



KERALA-ONLY · PHYSICIAN-LED · EVIDENCE-INFORMED

Ethical Ayurveda Lifestyle Reset

A calm 7-day programme in Kerala for international participants

KeralaAyurLife curates a 7-day lifestyle reset with registered Ayurveda physicians at partner centres in Kerala. The pace is intentionally quiet: rest, daily routines, nutrition, and learning — without diagnosis or cure claims.

INDICATIVE FEE

USD 1,200–1,500

DURATION

7 days / 6 nights

ADVANCE

USD 500 via PayPal

LOCATION

Kerala, India

7-day structure

- 1 Arrival & physician intake**
Welcome, rest, intake consultation, and a gentle settling routine.
- 2 Personalised plan**
Nutrition briefing, light therapies if prescribed, guided walk.
- 3 Rhythm building**
Morning routine, yoga or breathing, reflective journaling.
- 4 Focused therapies**
Centre-based therapies as advised, with hydration and rest windows.
- 5 Learning immersion**
Ayurveda fundamentals, Kerala ingredients, and safe self-care.
- 6 Integration**
Follow-up physician check, adjustments, and guided nature time.
- 7 Departure briefing**
Take-home plan, two digital follow-ups, and departure support.



What's included

- Suitability intake by a registered BAMS/MD physician
- Daily routines guidance and light movement sessions
- Centre-based therapies only as prescribed
- Standard private-room stay and Kerala-inspired meals
- Learning session on Ayurveda basics and food heritage
- Two post-visit digital check-ins

What's not included

- International or domestic flights
- Visa, insurance, and non-prescribed treatments
- Personal shopping and optional sightseeing
- Airport transfers (can be arranged on request)

Who it is for — and who it is not

A good fit if you want

- Adults seeking preventive well-being and a routine reset
- Learners interested in Kerala's Ayurveda context and food heritage
- Visitors who value informed consent, transparency, and pacing

Not designed for

- Anyone seeking diagnosis or a cure for acute or critical conditions
- Guests unwilling to follow physician guidance or safety protocols
- Travellers needing intensive clinical supervision beyond this programme

How to join

1

Enquiry

Share dates, goals, and health context. We reply within one business day.

2

Suitability

A registered physician reviews whether the week is appropriate.

3

Advance

A USD 500 PayPal invoice reserves dates after confirmation.

4

Arrive

Calm itinerary, physician-led plan, and two digital follow-ups after you leave.

Request details

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Brochure keralaayurlife.com/brochure.pdf

Ethics

KeralaAyurLife is an independent wellness and knowledge initiative. This programme provides lifestyle guidance only. Therapies are prescribed and delivered solely by registered Ayurveda physicians at partner centres. No affiliation or endorsement by any international organisation is claimed.