



WELLNESS
CIRCLE

DISCOVER THE SECRETS OF ANCIENT INDIAN WELL-BEING



AyurVAID:

PRECISION AYURVEDA

With Precision Ayurveda, your health never takes a backseat.
Enquire now because the best journey is the one within.

PRECISION AYURVEDA

Welcome to a transformative journey where timeless traditions meet long-established holistic care principles. In partnership with AyurVAID, India's leader and pioneer in quality systems driven Ayurveda medical care, we are dedicated to nurturing your well-being through the profound wisdom of Ayurveda - a form of traditional medicine that harmonizes life ("Ayu") and knowledge ("Veda") with evidence-based, protocol-driven Ayurveda practices.

Rooted in time-honored traditions and guided by a deep understanding of individual well-being, AyurVAID seamlessly blends classical Ayurveda with modern wellness principles, bringing personalized, outcome-focused treatments that address the root cause of ailments while promoting sustained well-being.

Experience Precision Ayurveda at Taj Malabar Resort & Spa, Cochin, where the science of well-being meets timeless luxury. This advanced, protocol-driven approach ensures authentic, outcome-based healing — addressing whole-body well-being. Your personalized health management plan integrates diet, lifestyle guidance and Ayurveda therapies designed for deep-rooted healing, not just symptom relief.

The journey unfolds through:

Purva Karma – Preparatory therapies

Pradhana Karma – Intensive system cleansing

Paschat Karma – Restorative post-care

Tailored to the individual, time, and place, each treatment draws from the wisdom of Ayurveda with the indulgence of Taj Malabar Resort & Spa, Cochin, creating a truly transformative wellness journey.





SUSTAINED WELL-BEING
DURATION: 7 - 28 DAYS





SAMPOORNA Whole Person Care

Sampoorna is a whole person care program for individuals with serious and multiple comorbidities aiming at disease reversal by diagnosing the root cause of an illness. It provides a comprehensive care regime which adopts a whole-person care approach that looks beyond mere symptom alleviation.

SWASTHYA Metabolic & Lifestyle Health Management

Swasthya is designed to restore metabolic balance and regulate the body's natural cycles for sustained well-being. It is suited for individuals with metabolic disorders, obesity, inflammatory conditions, and lifestyle-induced imbalances.

ASTHI SANDHI Muscle, Bone, Joint Health & Pain Management

A strong musculoskeletal system is the key to an active pain-free life. Asthi Sandhi is designed to address muscle, bone and joint health to restore strength, flexibility, and mobility. Whether it's chronic pain, stiffness, inflammation, or post-surgical immobility, this program focuses on long-term healing and structural balance.

TANVI Women's Lifecycle Health

Tanvi is a comprehensive program designed to support Women's Health through every stage of life. It is ideal for managing menstrual irregularities, PCOS, sub-fertility, menopause-related concerns, sleep apnea, and other gynecological and hormonal imbalances.

By addressing inflammation, metabolic dysfunction, and hormonal imbalances, Tanvi empowers women to achieve lasting vitality, emotional resilience, and optimal reproductive health. This program ensures that every phase of a woman's life is navigated with balance, comfort, and confidence.

NAADI SWASTHYA Neurodegenerative & Movement Disorders

Naadi Swasthya is designed to offer a holistic approach to restoring neurological well-being. The program supports individuals with movement, speech, coordination, memory and cognitive issues.

Through a blend of personalized therapies and Ayurveda interventions, Naadi Swasthya strengthens neural pathways, enhances coordination, and improves overall sensory and motor function. AyurVAID physicians craft individualized treatment plans that help individuals regain fluid movement, sharpen cognitive abilities, restore balance in daily life, and regain confidence.



LOUDARYA Gut Health

Oudarya is designed to restore and preserve gut health and overall well-being. Whether you're experiencing bloating, acidity, constipation, irregular bowels, or inflammation, this program nurtures your gut for sustained health and vitality.

CHYAVANA Anti-Aging & Longevity

Chyavana is a carefully curated program designed to slow biological aging, enhance vitality, and promote graceful aging through deep rejuvenation, detoxification, and metabolic balance. The program nurtures mental clarity and emotional balance, helping to reduce stress, anxiety, and fatigue while enhancing cognitive function and focus.





