



## **KERALA - WELLNESS HOLIDAY 1 - 10N / 11D**



### **ITINERARY**

Wellness Holiday : 10N/11D

Day 01 Cochin - Periyar

Arrive Kochi. You will be greeted with warm welcome.

Morning drive to Periyar (180 kms). Upon arrival check-in at Spice Village Resort Visit the resident "Vaidya"(Ayurveda Doctor) for consultation. Overnight at hotel.



Day 02 till Day 08 : Ayurvedic Therapy at Spice Village  
Seven days Ayurvedic Therapy - the resident doctor after consultation, plans your programme and will also suggest your diet and the therapy commences in right earnest.

Please remember that during this period you should not exert yourself and for best result no alcohol, no tobacco and strict vegetarian diet.

The therapy involves various herbal massages, steam baths and yoga. If you follow all the directions of the "VAIDYA", we can assure you that you will come out totally relaxed and a great feeling of wellness. Overnight at hotel.

Day 09 Periyar

The Rejuvenation Therapy is over, but it is best to relax and allow your body to re-adjust after one week of massage. Overnight at hotel.

Day 10 Periyar - Cochin

Your last day at Periyar, perhaps you could do a boat safari in lake Periyar and try to catch a wild elephant.  
After lunch drive to Cochin. Check-in at Hotel Casino/Brunton Boat Yard. Overnight at hotel.

Day 11 Depart Cochin Morning  
Transfer to the airport for flight back home.