fi in public areas, local taxes

✗ **Not Included**

- ✗ International or domestic flights to/from Kochi
- ✗ Travel insurance and personal medical expenses
- ✗ Any additional therapies or specialist treatments beyond the prescribed plan
- ✗ Private boat rides, laundry, and gratuities
- ✗ Entrance fees for optional external attractions not listed
- ✗ Items of a personal nature (phone calls, mini-bar, etc.)
- ✗ Note: Guests with chronic medical conditions should provide medical reports in advance; some therapies may be contraindicated.

Day-by-Day Itinerary

Day

1

Arrival, Welcome & Initial Consultation

Arrive at Kochi Airport and transfer (approx. 1–1.5 hours) to Kumarakom. Check in at your lakeside Ayurvedic resort. After a short rest, meet your Ayurvedic physician for a personalized wellness consultation and pulse diagnosis to tailor the 6-night detox program. Attend an orientation covering daily therapy schedules, diet guidelines, and activity options. Enjoy a gentle evening sunset cruise on Vembanad Lake to unwind.

Tip: Keep travel light and hydrated; wear comfortable clothing for therapies.

Day

2

Detox Therapies & Gentle Yoga

Begin your therapeutic regimen with a traditional Abhyanga (full-body oil massage) followed by a soothing Shirodhara session. Post-therapy, enjoy a nourishing Ayurvedic lunch. Afternoon guided yoga and pranayama tailored to your energy level, then a restorative meditation session by the backwaters.

Important: Inform therapists about any allergies or sensitivities to oils.

Day

3

Backwater Houseboat Experience — Overnight Cruise

Transfer to the nearby Alleppey (Alappuzha) for an authentic overnight houseboat experience along the Keralan backwaters. Board a well-appointed houseboat and cruise through winding canals and paddy-lined shores. Fresh, Ayurvedic-inspired meals served on board. Optional village stop to meet locals and observe traditional coir or fishing practices.

Note: Houseboats sleep up to 2–4 guests per cabin; inform us of preferences in advance.

Day

4

Rejuvenation Therapies & Cultural Immersion

Return to Kumarakom after breakfast on the houseboat. Continue with personalized therapies such as Kati Vasti (lower-back treatment) or Pizhichil (medicated oil shower) as recommended. In the evening, experience a short cultural program featuring traditional music or a dance demonstration (subject to availability).

Tip: Schedule lighter activities post-therapy to support integration.

Day

5

Marari Beach Day — Beach Therapy & Relaxation

Take a half-day transfer to Marari Beach for seaside relaxation and a replenishing Ayurvedic foot or head massage on the sand. Enjoy free time to swim or stroll the coastline. Return to Kumarakom for an evening herbal steam and light dinner.

Note: Marari Beach is known for its quiet, unspoiled shores — perfect for gentle beach therapy.

Day

6

Holistic Wellness Day — Personalized Plan & Nature Walk

A full day dedicated to your personalized wellness plan: morning yoga, a comprehensive Ayurvedic therapy (as per physician), and a guided nature walk through backwater lanes and coconut groves. Participate in a Kerala cooking demonstration focused on sattvic, detox-supportive recipes. Evening free for reflection or an optional short boat ride.

Tip: Keep a wellness journal provided by the resort to track progress and observations.

Day

7

Final Consultation & Departure

A closing consultation with the Ayurvedic physician to review progress and receive a post-program wellness and diet plan for home. Enjoy a light breakfast and check out. Transfer to Kochi International Airport or Ernakulam station for onward travel.

Important: Allow adequate time for airport transfers; traffic can vary.

🔗 Frequently Asked Questions

🔗 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.

🔗 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!

❓ **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.

❓ **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.

❓ **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?

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