

# Goa Luxury Spa Retreat 5N: Rejuvenation & Gourmet Health Cuisine

Prepared by TourGrids



Destination  
**Goa**



Duration  
**5 Nights 6 Days**



Starting from  
**Rs. 39,900 / person**

## ITINERARY ROUTE

↩ Calangute / Candolim · 3N

↩ Colva / Benaulim · 2N

<https://tourgrids.com/packages/goa/goa-5-nights-6-days-package-744>

## Overview

Experience the perfect blend of beachside luxury, holistic wellness, and gourmet healthy cuisine with this 5 nights / 6 days Goa Luxury Spa Retreat. Ideal for travelers looking for a restorative escape, this Goa tour package focuses on spa therapies, Ayurvedic treatments, yoga, and nutrient-rich gourmet menus – all while staying close to Goa's best beaches. This is an excellent 5 and 6 Goa Beach tour package option for couples, solo wellness seekers, and small groups.

### Highlights:

- Daily spa & Ayurvedic treatments (selected therapies included)
- Beaches: Calangute, Baga, Candolim (North Goa) & Colva, Benaulim (South Goa)
- Heritage & culture: Old Goa churches, Panaji Latin Quarter
- Gourmet health cuisine & cooking demo focused on local ingredients
- Personalized yoga & meditation sessions

Tip: Best traveled between November and March for comfortable weather and calm seas.

### ✓ What's Included

- ✓ 5 nights accommodation in luxury beach resorts (3 nights in North Goa, 2 nights in South Goa)
- ✓ Daily nutritious breakfast and 3 chef-curated gourmet health dinners
- ✓ 3 spa treatments (welcome ritual, signature therapy, full-body Ayurvedic therapy) per person
- ✓ Ayurvedic consultation, yoga & pranayama sessions
- ✓ Gourmet Health Cuisine cooking demo and detox juice tasting
- ✓ Airport transfers (arrival & departure) and inter-resort transfer
- ✓ Guided visits to Fort Aguada, Old Goa & Panaji (Fontainhas)
- ✓ Complimentary Wi-Fi, taxes & service charges
- ✓ Local assistance and emergency support

### ✗ Not Included

- ✗ International or domestic airfare
- ✗ Meals and drinks not specified in inclusions (e.g., lunches on some days unless mentioned)
- ✗ Entrance fees, boat rides, special permits & local sightseeing fees not listed
- ✗ Personal expenses, tips, laundry, minibar, and optional activities
- ✗ Travel insurance (recommended)
- ✗ Any increase in taxes or fees beyond booking time
- ✗ Note: Spa treatments listed are subject to availability and may be substituted with equivalent therapies.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Leisure & Welcome Spa**

Arrive at Goa International Airport and transfer to your luxury beachfront resort in Calangute/Candolim. Check-in and unwind with a welcome drink. Enjoy a gentle evening welcome spa ritual (included) designed to release travel fatigue. Take a sunset walk along Calangute Beach and dine on a curated nutritious welcome dinner featuring local seafood alternatives and plant-forward choices.

Day

2

### **North Goa Exploration & Wellness Introduction**

After a healthy breakfast, set out for a relaxed North Goa day: visit the 17th-century Fort Aguada and the scenic Sinquerim Beach. Return for a midday Ayurvedic consultation and personalized spa schedule. Afternoon is reserved for a signature therapy (included) followed by a guided Baga/Calangute beach stroll at sunset. Evening free for a light gourmet health dinner and optional stroll on the beach.

Day

3

### **Full Day Resort Wellness & Gourmet Cooking Demo**

Spend a rejuvenating day at the resort focusing on wellness. Morning yoga & pranayama session on the beach, followed by a nutritious brunch. Mid-morning: a hands-on Gourmet Health Cuisine cooking demo with the resort chef showcasing local superfoods and balanced Goan dishes using seasonal produce. Afternoon: extended spa session (included) – choose from deep tissue, ayurvedic abhyanga, or hot stone therapy. Late afternoon beach time and an evening detox juice tasting session.

Day

4

### **Panaji & Old Goa Heritage En Route to South Goa**

Check out from North Goa and drive south with curated stops. Explore the heritage of Old Goa – Basilica of Bom Jesus and Se Cathedral – then enjoy a short Panaji Latin Quarter (Fontainhas) walk. Continue the scenic drive to your South Goa resort in Colva/Benaulim. Evening at leisure on Colva Beach with a restorative evening spa foot ritual (included).

Day

5

### **South Goa Beaches & Deep Rejuvenation Therapy**

Wake up to serene south Goa beaches. After breakfast, enjoy a short guided coastal walk to Benaulim Beach. Spend the day indulging in a signature full-body Ayurvedic therapy (included) and steam session at the resort's wellness center. Midday features a light beach picnic with health bowls and locally-sourced produce. Late afternoon free for beach lounging, followed by a chef-curated gourmet healthy tasting menu dinner.

Day

6

## Final Morning, Farewell Spa Pack & Departure

Enjoy a final sunrise walk on Colva Beach followed by a light breakfast. Use remaining time for a farewell spa pack (travel-friendly oils and a short scalp massage) before check-out. Transfer to Goa International Airport for your departure home. Tip: request flight times after 1200 hrs for a relaxed checkout.

## ? 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.

### ? 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.

### ? 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.

## ❓ **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 pãõ, 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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