

# KAYAAM WELLNESS JOURNEYS

revene

*creating inner balance through ayurvedic therapies, infused with natural ingredients and nurturing practices.*

*inspired by the ancient wisdom of ayurveda, kayaam house extends a rejuvenating getaway for those seeking a wellness escape.*

rooted in the belief that each individual is a unique combination of elements and energies, ayurveda seeks to harmonise these elements.

ayurveda is not just a medical system; it is a way of life that encourages mindfulness, self-awareness, and a deep connection with oneself.

embark on a journey of self-discovery, rejuvenation, and harmony with ayurveda as your guiding light.

your path to wellness begins here.







## kayaam spa journey

designed for those feeling the need to pause, reset, and gently reconnect with themselves, this experience offers a holistic yet unstructured path to rest and renewal. with no rigid expectations or prerequisites, kayaam spa retreat welcomes anyone—regardless of their familiarity with wellness practices—to step into a slower rhythm of life.

let the sound of the ocean soothe the senses as you ease into daily treatments, nourishing meals, and light movement, complemented by our intuitive team's gentle guidance. whether you're in search of stillness or simply time away, this stay encourages calm, clarity, and quiet transformation—on your terms.

***minimum stay 2 nights, with the option of upgrading to any package.***

### **goal**

To offer a restorative retreat that helps guests pause, reset, and gently reconnect with themselves, a perfect first step before delving into more intensive wellness programmes.

### **inclusions**

- *daily 90-minute specialised ayurvedic treatment.*
- *group yoga and meditation classes every morning and evening.*



## ayurveda immersion

this unique short term experience combines ayurveda therapies with yoga and meditation. ideal for individuals who are new to ayurveda and wish to immerse themselves on a journey towards holistic well-being. this programme serves as a first step before delving into more intensive wellness programmes, igniting your body's potential for transformation and revitalisation.

***minimum stay 3 nights, with the option of upgrading to any package.***

### **goal**

get to know the body's nature based on ayurvedic principles and optimise the body's ability to digest and absorb nutrients effectively.

### **inclusions**

- *a welcome treatment upon arrival (guests can choose between foot or head therapy).*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily 90-minute specialised ayurvedic treatment.*
- *group yoga and meditation classes every morning and evening.*
- *personal guidance to enhance your quality of life according to ayurvedic principles.*

# inner balance

this deeply nurturing program is designed for those emerging from life's heavier chapters, whether from physical illness, emotional loss, prolonged stress, or internal turbulence. inner balance brings together the ancient wisdom of ayurveda with restorative therapies, gentle movement, and mindful practices to create a healing environment for body, mind, and spirit. personalized treatments, natural remedies, breathwork, and meditation offer space to release past traumas, calm the nervous system, and replenish your energy. each day unfolds at your pace with supportive rituals and nourishing meals designed to guide you gently back to wholeness. there is no rush and no demands, only space to recover, recalibrate, and rediscover your inner calm

***minimum stay 6 nights, though for deeper or more complex concerns, we recommend an extended stay of 10 nights or more for optimal results.***

## **goal**

to create a space for deep emotional and physical restoration by calming the nervous system, supporting recovery from stress or trauma, and gently guiding the body and mind back to equilibrium through ayurvedic care and mindful healing practices.

## **inclusions**

- *a welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily average 90-minute specialised ayurvedic treatment. primarily emphasising on mitigating stress, calming the mind, and overcoming physical tension.*
- *personalised and nutritionally optimised meals, juices and herbal tea based on guests' constitution.*
- *prescribed ayurveda medicine and herbal remedies.*
- *group yoga and meditation classes every morning and evening.*
- *personalised yoga sessions. (number of complimentary sessions will vary based on the package duration)*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day.*





## detox & cleanse

this combination of sudation therapies, panchakarma, personalised dietary plans, herbal remedies, and ayurveda medicines offers a comprehensive and holistic purification process. it serves as an ideal approach to cleanse the body and mind, facilitating internal healing. experience the profound benefits of detoxification, including relaxation, enhanced immunity, and rejuvenation.

***minimum stay 8 nights, with the option of upgrading to any package.***

### **goal**

a comprehensive cleanse and enhanced immunity for guests who have medical issues or want rejuvenation.

