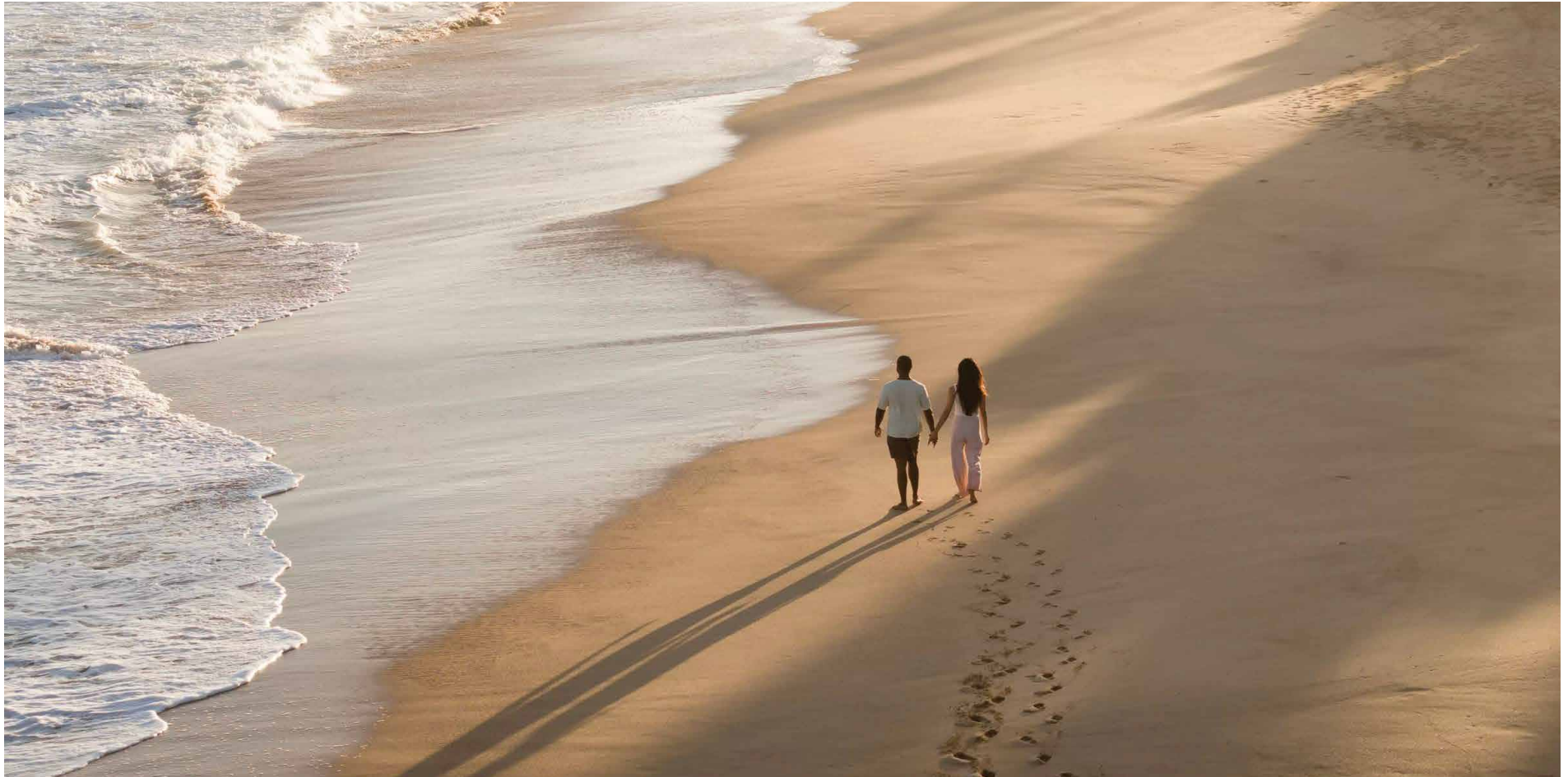




KAYAAM WELLNESS JOURNEYS

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.



wellness package inclusions

- pre-arrival consultation with a wellness consultant.
- 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.
- kayaam wellness meals as per guidance of the ayurvedic doctor.
- group yoga and meditation classes every morning and evening.
- daily use of the steam room, sauna and gym.

**the inclusions listed here and under each wellness programme are indicative and may be adjusted by the ayurvedic doctor following the on-site assessment. additional therapies or recommendations from other modalities may be advised based on initial or ongoing evaluations throughout the programme. all personal yoga, fitness and meditation sessions in the case of double occupancy will be conducted as combined sessions for both guests unless otherwise advised by the ayurvedic doctor.*



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.



