

KERALA • INDIA

Ayurveda Medical & Wellness Tourism

Explore Kerala’s living Ayurveda traditions with thoughtfully planned wellness stays, independent treatment-centre enquiries and practical travel assistance.

PROGRAMME ENQUIRIES • STAYS • TRANSFERS

Start at www.ayurvedam.com

RESERVATIONS & ENQUIRIES

Email: reservation@keralatravels.com

WhatsApp: +91 98460 43403

AYURVEDAM.COM

WHAT YOUR STAY CAN INCLUDE

A journey rooted in Kerala’s heritage

Kerala combines historical Ayurveda learning, medicinal plant traditions, tropical landscapes, backwaters and hospitality. Visitors may seek a relaxed wellness retreat or an enquiry with a registered Ayurveda practitioner. Programme suitability and any medical care must be determined by the provider after assessment.

Traditional therapies, explained

Depending on professional assessment and the centre, programmes may describe Abhyanga (oil massage), Shirodhara (controlled oil-flow therapy), herbal poultices, yoga, dietary counselling and other classical practices. Panchakarma procedures may carry medical risks and should never be represented as routine, risk-free detoxification.

Choose the type of visit

Relaxation & wellness stay • Practitioner consultation and treatment enquiry • Ayurveda heritage experience • Longer, supervised retreat • Companion or family travel.

What can be coordinated

Centre shortlisting and enquiry • Accommodation options • Airport transfers and local transport • Travel dates and itinerary • Food preferences • Companion arrangements • Accessibility needs • Follow-up communication.

Flexible destinations in Kerala

Visitors may consider Kochi, Kumarakom, Alappuzha, Kovalam, Thiruvananthapuram, Thrissur or other areas according to centre availability, medical suitability and travel needs. No individual provider is endorsed or guaranteed in this brochure.

POPULAR ENQUIRY EXAMPLE

One traveller • Flexible arrival • 14-day stay • Treatment-centre options, accommodation and airport transfers. Budget and final programme confirmed after enquiry.

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HOW IT WORKS

01 Tell us your preferences

Share purpose, visitor count, origin, preferred dates, duration, budget and required services. Medical details should be submitted only through a secure, consent-based channel.

02 Review suitable options

Receive relevant centre and travel options where available, with clear descriptions of services, qualification/registration checks, limitations and indicative costs.

03 Speak with a qualified practitioner

Any diagnosis, treatment plan, medical eligibility and medication advice must come from the treating professional—not from a travel coordinator or AI assistant.

04 Confirm your arrangements

Approve a written quotation and terms before booking. Confirm accommodation, transfers, inclusions, cancellation rules, exclusions and emergency contacts.

05 Travel with practical support

Use confirmed transport and accommodation details, keep prescribed medicines and medical records available, and obtain follow-up instructions from your clinician.

BEGIN YOUR KERALA AYURVEDA ENQUIRY

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Important: Ayurveda and wellness services are not substitutes for urgent or evidence-based medical care. Herbs and procedures can cause side effects or interact with medicines. No centre, pricing, availability or treatment outcome is guaranteed. Seek professional advice before travelling for medical treatment.