### **inclusions**

- *a welcome treatment upon arrival (guests can choose between foot or head therapy).*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily 90-minute specialised ayurvedic treatments, primarily emphasising sudation to liquefy accumulated toxins in preparation for panchakarma.*
- *panchakarma therapies.*
- *personalised and nutritionally optimised meal plan, juices, herbal teas based on body constitution and imbalances*
- *prescribed ayurveda medicine and herbal remedies for detox and cleansing.*
- *group yoga and meditation classes every morning and evening.*
- *personalised yoga sessions (number of complimentary sessions will vary based on the package duration).*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles.*



## weight loss & vitality

this treatment is designed to optimise your metabolism and improve your digestive well-being using ayurvedic medicine, natural remedies, balanced meals, evidence-based dietary practices, and targeted therapies. additionally, this program incorporates yoga for weight regulation and meditation techniques to promote mental well-being and balance.

***minimum stay 14 nights, with the option of upgrading to any package.***

### **goal**

transform your lifestyle, enhance metabolism, and achieve a lean and healthy physique

### **inclusions**

- *a welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily average 90-minute specialised ayurvedic treatment, primarily emphasising on weight loss.*
- *panchakarma therapies.*
- *personalised and nutritionally optimised meals, juices and herbal tea based on guests' constitution.*
- *prescribed ayurveda medicine and herbal remedies on necessity.*
- *group yoga and meditation classes every morning and evening.*
- *personalised yoga sessions. (number of complimentary sessions will vary based on the package duration)*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day.*



# remedy & restoration

this is an immersion that centres around healing through traditional ayurvedic curative therapies such as abyanga, sweda, dhara karma, panchakarma, and natural remedies, combined with personalised dietary plans. it is specifically developed to address the underlying dosha imbalances and restore balance. during your stay, you'll also immerse yourself in the practice of yoga and meditation, providing holistic healing for both your mind and body.

***minimum stay 10 nights, with the option of upgrading to any package.***

## **goal**

regain focus in life and revitalise overall well-being.

## **inclusions**

- *a welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily average 90-minute specialised ayurvedic treatment. primarily emphasising on ailments and dosha imbalances.*
- *panchakarma therapies.*
- *personalised and nutritionally optimised meals, juices and herbal tea based on guests' constitution.*
- *prescribed ayurveda medicine and herbal remedies.*
- *group yoga and meditation classes every morning and evening.*
- *personalised yoga sessions. (number of complimentary sessions will vary based on the package duration)*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day.*





# ease & alignment

this holistic pain relief program is delicately curated to soothe the burdens of both chronic and acute pain, rekindling the natural harmony of body, mind, and spirit. rooted in the time-honoured healing traditions of ayurveda, this program blends therapeutic rituals, potent herbal elixirs, and the purifying discipline of panchakarma. gentle lifestyle guidance and mindful daily practices accompany you on this voyage toward freedom from pain, not by suppressing it, but by addressing its roots with nature's tender precision. particularly nurturing for those burdened by ailments of the musculoskeletal realm, from aching joints and inflamed tissues to the rigidity of frozen shoulder, sciatica, back and neck discomfort, this journey offers more than just relief. it opens the door to renewed vitality, graceful mobility, inner stillness, and restful sleep.

***minimum stay 10 nights, with the option of upgrading to any package.***

## **goal**

to relieve chronic and acute pain by addressing its root causes through ayurvedic therapies, restore mobility, and rebalance the body's systems, supporting a return to ease, alignment, and sustained physical and emotional well-being.

## **inclusions**

- *welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily average 90-minute specialised ayurvedic treatment such as abhyanga and sweda, vasti, pichu, lepa ect... primarily emphasising getting rid of root of pain and dosha imbalances.*
- *panchakarma therapies.*
- *personalised and nutritionally optimised meals, juices and herbal tea based on guests' constitution.*
- *prescribed ayurveda medicine and herbal remedies to manage root of pain.*
- *yoga and meditation classes every morning and evening.*
- *personalised yoga sessions. (number of complimentary sessions will vary based on the package duration)*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day.*



# digestive & gut health recovery

this thoughtfully crafted program is designed to awaken your digestive fire, enhance metabolic clarity, and bring profound nourishment to body and mind. in the ayurvedic tradition, digestion is revered as the foundation of health. when impaired, it gives rise to toxins, fatigue, poor nourishment, and a cascade of imbalances. this healing package blends time-honoured therapies, personalised dietary guidance, herbal formulations, and cleansing rituals drawn from panchakarma to support gentle yet powerful transformation from within. ideal for those experiencing indigestion, bloating, irritable bowel syndrome, acid reflux, inflammation of the gut, constipation, or irregular bowel movements, this program offers more than relief.

