

# 7N Wellness & Rejuvenation Goa: Ayurveda Course & Beach Therapy

Prepared by TourGrids



Destination  
**Goa**



Duration  
**7 Nights 8 Days**



Starting from  
**Rs. 47,500 / person**

## ITINERARY ROUTE

↗ North Goa · 4N

↗ South Goa · 3N

<https://tourgrids.com/packages/goa/goa-7-nights-8-days-package-727>

## Overview

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A restorative 7 nights / 8 days Goa tour package designed for travellers seeking authentic Ayurvedic healing combined with Goa's famous coastline. This Goa Beach tour package blends daily personalized Ayurveda treatments, yoga & meditation, and gentle beach therapy across North Goa (Calangute/Baga) and South Goa (Colva/Palolem). Ideal for wellness seekers, this itinerary includes an introductory Ayurveda course, hands-on workshops, and ample beach time for relaxation and recovery.

### Highlights:

- Personalized Ayurveda Consultation & Daily Treatments
- Panchakarma & Abhyanga Sessions
- Daily Sunrise Yoga & Guided Meditation
- Beach Therapy at Calangute, Baga & Palolem Beaches
- Spice Plantation Tour with Herbal Workshop
- Old Goa Heritage Visit & Sunset Cruise

#### ✓ **What's Included**

- ✓ 7 nights accommodation (4 nights in North Goa, 3 nights in South Goa)
- ✓ Daily Ayurvedic breakfasts and 2 Ayurvedic meals per day
- ✓ Daily sunrise yoga & guided meditation sessions
- ✓ Initial and final Ayurveda doctor consultations + personalized treatment plan
- ✓ A package of 10 Ayurvedic treatments (customized across the stay; includes Panchakarma components)
- ✓ Herbal steam sessions and beach therapy sessions
- ✓ Spice plantation tour with herbal workshop
- ✓ One sunset cruise / beach therapy excursion
- ✓ Airport transfers (arrival & departure) within scheduled hours
- ✓ All applicable taxes
- ✓ This package is perfect as a 7N Wellness option and aligns with common search terms like "Goa Beach package" and "Goa tour package."

#### ✗ **Not Included**

- ✗ International / domestic flights and airport taxes
- ✗ Travel insurance and personal expenses (laundry, phone calls, minibar)
- ✗ Optional spa treatments or additional Ayurveda therapies beyond the included package
- ✗ Entrance fees for optional excursions (if any), gratuities, and local permits
- ✗ Medical conditions requiring hospital care (patients must disclose pre-existing conditions prior to booking)
- ✗ Important: Any additional nights, upgrades, or private transfers are available at extra cost.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Welcome & Initial Ayurveda Consultation**

Arrive at Goa International Airport and transfer to your wellness resort in North Goa. Enjoy a welcome drink followed by an orientation. Meet the Ayurveda doctor for a comprehensive consultation to determine your dosha and personalize the treatment plan for the week. Light evening sunset beach walk to acclimatize.

Included: airport transfer, welcome briefing, Ayurveda consultation, light evening yoga.

Tip: Keep arrival time flexible; early check-ins are subject to availability.

Day

2

### **Introduction to Ayurveda Course & First Treatments**

Begin your Ayurveda Course: theoretical modules covering Ayurvedic principles, diet, and lifestyle. Practical session includes Abhyanga (full-body oil massage) and herbal steam. Evening guided breathing and restorative yoga by the beach.

Note: Wear comfortable clothing for yoga and treatments; arrive 15 minutes early for therapy sessions.

Day

3

### **Panchakarma Session & Beach Therapy**

A focused Panchakarma therapy session tailored to your consultation. Treatments may include abhyanga, nasyam, and localized therapies. Post-treatment sea-salt soak and a gentle beach therapy walk at Baga Beach to help circulation and relaxation.

Important: Panchakarma is detoxifying; hydration and rest are recommended after sessions.

