

# WINDOW TO WELLNESS



*Kaivalya*

wellness sojourns by AndThen travels



India has long been regarded as the birthplace of ancient wellness traditions that nurture both mind and body. Rooted in centuries-old practices like Yoga, Ayurveda, and meditation, wellness in India is a holistic experience that goes beyond relaxation—it's about achieving balance, renewal, and inner peace.

From the serene backwaters of Kerala to the majestic Himalayas, India offers an array of transformative retreats designed to restore well-being and reconnect with nature. At AndThen travels, we curate these wellness experiences, blending authentic practices with luxurious settings, ensuring your clients embark on a journey of self-discovery and rejuvenation in the world's most spiritual destinations.





WELLNESS

# KALARI KOVILAKOM

**Region: South India**  
**Location: Palakkad**

Located near Kollangode in the Palghat District of North Kerala, India, and fringed on one side by the majestic Western Ghat mountain ranges, Kalari Kovilakom the 200 year old palace, is where history meets natural tranquility.

Set within the palace grounds of the old Vengunad kingdom, Kalari Kovilakom offers 19 well-appointed rooms with modern amenities and a clinic with 12 treatment rooms. The living spaces and the gardens at Kalari Kovilakom complements the healing process with its nurturing and warm environment and an unobtrusive, quiet adherence to discipline.

## Programs:

Complete Detox | Stress Management | Weight Management |  
Ayurveda Immunity Boosting| Specific Ailments and Conditions



WELLNESS

# SIX SENSES VANA

**Region: North India**  
**Location: Dehradun**

If you want an ayurveda-lite experience, one that's nicely steeped in spirituality but with the chaos dialed down and the comfort cranked up, this is the place. Vana's beautiful design is backed up by a smart fusion of ancient and cutting-edge wellness techniques, delicious cuisine and thoughtful service. Named after the forest, Six Senses Vana aims to protect and nurture, providing space to discover and flourish. Ayurveda, Yoga, Tibetan Medicine, and Natural Healing Therapies combine with a kind-hearted team and personalized support. Every stay at Six Senses retreat in Dehradun includes full-board accommodation with all meals provided and prepared with guided nutrition; daily retreat activities such as yoga, meditation, workshops, and functional fitness; wellness consultation and screening; daily treatments and attire to wear.

**Programs:**

**Yogic Detox | Tibetan Medicine | Ayurvedic Panchakarma | Yoga | Detox |  
Weight Management**



WELLNESS

# ANANDA IN THE HIMALAYAS

**Region: North India**  
**Location: Dheradun**

It is hard to put the Ananda experience into words, but what it comes down to is: you will feel like a king or queen in the maharaja palace, immerse into ancient Indian healing practices, experience an environment and energy that is nowhere else to be found, become part of the warm-hearted Ananda family and leave balanced, energetic – and deeply enchanted.

Ananda in the Himalayas offers the perfect marriage of a profoundly beautiful and spiritual location with a well-balanced program of treatments and practices, in a luxurious resort. It has earned a reputation as one of the world's best health and wellbeing retreats. Ananda in the Himalayas is a total experience for anyone wishing to heal, cleanse, relax and revitalize, restore balance, and embrace holistic wellbeing.

## Programs:

**Yogic Detox | Panchakarma | Ayurvedic Rejuvenation & Immunity Booster |  
Weight Management | Stress Management | Chronic Pain Management |  
Holistic Detox | Sleep Enhancement | Fertility Enhancement**



WELLNESS

# SUKHVILAS SPA RESORT

**Region: North India**  
**Location: Chandigarh**

Chandigarh, designed by the Swiss architect Le Corbusier, is India's first planned city and boasts sprawling parks, landscaped gardens, a lake, an excellent golf course and a UNESCO World Heritage Site.

Against a backdrop of the Siswan Forest Range and the foothills of the Himalayas, The Oberoi Sukhvilas Spa Resort presents a landscape of beautiful gardens with fountains, reflection pools and traditional architecture. Listed as 'One of the World's Greatest Places' by TIME Magazine in 2018, Sukhvilas has been carefully designed with your utmost comfort in mind. Be it a weekend retreat or a month-long detox, the personalised Ayurvedic and wellness programmes are complemented by accommodation in spacious villas and luxury tents, fine seasonal cuisine, mindfulness activities in the surrounding forest and sincere commitment to your wellbeing.

## Programs:

Alqvimia Experiences | Body Treatments | Absolute Beauty Facials |  
Hammam Scrubs | Hands, Feet & Hair | Ayurveda



WELLNESS

# NEELESHWAR HERMITAGE

**Region: South India**  
**Location: Kasargod**

This hidden tropical destination, set in a secluded palm grove beside the Arabian Sea in Northern Kerala, is quietly changing the understanding of what a holiday really means. The resort is stunning in every way, with comfortable rooms, all beautifully designed and influenced by local fisherman's huts, an excellent spa and unparalleled seafood at the beachside restaurant. The Hermitage offers its guests a utopia far removed from the pressures of everyday living, and a chance to enjoy the essence of authentic India: her friendliness, hospitality and serenely balanced lifestyle. The Ayurvedic spa, huge infinity pool, luxuriant gardens and delicious variety of food in two restaurants all combine to induce a sense of complete relaxation and harmonious wellbeing. Unobtrusive individual service and meticulous attention to detail are everywhere in this luxury resort, turning your holiday into 'a holy day' where time stands still.

