

How to decide if you need to plan your healing stay at the **Beach Retreat** or **Mountain Retreat**?



Beach Person

Warm, Sunny and Tropical Weather

Sound of the waves

Sea Bathing

Enjoy easy walking terrains

Ideal for intense Panchakarma

Oct - Mar

Mar - May

Jun - Oct



25°C-32°C



32°C-36°C



28°C-32°C



Mountain Person

Cool, misty and lush green

Forest Soundscapes

Forest Bathing

Love hiking terrains

Ideal for weight loss and emotional Well-being

Oct - Mar

Mar - May

Jun - Oct



16°C-22°C



20°C-26°C



18°C-22°C