HEALTH HOLIDAYS

DURATION: 3 - 5 DAYS



SUNIDRA

A therapeutic sleep-enhancing program designed to restore natural sleep rhythms, ease tension, and promote deep relaxation. This program soothes the nervous system, reduces localized pain affecting sleep quality, and fosters a sense of lightness and mental calmness.

SUSHANTI

A calming and deeply restorative experience designed to ease stress, enhance emotional resilience, and promote inner peace. By soothing the nervous system, harmonizing energy flow, and balancing the mind-body connection, this program fosters a deep sense of relaxation, clarity, and emotional strength.



SUNETRA

A specialized Ayurveda program designed to relieve eye strain, enhance tear secretion, and restore ocular health, Sunetra soothes tired eyes, strengthens eyelashes, and balances the circadian rhythm for overall well-being.

SUKANTI

A specialized Ayurveda wellness package that revitalizes skin, enhances natural glow, and strengthens hair from the roots. Sukanti helps in blemish removal, reduces tanning, improves skin hydration, and balances sebum production for a healthy complexion.



SUSTAINED WELL-BEING PACKAGES

DURATION: 7 - 28 DAYS

Room Category	Single Occupancy (per night rate)	Double Occupancy (per night rate)
Deluxe Room	INR 45000 + taxes	INR 75000 + taxes
Luxury Sea View Room	INR 47000 + taxes	INR 77000 + taxes
Luxury Sunset Sea View Room	INR 50000 + taxes	INR 80000 + taxes
Heritage Room	INR 65000 + taxes	INR 95000 + taxes
Heritage Sea View Room	INR 75000 + taxes	INR 105000 + taxes

Inclusions:

- **Comprehensive Consultation** – 60-minute in-depth assessment (twice in 7 days) with expert AyurVAID physicians.
- **Daily Doctor Rounds** – Continuous monitoring, documentation, and progress tracking.
- **Therapeutic Interventions** - 2 Whole-body therapies, 1 Laghu (localized) therapy for targeted relief.
- **External Therapeutic Applications** – Customized oils, Lepam (herbal pastes), and freshly prepared Ayurvedic formulations tailored to individual needs.
- **Customised Yoga Therapy Prescription** – Prescription for breath work, postures, and guided practices aligned with your condition.
- **Personalized Diet Plan** – Ayurveda-aligned nutritional guidance for optimal digestion, nourishment, and well-being.
- **Discharge Note & Holistic Health Plan** – A detailed roadmap for sustained well-being, including lifestyle modifications, seasonal health guidelines, dietary recommendations, and follow-up care to ensure continued progress.



HEALTH HOLIDAY PACKAGES

DURATION: 3 - 5 DAYS

Room Category	Single Occupancy (per night rate)	Double Occupancy (per night rate)
Deluxe Room	INR 30000 + taxes	INR 40000 + taxes
Luxury Sea View Room	INR 32000 + taxes	INR 42000 + taxes
Luxury Sunset Sea View Room	INR 35000 + taxes	INR 45000 + taxes
Heritage Room	INR 50000 + taxes	INR 60000 + taxes
Heritage Sea View Room	INR 60000 + taxes	INR 70000 + taxes

Inclusions:

- **Comprehensive Consultation** – One 60-minute in-depth assessment with expert AyurVAID physicians.
- **Daily Doctor Rounds** – Continuous monitoring, documentation, and progress tracking.
- **Therapeutic Interventions** – Whole-body therapy External Therapeutic Applications – Customized oils, Lepam (herbal pastes), and freshly prepared Ayurvedic formulations tailored to individual needs.
- **Customised Yoga Therapy Prescription** – Breathwork, postures, and guided practices aligned with your condition.
- **Holistic Health Plan** – A detailed roadmap for sustained well-being, including lifestyle modifications, seasonal health guidelines, dietary recommendations, and follow-up care to ensure continued progress.

**The above-mentioned rates and tariffs are valid until October 31, 2025.*

An aerial photograph of the Taj Malabar Resort & Spa in Cochin, India. The resort features a large, multi-story white building with a red-tiled roof and a prominent tower. In the foreground, there is a swimming pool, a lounge area with a red-tiled pavilion, and a green lawn. The resort is situated on a waterfront, with a body of water and a city skyline visible in the background under a blue sky with scattered clouds.

TAJ
MALABAR RESORT & SPA
COCHIN