3 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	3 nights
therapies: ayurveda	4

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions.



inner balance

this nurturing programme is for those emerging from illness, grief, stress, or emotional turbulence. inner balance blends ayurveda, restorative therapies, gentle movement, and mindful practices to support healing of body, mind, and spirit. personalised treatments, natural remedies, breathwork, and meditation help release what weighs you down, calm the nervous system, and restore energy. each day unfolds at your pace with nourishing meals and supportive rituals. no rush, no demands, only space to recover, recalibrate, and return to inner calm.



6, 8, 15 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	6 nights	8 nights	15 nights
therapies: ayurveda	8	11	21
personal sessions: yoga, pranayama, meditation	1	2	4

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies.
 - ayurvedic treatments primarily emphasising on mitigating stress, calming the mind, and overcoming physical tension.



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.



8, 15, 22 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	8 nights	15 nights	22 nights
therapies: ayurveda	11	21	32
personal sessions: yoga, pranayama, meditation	2	4	6

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies.
 - ayurvedic treatments primarily emphasising sudation to liquefy accumulated toxins in preparation for panchakarma.
 - panchakarma therapies.



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.



15, 22 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	15 nights	22 nights
therapies: ayurveda	21	32
personal sessions: yoga, pranayama, meditation	4	6

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies.
 - ayurvedic treatments primarily emphasising on weight loss.
 - panchakarma therapies.



remedy & restoration

this is an immersion that centres around healing through traditional ayurvedic curative therapies such as abhyanga, 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.



8, 15, 22 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	8 nights	15 nights	22 nights
therapies: ayurveda	11	21	32
personal sessions: yoga, pranayama, meditation	2	4	6

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies.
 - ayurvedic treatments primarily emphasising on ailments and dosha imbalances.
 - panchakarma therapies.



ease & alignment | healing & mobility (pain relief)

this holistic programme is designed to relieve both chronic and acute pain by restoring balance to body, mind, and spirit. rooted in ayurveda, it blends therapeutic rituals, herbal remedies, panchakarma, and gentle lifestyle guidance to treat pain at its source. ideal for conditions such as joint pain, inflammation, frozen shoulder, sciatica, and back or neck discomfort, it offers not only relief but renewed mobility, deeper rest, and a calmer inner state.



10, 15, 22 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	10 nights	15 nights	22 nights
therapies: ayurveda	16	24	36
personal sessions: yoga, pranayama, meditation	3	4	6

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies.
 - ayurvedic treatments such as abhyanga and sweda, vasti, pichu, lepa and more, primarily emphasising on getting rid of root of pain and dosha imbalances.
 - panchakarma therapies.



digestive & gut health recovery

this programme is designed to rekindle digestive fire, improve metabolism, and deeply nourish body and mind. in ayurveda, strong digestion is the root of health; when weakened, it leads to toxins, fatigue, and imbalance. this package combines traditional therapies, personalised diet guidance, herbal support, and panchakarma-inspired cleansing for gentle internal reset. ideal for indigestion, bloating, ibs, acid reflux, gut inflammation, constipation, or irregularity, it offers lasting relief and renewed balance.



10, 15, 22 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	10 nights	15 nights	22 nights
therapies: ayurveda	14	21	32
personal sessions: yoga, pranayama, meditation	3	4	6

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine and herbal remedies to improve digestion and metabolism and tailored to condition.
 - ayurvedic treatments which support detoxification, enhance metabolism and mind clarity.
 - panchakarma therapies.



ayurvedic skincare & self-healing

this ayurvedic programme restores natural radiance by nurturing skin and scalp through time-honoured beauty rituals and inner nourishment. treatments such as warm herbal oils, lepa masks, ksheeradhara, shiro lepa, and milk-rice poultices hydrate, revitalise, reduce hair fall, and strengthen the scalp. gentle detox, tailored nutrition, and herbal support purify from within, while yoga and meditation cultivate calm. ideal for those seeking beauty through balance, it reveals a youthful glow from the inside out.



4, 8, 10 nights (alternative durations allowed based on the ayurvedic doctor's recommendation)



personalised wellness meals during your stay (curated to your programme & individual dosha)



wellness consultations (pre-arrival, on-site & post-stay)

inclusions:

	4 nights	8 nights	10 nights
therapies: ayurveda	5	11	14
personal sessions: yoga, pranayama, meditation	0	2	3

**sessions may be offered privately or in small groups, subject to schedule and programme.*

**inclusions in the table above are shown as treatment hours. actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes.*

- wellness package inclusions + all listed below:
 - prescribed ayurveda medicine, herbal remedies and products.
 - ayurvedic treatments based on guests' personal requirements regarding beauty enhancement.
 - panchakarma therapies for stays of 8 nights or longer.



