

Mind & Body Reset in India

FROM \$PP

Journey Overview

Your daily schedule for this health and wellness program will be determined after your on-site consultation with the resort's doctor. Choice of package includes stress management, rejuvenation, body purification/detox or anti-ageing.

Highlights:

- Daily Ayurveda treatment
- Free medicine
- Individualized Ayurveda diet plan with all meals included
- Daily yoga and meditation
- Boat cruise in Alappuzha backwaters

Ask our Destination Experts about great pricing on airfare.

Hotels

CITY	NIGHTS	HOTELS
Marari	7	Carnoustie Ayurveda & Wellness Resort

Detailed Itinerary

DAY 1

Arrival in Cochin | Marari

Welcome to India! Upon arrival, meet and greet, then transfer to your resort. After settling in, you will have a doctor consultation to set up a personalized plan for your stay. **(L,D)**

DAY 2

Marari

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 3

Marari

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 4

Marari

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 5

[Marari](#)

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 6

[Marari](#)

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 7

[Marari](#)

Customized daily plan according to doctor's recommendation. **(B,L,D)**

DAY 8

[Marari | Departure from Cochin](#)

Transfer to airport for your return flight. **(B)**