Day

4

### **Yoga Immersion & Ayurvedic Cooking Demo**

Sunrise Vinyasa & Hatha yoga session followed by meditation. Later attend an Ayurvedic cooking demonstration and dietary counselling focusing on dosha-specific meals. Afternoon free to relax on the beach or enjoy optional spa add-ons.

Tip: Note diet recommendations from the consultation for best results.

Day

5

### **Transfer to South Goa & Spice Plantation Workshop**

Check-out and transfer to South Goa. En route visit a Spice Plantation—guided tour with a herbal workshop showcasing Ayurvedic herbs and preparations. Check-in at a serene South Goa wellness resort, followed by an evening herbal steam and gentle shore walk at Colva Beach.

Note: The spice workshop includes hands-on herb identification and a short DIY herbal poultice session.

Day

6

### **Deep Rejuvenation Day (Advanced Panchakarma)**

A full day dedicated to rejuvenation: advanced Panchakarma therapies as advised by your doctor, including specialized oil therapies and therapeutic baths. Post-lunch rest period followed by a restorative sunset session at Palolem Beach — ideal for beach therapy and mindful walking.

Important: Plan a low-activity evening after treatments; follow the doctor's aftercare instructions.

Day

7

### **Heritage & Nature Excursion with Final Therapy**

Morning excursion to Old Goa to visit Basilica of Bom Jesus and Se Cathedral — a gentle cultural outing. Afternoon birdwatching cruise to Chorao Island (optional) or return for a final personalized therapy session and an Ayurveda wrap-up meeting to discuss ongoing wellness routines.

Tip: Carry a hat and sunscreen for heritage walks; the cruise is weather-dependent.

Day

8

### **Final Consultation, Yoga & Departure**

Final Ayurveda consultation to assess progress and receive a personalized aftercare plan, diet chart, and herbal recommendations. Morning gentle yoga and breathing exercises to consolidate benefits. Check-out and transfer to Goa International Airport for departure.

Note: Keep passport, flight details, and any medical notes handy for check-out.

## **🔗 Frequently Asked Questions**

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## ❓ **When is the best time to visit Goa and what's the weather like?**

The best time to visit Goa is October to March (prime season) when the weather is dry with pleasant days (20–32°C) and cool nights. This period offers calm seas perfect for swimming, open beach shacks, vibrant nightlife, and ideal conditions for water sports. Summer (March–May) is hot but manageable with temperatures reaching 36°C, offering good deals and fewer crowds. Monsoon season (June–September) brings heavy rains and rough seas, with many beach activities suspended, but it's perfect for experiencing lush landscapes, waterfalls, and romantic ambiance at discounted rates. Christmas–New Year is peak season with highest prices and crowds.

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## ❓ **How do I reach Goa and what are the transportation options?**

Goa has two airports: Manohar International Airport (GOX) in North Goa near Mopa, and Dabolim Airport (GOI) for Central/South Goa access. Both receive direct flights from major Indian cities and seasonal international connections. By train, major stations include Madgaon, Thivim, Karmali, and Vasco da Gama, connected via the scenic Konkan Railway. By road, NH 66 coastal highway and NH 48 via Western Ghats connect Goa to Mumbai, Pune, and Bengaluru. Overnight buses operate frequently from these cities. The journey from Mumbai takes 8–10 hours by road, while flights take 1.5 hours.

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## ❓ **Do I need a visa to visit Goa as a tourist?**

Goa is part of India, so visa requirements depend on your nationality. Indian citizens need only valid government-issued photo ID. Foreign tourists require appropriate Indian visas – tourist visa, e-visa, or visa-on-arrival (for eligible countries). E-visas are convenient and can be obtained online for most nationalities, valid for 30–365 days depending on type. Processing typically takes 2–4 business days. Ensure your passport has at least 6 months validity and blank pages. Some nationalities like Bhutan and Nepal citizens don't need visas but require valid identification. Check the latest visa requirements on the official Indian visa website before traveling.