**Programs:**  
Yoga | Ayurveda treatments



WELLNESS

# SURYA SAMUDRA

**Region: South India**  
**Location: Trivandrum**

Perched on a dramatic cliff edge flanked by secluded beaches, Surya Samudra celebrates its natural surroundings. A Relais & Châteaux property, this Kerala Ayurveda retreat is dotted with traditional Keralite heritage cottages that nestle in the shade of breezy coconut palms. Whether by the pool or at the restaurants, guests staying at this retreat in Kovalam can savour spectacular views of the Arabian Sea at one of South India's most pristine locations. The retreat houses ten dedicated Ayurveda rooms offering holistic treatments, combining best practices of Ayurveda.

The award-winning Niraamaya spa recognized as one of the best 5 star luxury ayurvedic heritage resort in Kerala will rejuvenate you in mind, body, and soul where guests are guided on a personalized path to rejuvenation.

#### Programs:

Rejuvenation | Weight Management | Panchakarma | Stress Management |  
Bone And Joint Care | Back Pain Management | Yoga Retreat | Meditation



WELLNESS

# SWASWARA

**Region: South India**  
**Location: Gokarna**

Inspired by the first sound of creation, OM, the resort in Gokarna on Om Beach is a perfect setting to enable one to hear the 'voice of the inner self'.

Set in wilderness on the shoreline of the Konkan Coast, SwaSwara is cast in the colours of the earth and its form and spirit celebrates simplicity and purity, in keeping with the ethos of a well-being holiday. SwaSwara is a sanctuary for your Prakruti or the innermost nature of an individual - that special blend of qualities and features that grant it uniqueness! Its goal is to offer a time away from all the clutter in your life and transport you into a nurturing space that is calming, renewing and exhilarating for you and your loved ones.

**Programs:**  
**Swa Well-being - SwaSwara's signature programme**



WELLNESS

# PRAKRITI SHAKTI

**Region: South India**  
**Location: Panchalimedu**

Cocooned in the beauty and serenity of nature, Prakriti Shakti takes you on a metamorphic journey where the healer in you lets you break away from the ignorance and the chaos of an unhealthy way of living and transform into a state of inner harmony and calmness.

The lush green hills of Panchalimedu lead you to a haven for holistic healing. As you soak in the goodness of a pristine environment away from the hustle and bustle of everyday life, we guide you through a transformative journey. A journey that lets you discover a life in tune with nature. A meditative pause from the stressful and mindless lifestyle of modern times. A chance to listen to your body, mind and spirit and feel the real sense of well-being. Nature inspires and protects you as you prepare to embark on a healing experience that unfolds within you.

**Programs:**

Diabetes | Hypertension | High cholesterol | Weight Management | Stress | Obesity |  
Naturopathy detox | Cardiac health



WELLNESS

# SHREYAS RETREAT

**Region: South India**  
**Location: Bengaluru**

Shreyas is recognised as one of the finest wellness retreats in the world and they are dedicated to promoting healing the body, mind and soul through authentic Ayurveda, Panchakarma, Naturopathy and spiritual tradition of yoga in a holistic manner. What makes Shreyas unique is the right blend of all the 3 streams of healing sciences. Whilst yoga is taught in traditional ashram style with daily yoga, meditation sessions, chanting classes, gourmet vegetarian cuisine and no alcohol; guests live in a luxurious environment normally associated with a star hotel and engage in community service. Shreyas enable guests to integrate the manifold facets and benefits of yoga into their daily lives without the austerity and rigour usually associated with ashrams. With only 14 cottages spread over 25 acres of landscaped greenery, water bodies and organic gardens - guests can commune with nature and benefit from its healing power.

## Programs:

Musculoskeletal | Psychosomatic disorders | Gastrointestinal disorders | Sleep disorders  
Respiratory disorders | Circulatory system disorders | Geriatric disorders |  
Kidney and urinary system disorders | Gynaecological disorders | Immune disorders



WELLNESS

# SOUKYA

**Region: South India**  
**Location: Bengaluru**

SOUKYA's 30 acre Organic Farm is a holistic health destination to restore your body's natural balance of mind, body and spirit. This first-of-its-kind healing sanctuary practises a treatment approach that integrates different traditional, time-tested and natural systems of medicine like Ayurveda, Homeopathy, Yoga & Naturopathy and other complementary therapies. In the age of super-specialisation where human beings are often viewed as a conglomeration of organs, it is crucial to understand ourselves as multi-dimensional beings with a body, mind and spirit. These interconnected dimensions need to be in perfect harmony to ensure real well-being. SOUKYA, Dr. Mathai's International Holistic Health Centre, Bangalore is a residential medical institute with a focus on health promotion, early intervention and treatment of illnesses, offering wellness and medical treatment programmes that addresses lifestyle issues like addiction and rare and complex conditions.