***minimum stay 10 nights, with the option of upgrading to any package.***

## goal

to restore digestive health by strengthening metabolic function, cleansing the gut, and enhancing nutrient absorption through ayurvedic therapies, personalised nutrition, and mindful practices, laying the foundation for overall vitality and long-term well-being.

## inclusions

- *welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay follow-up consultation.*
- *daily average 90-minute specialised ayurvedic treatment which support to detoxification, enhance metabolism and mind clarity.*
- *panchakarma therapies*
- *personalised and nutritionally optimised meals, juices and herbal tea support digestion, liver and gut health, based on guests' constitution.*
- *prescribed ayurveda medicine and herbal remedies to improve digestion and metabolism and tailored to condition.*
- *yoga and meditation classes every morning and evening.*
- *personalised yoga sessions. (number of complimentary sessions will vary based on the package duration)*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day.*

# ayurvedic skincare & self-healing

this ayurvedic programme is designed to restore your natural radiance by nurturing both skin and scalp through time-honoured beauty rituals. rooted in the belief that true beauty stems from inner balance, the journey blends external treatments with internal nourishment to promote lasting vitality and glow. rejuvenating therapies include the application of warm herbal oils, lepa (herbal masks), and ksheeradhara (medicated milk stream therapy), alongside shiro lepa and milk rice poultices to deeply hydrate and revitalise skin, reduce hair fall, and strengthen the scalp. gentle detoxification, personalised nutrition, and herbal formulations work to purify from within, while daily yoga and meditation cultivate emotional clarity and inner calm. ideal for those seeking to enhance their natural beauty through ayurvedic wisdom, this experience brings harmony to body, mind, and spirit—revealing a youthful glow from the inside out.

***minimum – 4 nights without internal detoxification. minimum – 8 nights, with internal detoxification, with the option of upgrading to any package.***

## goal

to enhance natural beauty by nourishing the skin and scalp through ayurvedic treatments, internal detoxification, and mindful practices, supporting a radiant, youthful glow that reflects harmony between body, mind, and spirit.

## inclusions

- *welcome treatment upon arrival (guests can choose between foot or head therapy)*
- *consultations with the ayurvedic doctor on arrival, ongoing progress checks, debrief prior to departure, and post-stay followup consultation.*
- *daily average 90-minute specialised ayurvedic treatment based on guest personal requirement regarding beauty enhancement.*
- *panchakarma therapies for stays of 8 nights or longer*
- *prescribed ayurveda medicine, herbal remedies, herbal applications to enhance beauty.*
- *personalised and nutritionally optimised meals, juices and herbal tea based on guests' constitution and dosha imbalance.*
- *yoga and meditation classes every morning and evening.*
- *personalised yoga sessions for stays of 8 nights or longer*
- *indoor and outdoor activities during the stay.*
- *personal guidance to enhance your quality of life according to ayurvedic principles on the program's final day and prescribed herbal products to continue.*



# PRICE GUIDE

all wellness journeys will be on full board basis.

all wellness journeys include a consultation with our in-house ayurvedic doctor, a personalised meal plan based on your wellness goal and dosha/body type, daily yoga, daily ayurveda treatments, and any other inclusions listed in the above document.

