



healing
touch
ayurveda & yoga retreat

Peace of nature
Calmness of Village
Touch of healing
Trust of Ayurveda

“Healing Touch” Ayurveda Yoga Retreat, an activity in our effort, rightly infuses expertise, tradition, culture, and healthy Ayurvedic practices in harmony with nature for optimizing treatment results and has created a niche’ for itself amongst countless of its patrons. The classical, specific and wellness treatments offered here at Healing Touch are authentic and has been the key to its uniqueness and success.

Healing Touch provides authentic treatments for life style diseases and spine and joint disorders under the supervision of skilled doctors and a team of qualified therapists. In a nutshell we welcome you to anchor where happiness meets peace; rest meets meaning, and nature meet the core of your being.

A long term dietary plan is given based on your Ayurvedic body type and your lifestyle, to sustain the health benefits gained at our Clinic. Food is also served in an open dining area that connects you with nature. The entire centre is tobacco and alcohol free zone.

In Kerala Ayurveda is not just a healthcare system but it is a part and parcel of every aspect of life, in Kerala. Miracles like paralysed people walking, incurable diseases cured etc. that happen even today inspire respect and awe for the vaidyars of Kerala.



The Healing Touch- Ayurveda & Yoga Retreat offers ayurveda unveiled in its most authentic form.

Ayurveda translated from Sanskrit means the 'Science of life' which is 5000-year-old traditional Indian system of medicine which restore one's natural balance to achieve ideal health.

At Healing Touch, we offer authentic and high quality Ayurvedic protocols with dietary advice to help maintain a balanced and healthy body. Healing Touch has its own organic medicinal and aromatic garden, from which fresh herbs grown in our garden are used in treatments.

At Healing Touch, every therapy is personal. Our treatments are customized for you by our doctors, often combined with yoga and other methods to provide deep healing from within and without. Every treatment is based on your needs and your specific body condition.

Pure Panchakarma

Panchakarma' (five processes) is an amazing anti-ageing technique of detoxification followed by an intensive rejuvenation therapy replenishes and revitalizes the mind, body and spirit.

Sathwic food creates positive vibrations in the body and contributes to a pure, calm mind and is the core of a healthy lifestyle in Indian philosophy.

Freshly prepared, healthy ovo-vegetarian cuisine is served to complement the treatment programme. The vegetables, herbs, spices and fruits that are groom in our organic campus, including our fresh garden honey is served at the dining. The balanced meals are planned based on the different food groups. The low fat, low salt and lorn spice diets are personalised and based on your needs as prescribed by physician.



Treatments:

Abhyanga|Pizhichil|Vasthy|Njavarakizhi|Nasya
Elaikizhi|Shirovasthy|Head&FaceMassage
Herbal Steam Bath |Udwarthanam|Thakradhara|
SnehaPanam|Podikkizhi|Nethratharpana|Upanaham|
KaadiDhara|Gandusha|Pichu|Sirodhara|Kabalam
Lepam|Ksheeradhara|Vamana

Ayurveda Packages:

Anti Ageing – Rasayana Chikitsa. (28 Days)
Anti Stress Programme – Manasanthy (14 Days)
General Rejuvenation – Panchakarma. (21 to 28 Days)
Slimming Programme – (21 to 28 Days)
Care for Spine and Joint Disorders (14-28 Days)

A typical day at Healing Touch

- 6:30 am Wake-up Call
- 7:00 am Village Walk
- 7:30 am Surya Namaskars and Yoga
- 8:30 am Breakfast
- 9:30 am Consultations/Treatments
- 1:00 pm Lunch and Rest
- 3:00 pm Treatments
- 4:30 pm Breathing, Meditation
- 5:30 pm Recreation/Lecture/Cooking Workshop
- 7:30 pm Dinner
- 9:00 pm Early to bed

*Speciality Centre for
Spine and Joint Disorders*



Unlimited Hospitality



Spacious and sophisticated all our rooms is a reflection of the local culture and exquisite architecture. Light, airy and modern, these rooms offer gorgeous views and decor befitting royalty with

Impeccable Features

- Well equipped air conditioned bedrooms
- Spacious toilet with cubicle showers
- Private Cottages, Private Villas
- 24 hrs running hot and cold water
- Private dining and living area
- Fully equipped interactive kitchen
- Classic & Antique furniture
- Private garden
- Wifi connectivity
- Well arranged library
- 3 Ayurveda therapy centre
- Laundry facilities