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## ❓ **What are the best local transportation options in Goa?**

Goa offers diverse transportation options. Rental scooters/motorbikes are most popular for flexibility – carry your original license and wear helmets (mandatory). Motorcycle taxis called 'pilots' are unique to Goa, perfect for solo travelers. Regular taxis and app-based services like GoaMiles operate throughout. Kadamba state buses and private buses connect major towns and beaches affordably. River ferries to islands like Divar and Chorao are scenic and frequent. Auto-rickshaws exist but are limited in some areas. For comfort, rent a car with driver. Always negotiate fares beforehand for taxis and pilots, or use metered/app-based services.

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## ❓ **Where should I stay in Goa and what accommodation options are available?**

North Goa (Calangute, Candolim, Anjuna, Vagator) offers vibrant nightlife, water sports, and party atmosphere with beach shacks, budget guesthouses to luxury resorts. South Goa (Colva, Benaulim, Palolem, Agonda) provides quieter, family-friendly vibes with wider beaches and upscale resorts. Panaji offers heritage charm and cultural experiences. Accommodation ranges from budget hostels (₹500-1500/night), mid-range hotels and beach resorts (₹2000-8000/night), to luxury properties like Taj, W Goa, and Alila Diwa (₹15000+/night). Beach huts and homestays offer authentic experiences. Book well in advance for December-January. Consider proximity to beaches, nightlife preferences, and transportation when choosing location.

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## ❓ **What are the must-visit attractions and places in Goa?**

Essential Goa experiences include UNESCO-listed Old Goa churches (Basilica of Bom Jesus, Se Cathedral), colorful Fontainhas Latin Quarter in Panaji, and Fort Aguada for sunset views. North Goa highlights are Chapora Fort, Anjuna's Wednesday flea market, and Calangute-Baga beach strip. Don't miss Dudhsagar Falls (spectacular four-tier waterfall), spice plantations in Ponda, and peaceful Divar Island accessible by ferry. South Goa offers pristine beaches like Palolem and Agonda, plus hidden gems like Cola Beach's blue lagoon. Take sunset cruises on Mandovi River, explore Salim Ali Bird Sanctuary, and visit off-beat Tambdi Surla Temple. Each region offers distinct experiences from heritage to nature to beaches.

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## ❓ **What local food and cuisine should I try in Goa?**

Goan cuisine blends Portuguese and Konkani influences. Must-try dishes include Goan Fish Curry with rice, Pork Vindaloo, Chicken Cafreal (green masala), and Chicken Xacuti (coconut-spice curry). Seafood specialties are rava-fried fish, Prawn Balchão, and fresh catch at beach shacks. Try local breads like poi and pão, and end meals with bebinca (layered dessert) or dodol. Drink feni (cashew or coconut spirit) - Goa's signature alcohol, or seasonal urrak. Visit Vinayak Family Restaurant, Kokni Kanteen, or Martin's Corner for authentic experiences. Beach shacks serve fresh seafood with sea views. Vegetarians can enjoy sol kadhi, Goan dal, and coconut-based curries. Always try the local fish thali for a complete experience.

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## ★ **Traveller Reviews**

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**Aditi Sharma**

★★★★★ 5/5

### Amazing Experience in Goa!

We had a fantastic time exploring Goa with this tour package. The beaches were beautiful, and the itinerary was well-planned. Highly recommend!



**Rahul Desai**

★★★★★ 5/5

### Romantic Escape

We had the most romantic getaway in Goa. Sunset cruises and candlelight dinners made it memorable.



**Karan Singh**

★★★★★ 5/5

### Relaxing Beach Getaway

The beach resorts were luxurious, and the food was a delight. Perfect retreat for those looking to unwind. Would book again!



**Raghav Khanna**

★★★★★ 5/5

### Adventurous Couples Retreat

A wonderful package for couples looking to engage in fun activities together. We made amazing memories!



**Ashwin Varma**

★★★★☆ 4/5

### An Unforgettable Journey

Goa was stunning, and this tour enhanced our experience. From the scenic views to local interactions, it was unforgettable.

## ⚡ Why Choose TourGrids?

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 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

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