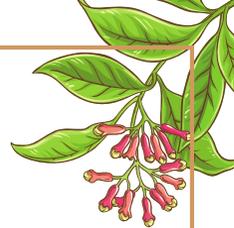




Where Healing Begins

WAYANAD AYURVEDA HERITAGE HOSPITAL

Wayanad, Kerala



ADORN YOUR HEALTH WITH AYURVEDA

Wayanad Ayurveda is an Ayurveda Heritage Stay nestled amid the luxurious greenery of a coffee plantation and nestled on the lap of the Western Ghats.

It has all the elements necessary to rejuvenate the body and mind.

www.wayanadayurveda.com



ADDING HEALTH TO YOUR LIFE NATURALLY

Wayanad Ayurveda lies amidst 10 acres coffee plantation, about 2 Km from Kalpetta, the capital of Wayanad. It's a 'Nalukettu' traditional Kerala home architecture with a huge herbal garden hosted by Ayurveda Doctor. We offer you Ayurveda in its purest form including diet, Yoga, Meditation, Ayurveda treatment, and medicines prepared by ourselves.

Wayanad is considered one of the honeymoon destinations in south India. On one side is the Chembra Peak, one of the highest peaks in Kerala and on the other side is the Manikkunnu Hills, a divine mountain known for the sacred presence of God Vishnu with a tiny jungle shrine. One can view the clouds flowing across Chembra Peak which is clad in a thin cover of mist for most of the time.





LETS YOU LIVE BETTER

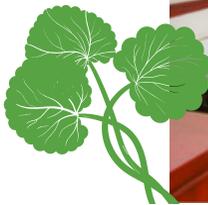


We focus on the complete health of the individual both body and mind. We follow an Ayurveda diet and daily regimen with yoga and meditation.

We integrate traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmonize energy.

Facilities

1. Daily Doctors consultation
2. Morning Yoga classes
3. Air-conditioned rooms with attached toilet
4. Unlimited High-speed internet
5. Satwik pure vegetarian Food.
6. Dinacharya - daily regimen (Ayurveda daily routine following)
7. 24 hours power supply
8. 24 hours hot water facility
9. Living space to sit and read
10. Ayurveda treatments





HERBAL TREATMENT IS LUXURY AT A LOW COST

PANCHAKARMA RELAXATION PACKAGE 3 Days

Rs. 18000 INR

Panchakarma rejuvenates the entire being and includes five major procedures that help purify the body by eliminating accumulated toxins. Panchakarma can be administered to both a healthy as well as an unwell person. When a healthy person undertakes this treatment, it has a preventive, restorative and rejuvenating effect on the body. In this package after consultation doctor choose the required panchakarma procedure for your body types

Treatments include: Full body Ayurvedic medicinal oil massage, Nasya, Virechana, Pathrapotala sweda, Herbal steam bath, Sirodhara.



PROFESSIONALS PACKAGE 5 Days

Rs. 27000 INR

People who are working continuously with computers, driving, and writing, for a long period, are very prone to the cervical spine and stress-related problems, like cervical spondylosis, numbness of shoulders and hands, headache, migraine etc. This package is a combination of these Ayurvedic therapies for preventing such work-related problems.

Treatments include Full body Ayurvedic medicinal oil massage, Special head neck and shoulder massage, Choornapinda sweda, Herbal steam bath, and Sirodhara.



SPECIAL DETOX- REJUVENATION PACKAGE 5/7 Days

Rs. 5500 INR /DAY

This rejuvenating remedy bestows an individual with longevity, memory, intelligence, health, youthfulness, good complexion and voice, and sensory and motor strength. The main purpose of this therapy is to remove toxins from the body and preserve the youth and longevity of the individual.

Treatments include Abhyanga Bashpa Sweda, Virechana, Udwarthana/Patrapotala swedanam, Pizhichil / jvavara kizhi, Shirodhara, Ayurveda face care, Ayurveda Eye care



STHOULLYA HARA (Weight Reduction) 7/14/21 Days

Rs. 5000 INR /DAY

Losing weight, feeling freer and more comfortable as well as preventing the harmful effects that can occur due to being overweight – are the goals of this special Ayurvedic treatment. Traditional medicinal herbs play a central role in this treatment: they unfold their effect in powder massages, oils, steam baths and medicines. Individual and varied nutrition supports the treatment.

Treatments include Abhyanga Bashpa Sweda, Virechana, Udwarthana, Dhanyamla Dhara, Purgation therapies, and Special medicated enema.



VAYOJANA PACKAGE(For old ages) 7/14/21 Days

Rs. 5500 INR /DAY

Old age is generally termed as second childhood and also is the time of various health problems which may arise due to weakness of muscles and other lifestyle diseases. And all types of problems occur in joints because of the drying up of synovial fluid, the vital organs slow down their work, the nervous system becomes fragile, and the arteries lose their softness. And because of all these reasons the person is exposed to ailments like high blood pressure, insomnia, rheumatism, osteoarthritis, diabetes etc. by ayurvedic treatments, we can prevent diseases due to ageing.

Treatments include Full body Ayurvedic medicinal oil massage, Herbal steam bath, Njavarakkizhi for rejuvenation, Pizhichil, whole body to nourish the joints, Sirodhara, Netra kshalanam and Aschyothanam (eye care), Karna dhoopanam (ear care)



DAILY ROUTINE

- Wake Up:7.00 AM
- Ayurveda Daily Regimen:7.15 AM
- Agnihotra: Udayam (15 min before and after sunrise)
- Yoga:7.30 to 8.30 AM
- Breakfast : 9.00 AM to 9.30AM
- Herbal Juice:11.30 AM
- TREATMENT: 10 AM to 4 PM
- Lunch:12.00 to 1.00 PM
- Tea Time: 4.00 to 4.30 PM
- Nature Walk: 4.30 to 5.30 PM
- Agnihotra: Asthamayam (15 min before and after sunset)
- Dinner: 7.00 to 8.00 PM
- Light Off:10.00 PM



Complimentary Services

1. Pickup and drop from Kalpetta Bus Station
2. Airport/Railway station pickup for guests who stays more than 14 days
3. Wayanad day tour in every 7 days stay



PLACES TO VISIT IN WAYANAD



Pookode Lake



Banasurasagar Dam



Edakkal Caves



Kuruva Island



Chembra Peak



Tholpetty Wildlife Sanctuary



Soochipara Falls



Thirunelli Temple



Karlada Lake

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