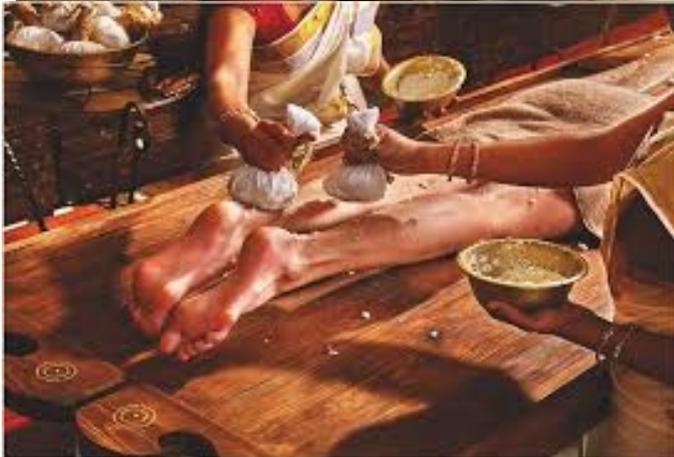


## NORTH INDIA WITH AYURVEDA PACKAGE

Delhi – Jaipur – Agra - Kovalam

*“Welcome to a journey of balance and renewal”*



This program combines the cultural, historical, and spiritual heritage of North India with a classical Ayurvedic retreat in Kovalam, where guests may choose time-honored treatments based on ancient healing traditions.

This package is ideal for travelers seeking authentic Ayurveda, spiritual well-being, and a deeper understanding of India's cultural roots.

## Day 01 – Arrival in Delhi

Arrival at Delhi International Airport. After completing immigration formalities and collecting baggage, you will be met at the Arrivals Terminal and transferred to your hotel.

Hotel check-in upon arrival (standard check-in time: 14:00).

Delhi, the capital of India, is the main gateway to the country. Modern Delhi is a bustling metropolis that blends ancient heritage with contemporary life. Amid towering skyscrapers stand historic monuments that silently reflect the region's rich past. The first impression during the airport transfer reveals a garden-like city surrounded by trees and beautiful parks.

In the evening, we attend an **Aarti ceremony** to receive blessings for health, peace, and a positive beginning to our journey.

In Indian culture, every new journey or project begins with an Aarti ceremony and the application of a **tika**—a sacred mark on the forehead made from colored powder, kumkum, or sandalwood paste.

**Overnight:**Delhi**Meals:** Breakfast

## Day 02 – New Delhi

Breakfast at the hotel.

Morning exploration of **Old Delhi**, visiting key historical and cultural landmarks. Visit **Raj Ghat**, the memorial dedicated to Mahatma Gandhi. Continue through the **Rashtrapati Bhavan** area, home to major government buildings and the national parliament, and pass by **India Gate**, an iconic symbol of British-era architecture. Visit the **Salt March Memorial** and **Connaught Place**, the commercial heart of the city.

Later, visit the Sikh temple **Bangla Sahib**, a place of peace and spiritual connection. Conclude the day at **Swaminarayan Akshardham Temple**, the largest Hindu temple complex in the world.

**Overnight:**Delhi**Meals:** Breakfast

## Day 03 – New Delhi to Jaipur (256 km)

Breakfast buffet at the hotel.

Drive to **Jaipur**. During the journey, guests may interact freely with the guide to learn more about Indian culture, traditions, rituals, and history.

Jaipur, the capital of Rajasthan, is a romantic land of grand palaces, mighty forts, and royal maharajas, set on the edge of the western desert. Known as the **Pink City**, Jaipur was painted pink in 1856 to welcome Prince Albert during his state visit.

Arrival in Jaipur, hotel check-in, and rest.

**Overnight: Jaipur Meals: Breakfast**

**Day 04 – Jaipur – Amber – Jaipur**



Breakfast buffet at the hotel.

Morning participation in a **Hawan ceremony**, a Hindu fire ritual performed to attract positive energy and cleanse negative influences.

