

10 Days | Ayurveda, Nature & Backwaters

9 nights, 10 days

Overview

Kerala Rejuvenation Journey

Ayurveda • Nature • Slow Travel

Escape to the lush landscapes of Kerala, often called **God's Own Country**, where ancient Ayurvedic traditions, tropical nature, and peaceful backwaters create the perfect environment to restore your body and mind.

This Signature Wellness Journey is designed for travelers who want to disconnect from everyday stress and reconnect with themselves through authentic Ayurveda, gentle yoga, healthy cuisine, and immersive cultural experiences.

Unlike a traditional sightseeing tour, this itinerary balances exploration with relaxation, allowing you to experience Kerala at a slower, more meaningful pace.

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Itinerary

Inclusions

Luxury accommodation

Private vehicle

English-speaking driver

Breakfast & dinner

Houseboat stay

Ayurvedic consultation

Daily treatments

Yoga classes

Airport transfers

Exclusions

Highlights

- Private airport transfers
- Boutique hotels & luxury wellness resorts
- Authentic Ayurvedic consultation
- Personalized wellness treatments
- Daily yoga & meditation
- Tea plantations in Munnar
- Wildlife at Periyar National Park

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- Private houseboat cruise in Alleppey
- Healthy Kerala cuisine
- Local village experiences

Why Choose This Journey?

This itinerary combines Kerala's most beautiful destinations with authentic wellness experiences, giving you time to relax while still discovering local culture.