

AYURVEDIC RESET

FROM
10 NIGHTS



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Kaivalya

wellness sojourns by AndThen travels



COCHIN | 3 Nights

Set foot into Fort Kochi and you will be instantly transported to a different time period. This place is steeped in the history and culture of all who have occupied it through the ages. Its roots and essence are unique in its diversity. Set on a magnificent estuary, serene Kochi has been drawing traders, explorers and travellers to its shores for over 600 years. Nowhere else in India could you find such an intriguing mix: giant Chinese fishing nets, a 450-year-old synagogue, ancient mosques, Portuguese and Dutch colonial-era houses, and the crumbling remains of the colonial British Raj.

HOTEL ENVISAGED



HIGHLIGHTS

- Fort Kochi Harbor
- Mattancherry Dutch Palace
- Jewish Synagogue
- Sunset cruise

CASINO / SIMILAR



NATTIKA | from 7 nights

Nattika is a small village in Thrissur district of Kerala state, South India. It is centrally located about 25 km from Thrissur, Kodungallur, Irinjalakuda, Chavakkad, Kunnamkulam and Guruvayur. Nattika is beside the Arabian Sea. Nattika Beach, located in the serene district of Thrissur in Kerala, is quickly becoming a must-visit destination for travelers seeking both relaxation and cultural immersion. Known for its pristine golden sands, swaying coconut palms, and crystal-clear waters, Nattika offers the perfect escape from the bustle of everyday life. What truly sets it apart, however, is its deep-rooted connection to Kerala's rich cinematic and cultural heritage.

HOTEL ENVISAGED



HIGHLIGHTS

- Ayurveda program
- Yoga
- Beach

NATTIKA BEACH RESORT



NATTIKA BEACH RESORT

Nattika's extensive property in the middle of 16 acres of lush coconut groves and luxurious gardens merges perfectly with nature to become a space of pure bliss. The contrast offered by being completely bordered by an infinite beach of fine sand is all you will need to make your stay an idyllic experience. Every part of Nattika inspires calm and serenity.

The long sandy beach and the wonderful sea views with a traditional Kerala design of all 52 villas complement the Ayurveda experience curated here. Staying in Nattika is a fabulous experience by itself. Adding the personalized healing of your body, mind and soul through your daily Ayurveda treatments, a yoga practice, and a healthy diet will exceed all the expectations you have of a wellness retreat.

Programs - Rejuvenation (from 7 nights) | Panchakarma (from 14 nights) | Weight Reduction (from 14 nights) | Detoxification (from 14 nights)



TOUR COST & BOOKING INFORMATION

PRICE DETAILS

FROM EURO 3700 P.P

Prices are in EURO per person and exclude international flights. This trip price is based on double accommodation and may change depending on availability of hotels, currency fluctuations and number of people traveling together.

This is only a Quotation & NO BOOKINGS HELD. Contact us to customize this itinerary and for final cost.

BOOKING AND PAYMENT

To secure your reservation, a non-refundable deposit is required at the time of confirmation. The remaining balance must be paid in full as per the specified deadline communicated by the company.

Detailed booking information will be provided at the time of confirmation

TRAVEL INSURANCE

It is mandatory to have valid travel insurance that covers medical expenses, trip cancellation, and personal belongings.

PASSPORT AND VISA REQUIREMENTS

Guests are responsible for ensuring they possess a valid passport with a minimum validity of six months from the date of entry into India. Guests must obtain the necessary visas or travel permits required for entry into India before the trip commence.



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