



Indian Summer House

Wellness Retreat

Yoga & Ayurveda

5 Days – 5 Nights

Discover the perfect blend of rejuvenation and cultural immersion with our 5-day, 5-night wellness retreat at Indian Summer House. Designed to restore balance and vitality, this experience combines authentic Ayurvedic therapies, yoga, and Kerala's rich traditions.



Rejuvenate and Immerse A 5-Day Wellness Ayurveda Journey

Ayurvedic Therapies

Relax and heal with 15 therapeutic treatments carefully sequenced to detoxify, rejuvenate, and energize:

- Sarvaanga Abhyanga: Full-body massage with herbal oils (60 min).
- Swedana: Herbal steam therapy to eliminate toxins (15 min).
- Nasya Karma: Nasal cleansing for clarity and calm (20 min).
- Podikizhi: Herbal poultice massage for muscle relief (60 min).
- Shirodhara: A calming stream of warm oil for mental clarity (30 min).
- Kati Vasti: Targeted therapy for spinal health (30 min).

Daily Yoga

Begin each day with tailored yoga sessions to enhance flexibility, reduce stress, and deepen mindfulness.

Cultural Experiences

Immerse yourself in Kerala's traditions with three unforgettable experiences:

- Canoe River Crossing with Afternoon Tea at Mohanan's Tea Shop
- Sunset Temple Tour & Pushpanjali blessing
- Cooking Experience: Learn the secrets of Kerala cuisine with our chef.

Nourishing Cuisine

Enjoy fresh, farm-to-table vegetarian meals inspired by Ayurvedic principles, crafted to support your wellness journey.



5 DAYS
5 NIGHTS

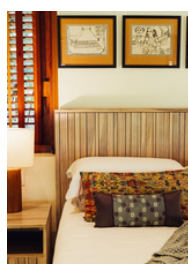
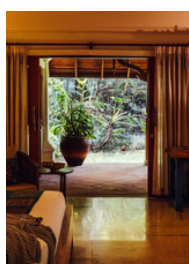
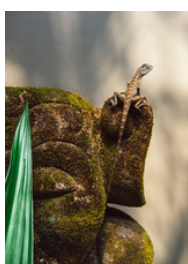
Indian Summer House

www.indiansummerhouse.co

This retreat is not just a wellness program—it's a holistic experience that blends rejuvenation, mindfulness, and cultural exploration. At Indian Summer House, we invite you to relax, reconnect, and rediscover balance in the heart of Kerala's natural beauty.

Pricing

Private Room (1 Participating Adults)	USD \$2250
Shared Room (2 Participating Adult)	USD \$3950
Shared Room (1 Part + 1 Non-Part Adults)	USD \$3550



For more Information contact Don
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