

Why not rejuvenate yourself on your next trip to India?

Experience the essence of relaxation and culture with our 4-day Ayurvedic package. From serene Ayurvedic treatments to cultural explorations, immerse yourself in a rejuvenating journey. Our package includes transportation to and from the Ayurvedic centre, tours of Cochin's landmarks, visits to sacred temples and elephant camps, and a relaxing evening at Cherai Beach. Let us transport you to a realm of wellness, spirituality, and discovery

Kerala, 4 days

Day 01	AM:	Pick up from Presidency Airport hotel to the Ayurvedic centre in Aluva and back to the hotel before lunch.
	PM:	Half-day tour of Cochin – including Synagogue*, Dutch Palace*, shopping, and back to the hotel (*subject to monuments staying open)
Day 02	AM:	Pick up from Presidency Airport hotel to the Ayurvedic centre in Aluva and back to the hotel before lunch.
	PM:	Visit to Guruvayur temple and Punnaturkotta Elephant camp and back to the hotel
Day 03	AM:	Pick up from Presidency Airport hotel to the Ayurvedic centre in Aluva and back to the hotel before lunch.
	PM:	Visit the Cherai Beach and return to hotel
Day 04.	AM:	Departure transfer

Inclusions:

3 nights at Presidency Airport Hotel 4*, Cochin, on twin sharing with breakfast
English speaking chauffeur driven private a/c car
Ayurvedic Shirodhara session (45 min) on day 01
Ayurvedic Synchronised massage (45 min) on day 02
Ayurvedic facial massage (60 min) on day 03

£295 per person

EXPLORATOURS
est. 1947

◇ Riva Travels

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or email: info@exploratours.co.uk
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