## *upgrade to ayurvedic journeys*

### **from bed and breakfast basis**

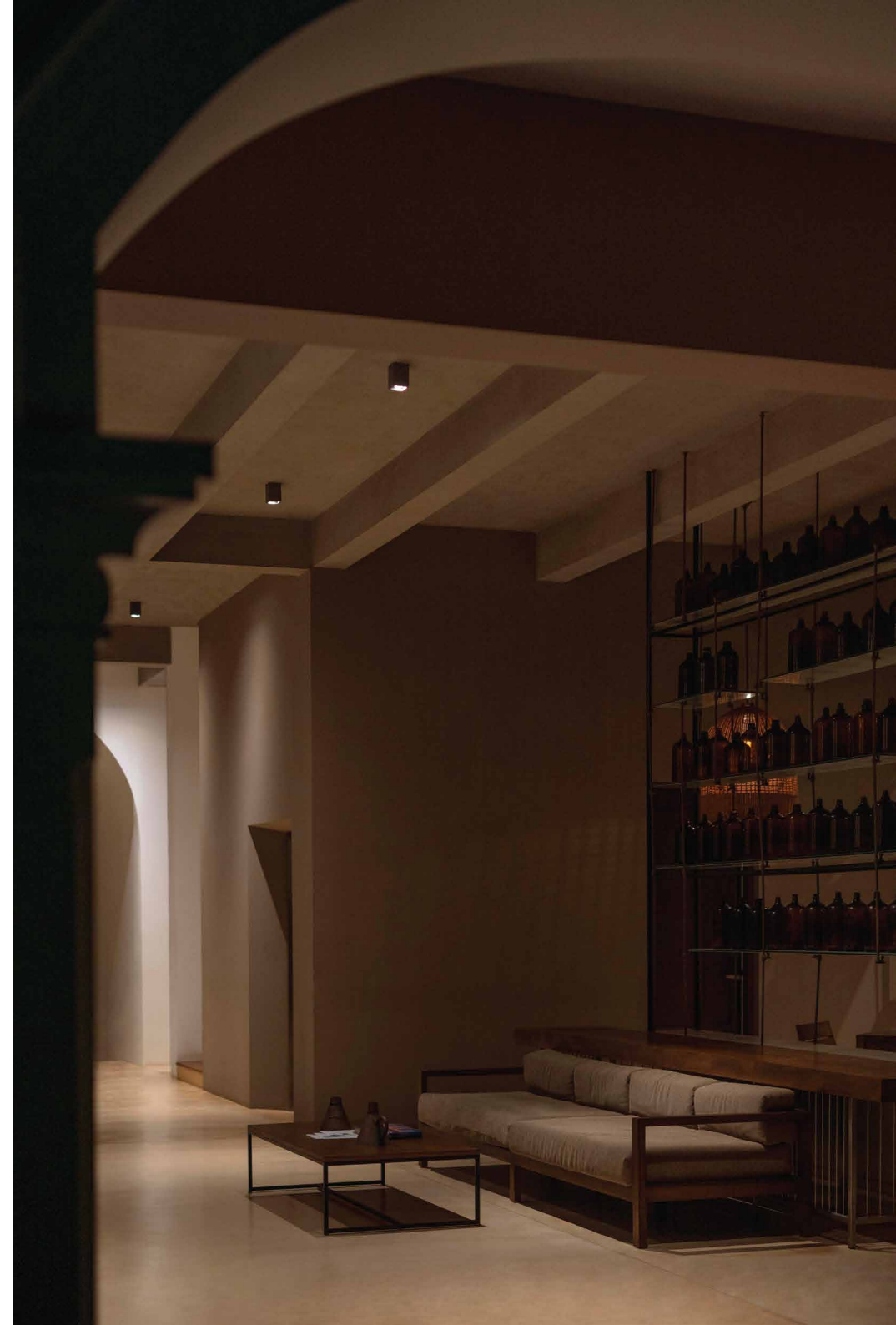
\$195 per person per day

### **from half board basis**

\$145 per person per day

### **from full board basis**

\$100 per person per day





## WELLNESS MENU

at kayaam house, ayurveda is an integral part of the wellness program, offering massages, treatments, specialised diet programs, and lifestyle transformations. the ayurveda experience focuses on healing, cleansing, relaxation & revitalisation to improve one's overall well-being and to preserve and promote health.

in this environment, your body and spirit undergo a holistic transformation with monitored ayurvedic meals and traditional therapies. according to ayurveda, the universe comprises five elements, forming three doshas within each individual, determining their unique personality.

# AYURVEDA

## ***shirodhara***

**45 minutes - \$140 (mornings only)**

shirodhara is a therapeutic ayurvedic treatment where lukewarm medicated oils are gently poured onto the forehead, targeting the "third eye" area. it promotes deep relaxation, soothes the nervous system and balance while offering a sense of calmness, tranquillity and concentration.