Visit **Amber Fort**, explore the palace complex including Jag Mandir, Jai Mahal, and the Kali Temple with its gardens. Built in 1592 by Raja Man Singh I and completed by Jai Singh I, Amber Fort showcases a magnificent blend of Mughal and Hindu architecture. An optional elephant or jeep ride may be available for the ascent to the fort (subject to regulations).

In the afternoon, explore local markets and visit textile workshops producing traditional Jaipur designs. Later, attend the **Aarti ceremony at Birla Temple**, followed by a traditional dinner with **folk dances of Jaipur**.

**Overnight:** Jaipur**Meals:** Breakfast

**Day 05 – Jaipur – Abhaneri – Agra (236 km)**



Breakfast buffet at the hotel.

Drive to **Agra**,

In the afternoon, visit the **Taj Mahal** (closed on Fridays), a timeless monument of love built by Emperor Shah Jahan in memory of his wife Mumtaz Mahal. Constructed over 22 years, this white-marble masterpiece is one of the Seven Wonders of the World.

Hotel check-in upon arrival.

**Overnight:**Agra**Meals:** Breakfast

**Day 06 – Agra – Delhi – Cochin – Kovalam**

Breakfast buffet at the hotel. Drive to Delhi Airport from Agra to connect the flight to Cochin.

Arrive in Cochin in the morning. Upon arrival, you will be met and assisted, followed by a transfer to your hotel at Kovalam where you will receive the Ayurveda Treatment.

**Overnight:** Hotel in Kovalam - The Travancore Heritage



**INCLUDED (NORTH INDIA)**• Airport assistance with traditional garlands and transfers• Private luxury transportation with chauffeur• 5 nights' accommodation in double rooms as per itinerary with breakfast: Delhi / 2 nights / Park Plaza Shahdara or similar. Jaipur/2 nights /Sarovar Portico or similar. Agra / 1 night / Royal Sarovar or similar /Breakfast• Daily breakfast at hotels• All entrance fees as per itinerary• English-speaking escort guide throughout the tour• 24/7 assistance in Spanish• Bottle of mineral water per person per day• Rickshaw ride in Old Delhi• One dinner with traditional Indian dance show in Jaipur• All applicable taxes, tolls, and parking fees

#### **AYURVEDA PACKAGE INCLUDES**

- Accommodation Beach Grove / Heritage Home rooms in
- Daily Ayurveda treatments (2.5 hours per day)
- Ayurveda meals (full board)

- Daily consultation with an Ayurveda doctor
- One yoga session daily

## **AYURVEDA TREATMENTS (OPTIONS)**

- Relaxation Program (minimum 3 nights required)
- Stress Relieving Program (minimum 7 nights required)
- Rejuvenation Program (minimum 14 nights required)
- Rejuvenation Program with Panchakarma and daily regimens (minimum 14 nights required)
- Rejuvenation Program for age-related disorders (minimum 14 nights required)
- Panchedriya Shodana – purification of the sense organs (minimum 14 nights required)
- *Spine and Neck Care Program (minimum 7 nights required)*
- *Slimming Program (minimum 21 nights required)*
- *Customized Immunity Program (minimum 14 nights required)*

## **DETAILS OF THE PROGRAMS**

### **Relaxation Program - 3, 5 & 7 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping oil over the forehead), Podikizhy (Powder bolus massage), Chavutti thirummu (Foot massage), Ksheeradhara, (Medicated milk bath), Njavarakizhy (Njavara rice bolus massage), Padabhyangam (Massage Of the feet), Head Neck and Shoulder Massage, Herbal Facial.

## **Stress Relieving Program -7 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping oil over the forehead), Podikizhy (Powder bolus massage), Elakizhi (Leaf Bolus Massage), Chavutti thirummu (Footmassage), Ksheeradhara, (Medicated milk bath), Thalam ( application of herbal paste over bregma area), Nethra Sekam (Treatment for eyes), Herbal Facial.

