

Veda5

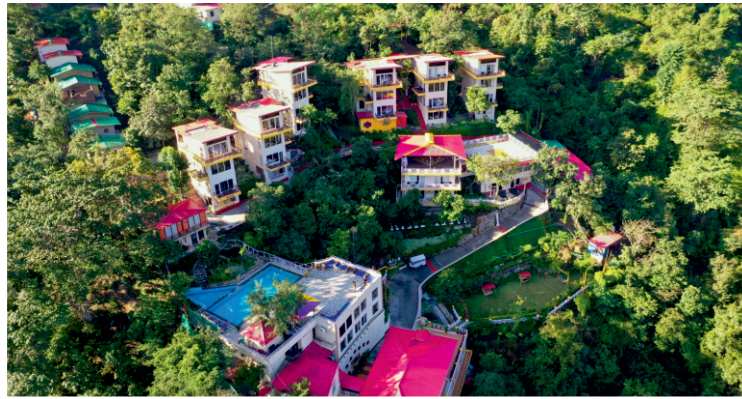
Wellness Retreat

Rishikesh | Goa | Kerala



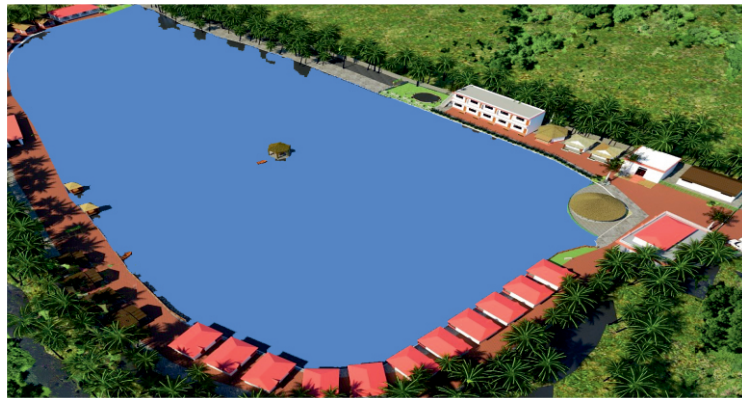
2024

Wellness Retreats India



Mountain Retreat, Himalayas - RISHIKESH “The Himalayan Utopia”

Nestled in the foothills of the mighty Himalayas & surrounded by exquisite natural beauty, Veda5 is a heavenly abode for those seeking peace and wellness.



Lake Retreat - NORTH GOA “A Wellness Paradigm”

Surrounded by coconut trees, mountains & lake, Veda5 is a heavenly abode for those seeking peace, wellness and harmony.



Beach Retreat, Kaipamangalam - KERALA “God’s Own Country”

Veda5 Ayurveda Living Village at Kaipamangalam beach front is a boutique wellness retreat center.

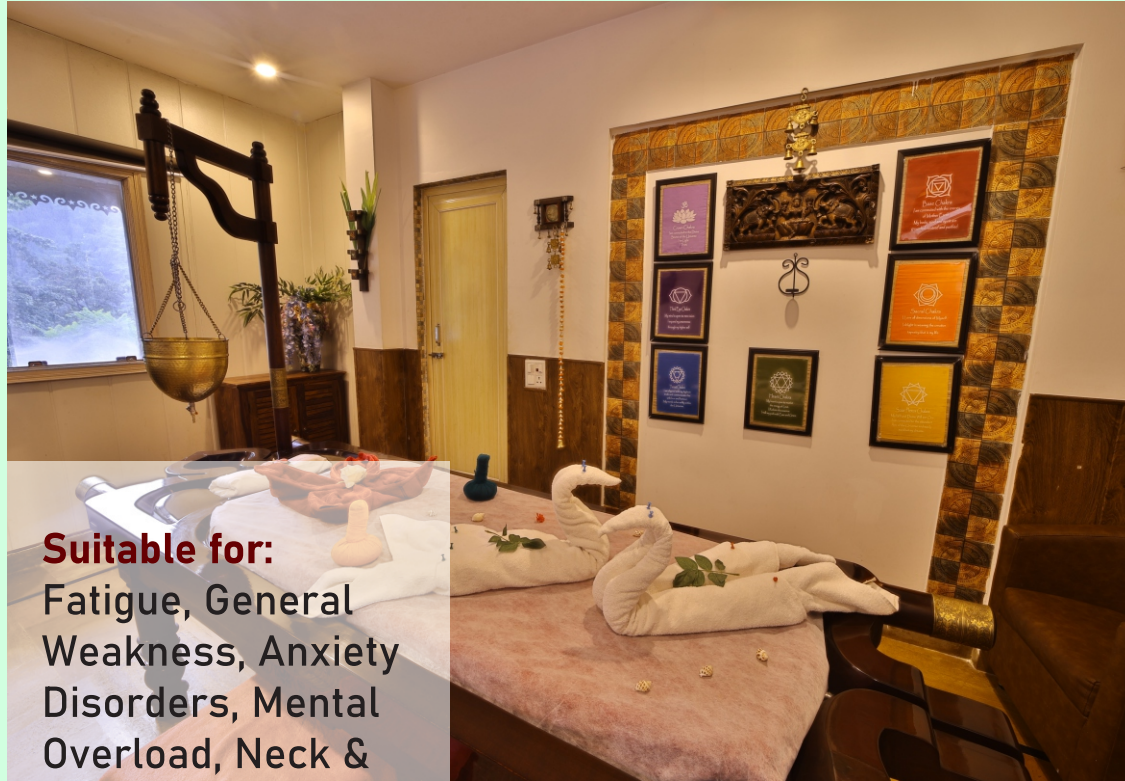
Splendid combination of ayurvedic therapies designed by our expert ayurvedic physicians intended to attain different health goals