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

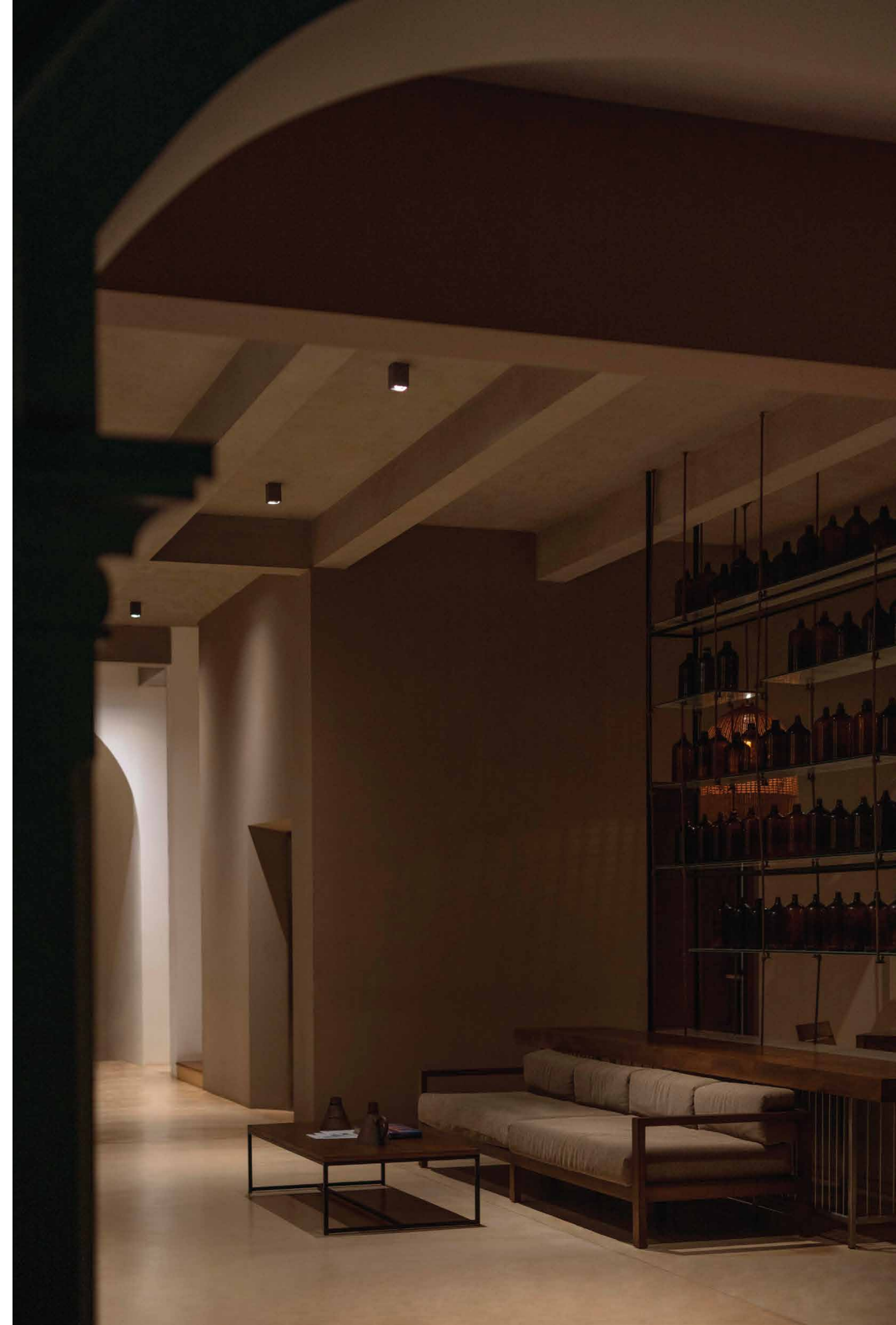
\$195 per person per day

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 and balances the nervous system while offering a sense of calmness, tranquility 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 soothe 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 (full body oil massage) and shiroabhyanga (head oil massage) 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, resulting in 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

an ayurveda back oil massage focuses on musculoskeletal issues arising from the shoulder to the lower back. it helps reduce stiffness of the back muscles by soothing them and supports lower back issues due to muscle and nerve involvement.

pada abhyanga

45 minutes - \$70

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

an ayurveda facial oil massage that relaxes and tones the facial muscles. it focuses on marma points in the face and neck using ayurveda medicated oil. this therapy helps to naturally help your skin glow, 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 full-body 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 - \$68******meditation******\$60***

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

