

# Our Treatments

- ◆ Panchakarma and Rejuvenation therapy
- ◆ Holistic solutions for back and neck pain
- ◆ PCOD and Women's Care
- ◆ Knee pain and osteoarthritis care
- ◆ Weight loss and metabolic balance
- ◆ IBS and Digestive health support
- ◆ Postpartum care
- ◆ Migraine, Stress, and Insomnia Relief
- ◆ Diabetic Neuropathy Treatment
- ◆ Respiratory and Asthma Management
- ◆ Hypertension, liver detox, and skin disorders
- ◆ Fertility Enhancement Program
- ◆ Post-Surgical, Musculoskeletal, and Neurological Rehabilitation Program



## Krishnendu Ayurveda Hospital Wing

Our program emphasizes a holistic approach to wellness, seamlessly integrating traditional Ayurvedic care with modern amenities. Our dedicated team is here to support your healing journey, helping you achieve balance, rejuvenation, and overall well-being.

ROOM TYPE	SINGLE <i>Occupancy</i>	DOUBLE <i>Occupancy</i>
Basic non AC 220 sq ft	₹5100	₹9590
Basic AC 220 sq ft (without Balcony)	₹6500	₹10990
Standard AC 270 sq feet	₹6100	₹10590
Standard non AC 270 sq feet	₹6750	₹11240
Suite 390 to 430 sq feet	₹7970	₹12460

### Inclusions

- ◆ Comprehensive Ayurveda consultations and wellness screenings
- ◆ Three nourishing vegetarian meals, tailored to your dietary needs
- ◆ Up to two personalized Ayurvedic treatments each day
- ◆ Daily yoga sessions to enhance physical and mental well-being
- ◆ Access to gym facilities for a complete fitness experience

### Room Amenities

- ◆ Television for entertainment
- ◆ Limited WiFi access to stay connected
- ◆ Thoughtfully designed spaces for relaxation and rest



## Krishnendu Ayurveda Premium Poolside Stay

Experience a serene escape in our beautifully appointed accommodations, designed to provide the ultimate comfort and relaxation. Your wellness journey begins with personalized Ayurveda consultations and wellness screenings, guiding you toward optimal health.

ROOM TYPE	SINGLE <i>Occupancy</i>	DOUBLE <i>Occupancy</i>
Jr. Suite 290 sq ft (without Balcony)	₹8200	₹12800
Jr. Suite 320 to 348 sq ft	₹8920	₹13520
Suite 400 to 467 sq ft	₹10900	₹15500

### Inclusions

- ◆ Ayurveda consultations and wellness screenings.
- ◆ 3 Veg meals
- ◆ Up to 2 private Ayurvedic treatments per day.
- ◆ Access to daily yoga sessions.
- ◆ Access to the pool and gym facilities.

### Room Amenities

- ◆ Spacious, comfortable rooms.
- ◆ Body and hair shampoo provided.
- ◆ Fresh towels available.
- ◆ Flat-screen TV and free WiFi access.



## Nirava Holistic Centre : Retreat Experience

Experience a revitalizing retreat at Nirava Holistic Centre, where tradition meets luxury. Enjoy a blend of Ayurvedic treatments, naturopathy, physiotherapy, and activities like yoga, functional fitness, and inspiring talks. Each program is thoughtfully crafted to enhance your health and well-being during your stay.

ROOM TYPE	SINGLE Occupancy	DOUBLE Occupancy
Junior Suite 385 sq (without balcony)	₹24999	₹29999
Nirava Balcony Villa 650 sq. ft.	₹1899	₹23999
Nirava Pool Villa 855 sq. ft. (Including private garden)	₹24999	₹29999

### Inclusions

- ◆ Ayurvedic consultations and wellness screenings.
- ◆ 3 vegetarian meals daily, tailored to your physician's dietary prescription.
- ◆ Up to 2 private Ayurvedic or Naturopathy treatments per day.
- ◆ Daily yoga and meditation sessions.

### Room Amenities

- ◆ Personalized pillow options for your comfort.
- ◆ Sustainable toiletries and eco-friendly amenities.
- ◆ Luxury bed linen
- ◆ Personal safe, hair dryer, bamboo-based tongue cleaner, Dental set, shaving kit and comb.
- ◆ Flat-screen TV with OTT services and complimentary high-speed WiFi.
- ◆ Alexa-enabled smart rooms for added convenience.

# Dine.

Inspired to offer the best in terms of wellness and well-being, Krishnendu Ayurveda prides itself on providing its guests with unique and exceptional fresh, healthy & organic dining experiences at the in-house restaurant Ootuppara. Not only will the different types of palates nurture you with good nutrition. but also would inspire you to incorporate the diet and regimen back home - reword to sound elegant and self loved



# A Typical Day *at* Our Centre

- ◆ 6:00 am  
Wake up to the soothing sounds of nature.
- ◆ 6:30 am-7:30 am  
Group yoga session to energize your day.
- ◆ 7:30 am - 8:30 am  
Enjoy a nutritious breakfast.
- ◆ 8:45 am - 12:30 pm  
Personalized Ayurveda/Naturopathy treatments.
- ◆ 12:30 pm - 2:00 pm  
Lunch break with healthy, wholesome meals.
- ◆ 2:00 pm - 5:30 pm  
Continued Ayurveda/Naturopathy treatments.
- ◆ 4:00 pm - 5:00 pm  
Meditation or an Informative Ayurveda lecture/  
cooking class/ Pharmacy visit / Gym.
- ◆ 5:00 pm - 6:30 pm  
Relax with an evening walk.
- ◆ 6:30 pm - 7:30 pm  
Dinner, featuring delicious vegetarian options.
- ◆ 9:00 pm  
Wind down for bedtime.