Package 1

"Kayakalpa"

Rejuvenation & De-Stress Package



Suitable for:

Fatigue, General Weakness, Anxiety Disorders, Mental Overload, Neck & shoulder Pain, Sleeplessness

Main Treatments:

Full body massages (Abhyanga), Shirodhara, Steam bath etc.

RATES (IN INR)

Room Type	Single Occupancy	Double Occupancy
Deluxe	14,000	18,000
Superior	15,200	19,600

Objective of the Package:

De-Stress, Anxiety Relief & Rejuvenate (Physically and Mentally)

Recommended Stay: 5-7 days

Duration of Treatment: 60 Min daily



DAILY TREATMENTS



DOCTOR CONSULTATION



YOGA & MEDITATION



YOGIC DIET



COOKING CLASS



AYURVEDA TALKS



WELLNESS ACTIVITIES



Package 2 "Samshuddhi" Ayurveda Detox Package

Suitable for:

Digestive Disorders,
Weak Immunity,
Sinus & Migraine,
Lack of Appetite,
Insomnia, Muscular
tensions & pain,
Allergies, Skin
problems etc.

Main Treatments:

Full Body Oil
Massage, Steam
bath, Powder
Massage,
Shirodhara, Potli
Massage, Vasti,
Virechan etc.

RATES (IN INR)

Room Type	Single Occupancy	Double Occupancy
Deluxe	14,500	19,500
Superior	15,600	21,500

Objective of the Package:

Complete Body Detox, Boosting the
Immunity

Recommended Stay: 8-15 days

Duration of Treatment: 75 Min daily



DAILY
TREATMENTS



DOCTOR
CONSULTATION



YOGA
& MEDITATION



YOGIC
DIET



MEDICINES



COOKING
CLASS



AYURVEDA
TALKS



SIGHTSEEING



AIRPORT
TRANSFERS



Package 3 "Sthoola Hara" Weight Loss Package



Suitable for:

Overweight,
High BP, Diabetes,
Joint pain,
Metabolic Disorders

Main Treatments:

Full Body Massages
by Oil, Powder,
Herbs, Steam Bath
& Customised
Ayurvedic Diet

RATES (IN INR)

Room Type	Single Occupancy	Double Occupancy
Deluxe	14,500	19,500
Superior	15,600	21,500

Objective of the Package:

Weight Reduction, Hormonal Balance,
Rejuvenation

Recommended Stay: 15-30 days

Duration of Treatment: 75 Min daily



DAILY
TREATMENTS



DOCTOR
CONSULTATION



YOGA
& MEDITATION



YOGIC
DIET



MEDICINES



COOKING
CLASS



AYURVEDA
TALKS



SIGHTSEEING



AIRPORT
TRANSFERS



Package 4 "Panchakarma" Treatment Package



Suitable for:

Digestive Disorders,
Heaviness of Body,
Muscular & Joint
Pains, Weak
Immunity

Main Treatments:

Full Body Massages
by Oil/Powder,
Shirodhara, Potli
Massages, Vasti,
Vaman, Virechan

RATES (IN INR)

Room Type	Single Occupancy	Double Occupancy
Deluxe	15,000	21,000
Superior	16,500	22,000

Objective of the Package:

Balance of Doshas, Body Purification,
Ailment Relief

Recommended Stay: 14-28 days
(Once a year recommended
by Doctors)

Duration of Treatment: 75-90 Min daily



DAILY
TREATMENTS



DOCTOR
CONSULTATION



YOGA
& MEDITATION



YOGIC
DIET



MEDICINES



COOKING
CLASS



AYURVEDA
TALKS



SIGHTSEEING



AIRPORT
TRANSFERS