

# OM WELL NESS TOURS

Popularity of Ayurveda and wellness tours is turning out to be an important cause for a tourism boom in India. Kerala is the only state which practices this system of medicine with absolute dedication in India.

Around 600 BC in India a new system of medicine evolved. A system that in addition to treating an ailment, stressed on its prevention. A system that came to be called Ayurveda. This tradition of health and care ( wellness ) was followed by the Dravidians and Aryans alike and has been practiced ever since. In the 5th century, there are historical references of some sort of a crude system of healing prevalent in Kerala.

Today, Ayurveda is an indispensable branch of medicine - a complete naturalistic system that depends on the diagnosis of your body's humours - vata, pitta and kapha - to achieve the right balance. We have various wellness tours of Kerala and Goa.

## **Day 1 Mumbai**

Flight to Mumbai.

## **Day 2 Mumbai**

After arrival in Bombay, meet and greet at the airport and transfer to the hotel. After short sleep and breakfast, half day city-sightseeing of Bombay with visit to the Prince of Wales Museum (Monday closed), Marine drive, Mani Bhawan (Gandhi House), Flora Fountain, Kamla Nehru Park and finally to the Hanging gardens. Afternoon is free. Dinner and overnight in hotel.

## **Day 3 Mumbai / Trivandrum / Kovlam – Ayurvedic Resort**

After breakfast transfer to the airport for flight to Trivandrum. After arrival at the airport, meet and greet at the airport and transfer to the Kovlam.

## **Day 4 Ayurveda Center ( Somatharam Ayurvedic Beach Resort )**

After breakfast meeting with the Resort 's Ayurveda doctors for a long interactive session, during which they would like to know all the detailed aspects about your wellness, lifestyle, food habits, working habits and other specific body ailments, if any, etc. This would then enable them to decide about the next course of action and the types of different massages most suitable to you. In the afternoon, the first of the general rejuvenation massages shall begin for you. Dinner and overnight in hotel.

## **Day 5-10 Ayurveda Center**

Ayurveda, the science of life, is almost as old as the Indian civilization. It's holistic approach, the efficacy of its therapies and the absence of distressing side-effects are some of its salient features. The seven most common therapies adopted for your rejuvenation package are known in the local dialect as Abhyanga, Elakizhi, Njavarakizhi, Pizhichil, Udhwardhanam, Dhara and Nasyam. You can de-stress your body and rejuvenate yourself in the sylvan, soothing and serene surroundings of either of these centres.

For Kerala's equable climate, natural abundance of forests (with a wealth of herbs and medicinal plants), are best suited for Ayurveda's curative and restorative and wellness programmes.

The seven day package offered to you includes Body Massage combined with medicated steam bath and medicated bath, Pizhichil and Njavarakizhi.

**Day 01 of the package:** Body massage - is done with medicated oils as per the conditions of the individual for 60 - 90 minutes. This is intended to rejuvenate body and mind, to tone the skin, increase circulation.

**Day 01/02/03** of the wellness package: Pizhichil - It is a special massage done by two persons and is a Sudation as well as a Oelation Therapy. About 4 - 5 liters of lukewarm medicated oil, selected according to body constitution and illness is squeezed from a cloth over the body continuously for about 45 - 60 minutes for three days. This treatment tones up the body, increases circulation, nourishes the muscular and nervous system and expels the metabolic wastes through the skin.

**Day 04/05/06** of the package: Njavarakizhi - It is a cotton bag massage performed with a bag filled with "njavara" rice, cooked in milk and herbal decoctions. This is a nourishing treatment and is indicated in all types of neurological and arthritic complaints.

### **Day 11 Ayurveda Center / Houseboat**

After breakfast, drive to the Boat jetty, where your houseboat with its crew awaits your embarkation thereon. Thereafter a very soothing backwaters boat-cruise through lush green sylvan and serene surroundings and tranquil waters. Your personal cook will serve you the fresh catch of the day with pleasure. Your house-boat can anchor at any place of your choice and you can take a short stroll on the banks of the backwater canals of your choice amidst swaying palms and chirping birds. Dinner and overnight on the houseboat.

### **Day 12 Houseboat / Cochin**

After breakfast and bidding farewell to your boat and it's crew, drive back to Cochin. After checking into the hotel, in the early evening enjoy a live performance of the local classical Kathakali dance. Dinner and overnight in hotel.

### **Day 13 Cochin Departure**

After breakfast Transfer to the airport for flight to onward destination.