Kairali - The Ayurvedic Healing Village

Panchakarma – 7N

Panchakarma at Kairali – The Ayurvedic Healing Village is a physician-guided Ayurvedic detoxification programme designed to support the body's natural balance and overall wellbeing. The programme begins with an individual Ayurvedic consultation, after which the physician recommends suitable therapies based on the guest's constitution and health requirements. Treatments may include therapeutic oil massage, herbal steam therapy, and selected cleansing procedures such as Virechana or Basti, when medically appropriate. The programme is complemented by a personalised Ayurvedic diet, yoga, meditation and a structured daily routine. The official programme lists a minimum stay of 14 nights, with the final treatment plan determined by the Ayurvedic physician.

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**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**

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Cost:

Single - Euro 2163

Double - Euro 3860

Package Inclusions:

- **A Warm Welcome:**Sip on our signature herbal detox drink as you settle into your serene retreat.
- **Luxury Stay:** Unwind in private, eco-friendly villas designed for tranquility, blending traditional charm with modern comforts.
- **Farm-to-Table Meals:** Meals: Enjoy freshly prepared vegetarian or vegan meals tailored to your wellness consultation (breakfast, lunch, and dinner)
- **Hydration Wellness:** Daily in-room mineral water (1 bottle per person) + unlimited herbal-infused detox water.
- **Daily Rejuvenation:** Two Ayurvedic therapies per day, including herbal steam baths to restore balance. (Note: Preventive Health & Regenerative Program includes one therapy per day.)
- **Post-Treatment Refreshments:** Enjoy freshly prepared juices or calming herbal teas after every session.

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- **Morning Yoga:** Start your day with group sunrise yoga sessions.
- **Evening Meditation:** Wind down with group guided mindfulness sessions in the evening.
- **Ayurveda & Yoga Wisdom:** Weekly interactive workshops on holistic living, led by expert practitioners.
- **Craft Your Wellness:** Join our Weekly fun, hands-on Ayurvedic cooking classes by in-house chefs.
- **Local Experiences:** Weekly organic farm tours, village walks, and sunset nature trails to connect with Kerala's culture.
- **Leisure & Wellness:** Access to our Swimming pool, Library, Gym, and Outdoor Facilities.
- **Personalized Care:** Daily wellness check-ins with your Ayurvedic doctor to tailor your journey.

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