## **Rejuvenation Program - 14, 21, 28 & 35 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping oil over the forehead), Pizhichil (Oil Bath), Podikizhy (Powder bolus massage), Elakizhi, (Leaf bolus massage), Chavutti thirummu (Footmassage), Ksheeradhara, (Medicated milk bath), Njavarakizhy (Njavara rice bolus massage), Kateevasthi (Treatment for the back), Pichu (Localised joint treatment), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Karnadhoopanam (Fumigation of the ears), Kabalam (Mouth wash).

## **Panchakarma Package with Rejuvenation And Daily Regimens - 14 ,21 ,28 & 35 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping oil over the forehead), Pizhichil (Oil Bath), Podikizhy (Powder bolus massage), Elakizhi, (Leaf bolus massage), Narangakizhy (Lemon bolus massage), Udwarthanam (Powder Massage), Chavutti thirummu (Foot Massage), Ksheeradhara, (Medicated milk bath), Njavarakizhy (Njavara rice bolus massage), Kateevasthi (Treatment for the back), Pichu (Localised joint treatment), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Netrasekam (Eye treatment), Anjanam (Eye treatment), Nethra Tharpanam (Eye treatment), Karnadhoopanam (Fumigation of the ears), Kabalam (Mouth wash), Thalam, Herbal Facial.

## **Panchendriya Shodhana - 14 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping of oil over the forehead), Udwarthanam (Powder Massage), Ksheeradhara, (Medicated milk bath), Nasyam (Nasal Infusion), Virechanam

(Medicated Purgation), Vasthi (Enema), Netrasekam (Eye treatment), Anjanam (Eye treatment), Nethra Tharpanam (Eye treatment), Karnadhoopanam (Fumigation of the ears), Kabalam (Mouth wash), Herbal Facial.

### **Rheumatic Arthritis -14, 21 Nights**

The treatments included in this package are Abhyanga Swedana, (General body massage and steam bath), Shirodhara (Dripping oil over the forehead), Pizhichil (Oil Bath), Podikizhy (Powder bolus massage), Elakizhi (Leaf bolus massage), Kashaya Dhara (Decoction Bath), Avagahana (Hip Bath), Njavarakizhy (Njavara rice bolus massage), Kateevasthi (Treatment for the back), Pichu (Localised joint treatment), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Pichu (Localised joint treatment), Lepam (Medicated paste to be applied).

### **Psoriasis Treatment -14, 21 Nights**

The treatments included in this package are Abhyangam (General body massage), Thakradhara (Anointment of buttermilk), Snehapanam (Ghee administration), Vamanam (Intended Vomitting), Kashayadhara (Decoction Bath), Nasyam (Nasal Infusion), Virechanam (Purgation), Vasthi (Enema). The treatments would be selected from the above package and fixed by the physician after consultation, according to the body constitution. The treatment session would be for more than two hours every day.

### **Spine & Neck Care Programme -7, 14 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Pizhichil (Oil Bath), Podikizhy (Powder bolus massage), Elakizhi, (Leaf bolus massage), Chavutti thirummu (Foot massage), Njavarakizhy (Njavara rice bolus massage), Kateevasthi (Treatment for the back), Pichu (Localised joint treatment), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Lepam (Medicated paste to be applied).

## **Beauty Care Programme - 3, 5, 7 & 14 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Shirodhara (Dripping of oil over the forehead), Ksheeradhara, (Medicated milk bath), Njavarakizhy (Njavara rice bolus massage), Nasyam (Nasal Infusion), Netrasekam (Eye treatment), Anjanam (Eye treatment), Kabalam (Mouth wash), Thalam, Face massages, Face Packs and Herbal Facial.

## **Rejuvenation Program For Old Age Disorders-14, 21 & 28 Nights**

The treatments included in this package are Abhyangam, (General body massage), Shirodhara (Dripping of oil over the forehead), Pizhichil (Oil Bath), Podikizhy (Powder bolus massage), Elakizhi, (Leaf bolus massage), Narangakizhy (Lemon bolus massage), Udwarthanam (Powder Massage), Ksheeradhara, (Medicated milk bath), Njavarakizhy (Njavara rice bolus massage), Kateevasthi (Treatment for the back), Pichu (Localised joint treatment), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema), Netrasekam (Eye treatment), Nethra Tharpanam (Eye treatment), Karnadhoopanam (Fumigation of the ears), Kabalam (Mouth wash), Lepam (Medicated paste to be applied) Thalam ( application of herbal paste over bregma area), Herbal Facial.