**Programs:**  
Ayurveda | Homeopathy | Yoga | Naturopathy



WELLNESS

# CARNOUSTIE

**Region: South India**  
**Location: Mararikkulam**

Set on the shores of the mesmerizing Arabian Sea, Carnoustie Ayurveda and Wellness Resort just 12 km away from the world famous backwaters of Alappuzha, provides you the best of 'God's own country' and is meticulously designed to be a perfect restful and rejuvenating escape.

Carnoustie Ayurveda and Wellness Resort offers exquisitely furnished villas complete with private pool and timber laden decks. Nestled amidst lush tropical greenery, all villas are designed to provide a perfect tranquil retreat and allow guests to experience the rare luxury of space and serenity amidst nature. Each villa is a secluded sanctuary, thoughtfully designed to embody the tranquility of its surroundings.

**Programs:**

**Detox | Weight Loss | Ant Ageing | Rejuvenation | Healing | Diabetic Management | Pain and Injury management | Geriatric care | Women's Health care**



WELLNESS

# ATMANTAN

Region: West India  
Location: Pune

Atmantan is an integrated wellness solution to your specific life enhancement goals. This wellness destination offers its guests 13 scientifically researched and customised all-inclusive wellness programs. All the wellness retreats & packages at Atmantan are synergistic and have been scientifically designed to target the guest's specific needs and goals; they are highly personalized and are tailored by their wellness doctors to every individual's requirements.

Nestled on a unique crystal hill, spanning 42 acres of lush green valley, Atmantan, has its abode in the Majestic Sahyadris, overlooking the pristine Mulshi Lake. It is the ultimate destination for reconnecting with yourself, revitalizing your body and refreshing your mind. It is a place for transformation.

## Programs:

Lifestyle Management | Ayurveda | Weight Balance | Emotional Healing | Yoga |  
Injury Management | Disease Management | Radiance Ritual - Pre-Wedding Retreat



WELLNESS

# AMAL TAMARA

**Region: South India**  
**Location: Alleppey**

Creating a symphony between contemporary Ayurveda with the comforts of modern-day luxuries, this escape is not for the wayfarer. Instead, it is an abode for individuals looking for a transformative lifestyle change. Amal Tamara, complete with its simplistic and thoughtful Kerala architecture-inspired accommodations, believes in the philosophy of Chikitsa Chatushpada — a unique Ayurvedic concept that aims to create a synergy between the physician, patient, therapist, and medicine for curative programmes. Rest all your senses and immerse yourself in the peace and quiet of Alleppey, enjoy glimpses of the rich local culture, and detox with fresh, wholesome, vegetarian meals, prepared specially for your needs, as directed by your consultations with the Ayurveda experts. Amal Tamara offers the perfect ambiance to achieve the balance of body, mind, and spirit.

#### Programs:

**The Anti-Aging and Rejuvenation | Weight Management | Panchakarma | Immunity Booster | Derma Care | Eye Care | De stress | Ortho Care | Yoga**



WELLNESS

# NATTIKA BEACH RESORT

Region: South India  
Location: Nattika

Nestled along the serene Nattika Beach in Kerala, The Nattika Beach Ayurveda Resort offers an idyllic escape where the calming sounds of the Arabian Sea meet the rich heritage of Ayurvedic wellness. This sanctuary is spread across 16 acres of lush coconut groves, providing a perfect blend of luxury, nature, and holistic healing. At the heart of The Nattika Beach Resort's offerings is its commitment to authentic Ayurvedic healing. The resort's Ayurveda centre, Swastha, is renowned for its comprehensive wellness programs. Skilled practitioners provide personalized treatments that focus on restoring the natural balance of the body and mind. Each guest receives tailored therapies that incorporate Ayurvedic principles, alongside dietary guidance and lifestyle recommendations.

Programs:  
Customized Ayurveda treatment | Yoga



WELLNESS

# KALARI RASAYANA

**Region: South India**  
**Location: Kollam**

An expansive feeling of oneness with the environment, an all pervading sense of openness that envelopes your body and spirit, a gentle throwback to a quieter pace of life where Nature is an ever tangible presence. At Kalari Rasayana, the journey to healing is filled with many discoveries. Located in the heart of Paravoor village in Southern Kerala, this NABH accredited hospital is nestled in verdant nature, surrounded by thick coconut groves and floating mini-islands. Spread over 8 acres of coconut grove land, Kalari Rasayana offers 22 rooms well-equipped with modern amenities and a clinic with 11 treatment rooms. The living space at Kalari Rasayana complements the healing process with its nurturing and warm environment and an unobtrusive, quiet adherence to discipline.

## Programs:

Complete Detox | Stress Management | Weight Management |  
Ayurveda Immunity Boosting| Specific Ailments and Conditions



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ANDTHEN  
*explore experiences*

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