# Your Guide to a Relaxing Experience *at* Krishnendu

We pride ourselves on being a traditional ayurvedic healing, and it is important that you get the full benefit of our facilities seamlessly.

## 1. Light clothing

we recommend light and breathable clothing while under going treatment

## 2. Shoes & track suits

You may be advised to walk or do exercise at the gym after consultation especially in lifestyle management conditions.

## 3. Yoga dress

Yoga has its pride of place and is an essential therapeutic activity; hence please bring loose dresses for the same.

## 4. Towels and toiletries - are not provided in hospital wing Rooms.

You can even buy these from our shop on the campus, in case you miss out on bringing any of these.

## 5. Swim wear

Please bring at least one swimsuit as you may be advised to take Aquatic exercises or Swimming in lifestyle management conditions

## 6. Medical Report :

Please bring your latest medical reports. If Certain blood tests are ordered by our Doctors, it can be done on an extra cost in house.

If additional scanning reports like MRI,USG etc is required, shall be done outside for which the hospital shall arrange appointment and conveyance (on extra cost)

## 7. Water bottle / flask / umbrella

kindly bring water bottle or flask and umbrellas.

if room is in hospital block as we don't provide these in the block

# Bank Details

## Payment Information

- ◆ You can transfer your funds to our account at HDFC Bank, Cheppad, Alappuzha:

Account Name: Krishnendu Ayurveda Hospital LLP

Account Number: 59209544488333

IFSC Code: HDFC0001488

MICR No.: 690240002

Bank Telephone No.: 0477-2251954

- ◆ For your convenience, money exchange services are available through authorized dealers at our facility. Additionally, ATM counters for ICICI Bank, S.B.T., and S.B.I. are located nearby.

## Accepted Payment Methods

- ◆ Cash (in Indian currency)
- ◆ National and international credit or debit cards (VISA/MasterCard only)
- ◆ Please note that cheques are not accepted.





# Cancellation Policy

Reservations can be canceled up to thirty days before your expected arrival date, with a nominal cancellation fee applied. Please note that the advance payment is non-refundable in cases of no-show or if a guest discontinues their scheduled treatment during their stay.

For details on refunds, please refer below

- ◆ More than 21 days before arrival: 40% of the paid amount will be refunded.
- ◆ More than 14 days before arrival: 25% of the paid amount will be refunded.
- ◆ 7 days or less before arrival / during treatment: No refund will be issued.



# FAQ

- ◆ **What currencies are accepted?**

You can exchange money through authorized Forex dealers or pay using MasterCard and Visa credit cards.

- ◆ **What kind of clothing do you advise?**

We recommend wearing simple, loose-fitting clothing during your stay.

- ◆ **How far is the nearest airport, and when should I be there for my return flight?**

The nearest airport is Cochin International Airport, located about 120 km away, with a travel time of approximately 2.5 to 3.5 hours. For your return flight, please confirm your flight details at least three days before departure and check in at least three hours prior to your flight.

- ◆ **Are any vaccinations necessary?**

There are no mandatory vaccinations for entering India. However, the German Foreign Office recommends vaccinations for tetanus, diphtheria, polio, and hepatitis A. Kerala is generally not considered a malaria risk area.

- ◆ **Do I need a visa to enter India?**

Yes, a valid visa is required for entry into India.

# FAQ

- ◆ Which airport should I book my flight to, and will someone collect me?

You can book your flight to either Trivandrum Airport or Cochin Airport. Krishnendu can arrange airport transfers at an additional cost, as long as we have your flight details (arrival time and flight number).

Our staff will meet you outside the terminal with a sign that says "KRISHNENDU AYURVEDA HOSPITAL."

- ◆ What is the typical duration of treatment?

The typical duration for treatment ranges from 2 to 4 weeks. After a consultation, the doctor will determine the exact length of treatment and necessary medications.

# Embark on *Your* Wellness Journey Today!

To plan your treatment program, Simply  
WhatsApp Dr. Sandeep at +919544144199 with  
your medical details and any relevant  
documents.

Our Chief Physician will then guide you  
through your treatment program options.

If you'd prefer to speak with him directly,  
you can call his personal number at  
+91 9544144199.

He's available from 6 PM to 10 PM (IST) on  
evenings, except Saturdays and Sundays.

Take the first step towards a healthier you!





Nirava  
by Krishnendu ayurveda

[www.niravaretreat.com](http://www.niravaretreat.com)