## **Slimming Program -14, 21 Nights**

The treatments included in this package are Abhyanga, Swedana, (General body massage and steam bath), Udwarthanam (Powder Massage), Muthirakizhy (Horse gram bolus massage) Podikizhy (Powder bolus massage), Chavutti thirummu (Foot massage), Nasyam (Nasal Infusion), Virechanam (Medicated Purgation), Vasthi (Enema).

## **DESCRIPTION OF THE AYURVEDIC MESSAGES INCLUDED IN YOUR CHOSEN PROGRAM**

A massage does magic. It treats the body as a whole – both mentally and physically, making the body more flexible. The circulation of blood is increased and metabolic waste

are disposed, which in turn relieves the human body of anxiety, depression fatigue, circulatory disorders, rheumatic and arthritic complaints, backaches, sprains and injuries.

**The process** – the patient lies down on a table carved out of a special medicated wood. The masseur follows principles from the ancient ayurveda, and massage allows the body motion.

**Duration** – massages can be done for a single session or for a continuous period ranging from 7 to 21 days, as needed by the patient and prescribed by the doctor. Each session is generally 50 minutes and vary according to each treatment in consultation with the ayurvedic physician.

**Benefits** – increases longevity of life. Retards ageing. Overcomes fatigue. Sound sleep. Good physical appearance. Add self-confidence. Revitalize nervous system. Nourishes the body.

**Abhyangam**, it is a full body massage using medicated oils prepared according to the ancient ayurvedic texts. In this process, massaging has its own importance but it's the action of medicated oils which are of the therapeutic value that does the job. By this treatment various tissues in the body are properly loaded and lubricated making the skin sensitive, soft and shining and thereby preventing excessive wear and tear of the body tissues. Abhyangam gives relief to anxiety, depression, fatigue, circulatory disorders, arthritic complaints, backaches sprains and injuries.

**Shirodhara**, in this process lukewarm herbal oil (Ksheerabala oil) is poured in a special rhythmic style on to the forehead from a perforated earthen pot suspended above for 30 minutes.(15 minutes massage,30 minutes shirodhara).This treatment is done mainly for Insomnia, mental stress, nourishes and rejuvenates the nerves, increases blood circulation of the head and brain. It bestows better vision, better hearing, clears nasal problems and makes one cool and relaxed.

**Pizhichil**, in this treatment lukewarm medicated oil would be poured over the person's body in a special rhythmic manner (masseur soaks the linen in oil and squeezes it over the client's body.) by two masseurs for 45 -60 minutes. Pizhichil is also prescribed for healthy persons as a rejuvenate and preventive treatment. Indication: Spondylitis, Arthritis, Hemiplegia, Nervous disorders, Sexual weakness.

**Njavarakizhi**, in this massage boiled Njavara rice (Boiled in Cow milk and decoction of sida chordifolia) would be held inside a small linen cloth bundle, and it would be soaked inside the above said combination and massaged over the body by two Masseurs. (Done in seven positions). Indications: Emaciation of limbs, Rheumatism and joint pains.

**Podikizhi**, in this massage, medicated powder (kolakulathadi choornam) would be held inside a small linen cloth bundle, and it would be soaked in warm medicated oil and massaged by two masseurs in a rhythmic motion. Indication: Spondilosis, Osteoarthritis, oedema, Hemiplegia.

**Ela Kizhi (Pathra Potala Swedam)**, in this massage certain herbal leaves would be held inside a small linen bundle, and it would be soaked inside warm oil and massaged over the body by two masseurs. **Indication:** Rheumatoid arthritis, Stiff joints, Low back ache, Generalised body pain, Spondilitis, osteoarthritis.