## ***abhyanga***

**60 minutes - \$100**

a traditional full body massage using herbal infused traditional ayurveda oils. this enhances physical well-being, improves blood and lymph circulation, musculoskeletal health, and nervous system function. it aids in detoxification, promotes relaxation, and purifies the body by eliminating impurities and glowing skin. abhyanga is often recognized as an anti-aging therapy.

## ***abhyanga + pindasweda***

**90 minutes - \$185**

a combined authentic ayurveda treatment which follows up fomentation after abhyanga (full body oil massage) with warm herbal bundles prepared with fresh herbal leaves or dried herbal powders imparting their therapeutic benefits to the body. fomentation is done by boiling the bundle up to tolerable temperature and applying them to the body with varying pressure. this treatment provides relief for conditions like muscle stiffness arthritis, spondylosis, musculoskeletal issues, and neuro-muscular diseases caused of morbid vayu.

## ***abhyanga + washpa sweda***

**80 mins - \$170**

a combined authentic ayurveda treatment which follows up washpa sweda (steam bath) after abhyanga (full body oil massage). after proper oleation all over the body, the person goes inside the steam chamber. washpa sweda is a traditional ayurveda treatment which helps to stimulate sweating. this helps to detoxify the body, and reduce excessive fat, control obesity as well as soothing muscles and skin, reducing body stiffness and heaviness.

*\*prices are in USD, including service charge and tourism levy, VAT will be added*



### ***abhyanga + shiroabhyanga***

**75 mins - \$135**

this is a combined ayurveda treatment of abhyanga and shiroabhyanga done with authentic ayurveda medicated oils, to give full relaxation to body and mind. this enhances physical and mental well-being, improves blood and lymph circulation, musculoskeletal health, and nervous system function and sleep. it aids in detoxification, promotes relaxation, and purifies the body by eliminating impurities and glowing skin.

### ***shiroabhyanga***

**30 minutes - \$70**

the traditional ayurvedic head massage is a calming and relaxing massage for the head, neck and shoulders. it uses ayurvedic medicated oil and is ideal for relieving stiffness, improving sleep, promoting eye health, nourishing hair roots, and reducing headaches.

### ***prishtha abhyanga***

**30 minutes - \$70**

focuses on musculoskeletal issues arising from shoulder to lower back. it supports to reduce stiffness of back muscles by soothing them and lower back issues due to muscle and nerves involved.

### ***pada abhyanga***

**45 minutes - \$70**

pada abhyanga is a therapeutic foot massage done by focusing on marma. stimulating marma points is a way of bringing healing and energy to the body and mind, opening life force. an ayurveda foot massage improves quality of sleep, relaxes the body, relieves fatigue and stiffness of legs and boosts circulation. it is a highly relaxing therapy that aids deep sleep and relaxation.

### ***mukh abhyanga***

**20 minutes - \$70**

mukh abhyanga is a treatment which helps to relax and tone the facial muscles. it focuses on marma points in the face and neck using ayurveda medicated oil. this therapy helps to naturally glow your skin, tone up your facial muscles and prevent sagging, improve blood circulation, relax the mind and body.

*\*prices are in USD, including service charge and tourism levy, VAT will be added*

***tanlepa******75 minutes - \$135***

tanlepa is designed to activate the body's inherent cleansing, glowing and curative capabilities. after receiving a massage with medicated herbal oil, a herbal mask is applied to the entire body. this mask assists in extracting toxins and replenishing the body with vital minerals, promoting overall well-being and rejuvenation.

***mukhlepa (facial)******75 minutes - \$100***

mukhlepa has served as a ritual for the skin throughout the ages. it involves the use of traditional herbs to perform cleansing, exfoliation, toning, and hydration on the face. a specialised herbal lepa or mask, tailored to the individual's dosha (body constitution), is applied to the face, revealing a radiant glow.

***udwarthana******45 minutes - \$85***

a traditional therapeutic massage that utilises herbal powders to deeply stimulate the hair follicles. this dry or wet massage technique helps in breaking down excess subcutaneous fat in the body. it also promotes the mobilisation of toxins and offers firming and toning benefits to the skin.

***yoga******60 minutes - \$90******meditation******\$60***

*\*prices are in USD, including service charge and tourism levy, VAT will be added*





