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





Beach	Person
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Warm, Sunny and **Tropical Weather**

Sound of the waves

Sea Bathing

Enjoy easy walking terrains

Ideal for intense Panchakarma







32°C-36°C



Jun - Oct

28°C-32°C

































Mountain Person

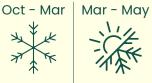
Cool, misty and lush green

Forest Soundscapes

Forest Bathing

Love hiking terrains

Ideal for weight loss and emotional Well-being





18°C-22°C