**Muthira Kizhi (Kulatha Swedam)**, in this massage horse gram is powdered, held inside a small linen bundle, it would be made warm and massaged over the body by two masseurs. Indication: Rheumatism, joint pain, inflammation of joints, stiff joints, Any type of pain.

**Ksheera Dhara**, medicated milk would be poured over the body or head (Any herb which has cooling action as vetiver would be boiled with the milk. Herbs used are according to the ailment.) **Indication:** Insomnia, mental tension, Head aches of Vata, pitta, predominance, rejuvenate, nourishes the skin.

**Udvarthanam (Powder Massage)**, this is a special type of Ayurvedic massage done with a special herbal powder (kolakulathadi choornam, Vara choornam) in a rhythmic motion (Upward motion) by one or two masseurs. This massage is included in our slimming programme. Indication: Obesity. (Removal of excess fat).

**Kativasthi**, specially prepared warm medicated oil is poured over the lower back and retained inside an herbal paste boundary for 30 minutes. **Indication:** Back pain and Spinal

disorders.

**Urovasthi**, like kativasthi specially prepared medicated oil (oil used is according to the ailment) is poured over the chest and retained inside a herbal paste boundary for 45 minutes. Indication: It is good for Asthma, heart disease and muscular chest pain. Gives strength to the thoracic part.

**Shirovasthi**, lukewarm herbal oil (Ksheerabala oil) is poured into a cap fitted on the head for 15 - 60 minutes per day according to the patient's condition for a period of seven days. Indication : Facial paralysis, Insomnia, Migraine, good for the scalp and for the head, cools the head.

**Nasyam (Nasal Infusion)**, medicated oil, herbal extracts, (Anu thailam, Cephagraine nasal drops) would be instilled into the nostrils after Oleation and fomentation of face, throat and thoracic part. Indication: Sinusitis, Headaches, Facial paralysis.

**Herbal Facial**, after massaging the face with oil (Special massage oil), certain herbal preparation and creams are applied over the face. **Indication:** Gives colour and tones up the skin.

**Thalam**, herbal powder made into a paste by mixing with medicated oils are applied on the scalp for a fixed time. **Indication:** Headache, Myofascitis, Sleeplessness.

**Thala Pothichil**, herbs according to the ailment is made into a paste and pasted over the head in half inch thickness. **Indication:** Mental retardation, psychic disorders, migraine, sleeplessness.

**Chavutti Thirummu (Massage with Foot)**, this is a special art of massage in which the masseuse does the massage with his one foot by holding on to a string. (Dhanwantharam oil). **Indication: Obesity**, certain types of injuries, back ache, Inter vertebral disc prolapse.

**Pichu**, pieces of cloth soaked in medicated oil (Dhanwantharam, Kottamchukkadi, Karpooradi, Murivenna.) would be put on joints or other areas according to the physician's advice. **Indication:** Body pain, joint pain, arthritis, old age disorders Spondilosis. (Gives lubrication to the joints. Good to be put over the vertebrae and joints)

### **Snehapanam (Internal Oleation Therapy)**

Ghee preparations are internally administered for certain types of disorders and also for clearing the bodily channels as a preparatory measure in Panchakarma.

**Gandoosham / Kabalam**, medicated oil, decoctions, juice of plants are taken into the mouth, kept for some time and then spit. **Indication:** Strengthens the teeth, Mouth disorders.

**Netra Tharpana**, in this treatment medicated oil, ghee or other medicines are poured into the eye and retained inside an herbal paste boundary. **Indication:** Good treatment for all types of eye disorders.

**Netra Sekam**, a special decoction with several herbs (Thriphala choornam) are made and with it the eyes are washed. (It should be sieved and used) **Indication:** Gives good vision, protects the eyes from cataract and other eye disorders.

**Karnapoorana**, medicated oil is instilled into the ear. **Indication:** Pain in the ear, wax, infection of the ear.

***“Conclude your journey with renewed body, mind, and spirit.***

