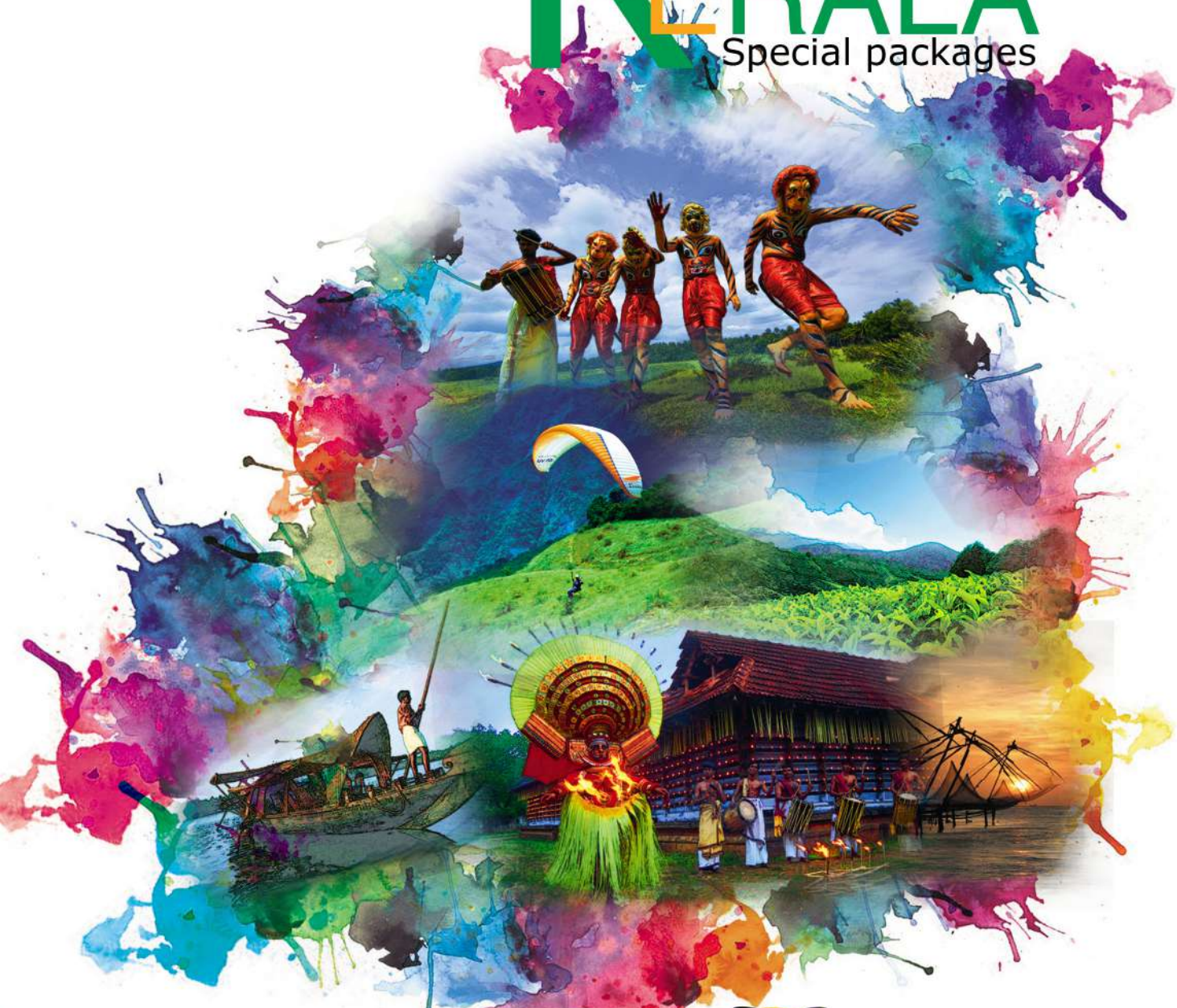


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God's Own Country

celebrate
KERALA

Special packages



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7D
6N

Exotic Kerala

7Day/
6Night

Key Highlights of Exotic Kerala:

Enjoy the scenic beauty of Munnar - Explore the wild life experience from Thekkady - Relishing stay in Houseboat, Alleppey - Invigorating experience of Marari - Vibrant city of Cochin

Day 01: Cochin-Munnar

Meet and greet at Cochin airport on arrival time by our representative. There after travel to Munnar, It is a hub of scenic beauty and chill atmosphere.

Day 02: Munnar

Munnar is one of the top most hill stations of India situated on the Western Ghats at the height of 1600 meters above the sea level. Miles of unending tea plantation, hills and lush evergreen grasslands will entyce new feelings.

Day 03: Munnar -Thekkady

Thekkady is considered a heaven for natural spices such as black pepper, cardamom, cinnamon and clove. The Periyar Wildlife Sanctuary is spread thick evergreen forest filled with wild beauties and dears.

Day 04: Thekkady-Alleppey

Alleppey known as Venice of East. It offers you a unique thrilling experience with day and night stay at indigenous house boat with all modern amenities. Bask in the sun from the deck while enjoying the sceneries of river side beauties and early village life.

Day 05: Alleppey-Marari

Morning set off towards the quiet fishermen's village, Mararikulam. Nestled amidst verdant coconut groves at the beachfront, the resort is an idyllic spot to repose.

Day 06: Marari-Cochin

Morning, we proceed to a sightseeing tour of the oasis state of Kerala and one of the India's most colorful cities filled with heritage sites of many settlements coupled with modern amenities of new era.

Day 07 : Cochin-Departure

Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".

10D
09N

Charms of Malabar

Key Highlights of Charms Of Malabar

Kappad beach- Edakkal Cave - Kuruva island - Banasura sagar dam
Namdroling Monastery-Bekal Fort - Valiyaparamba backwater
Fort Kochin- Mattanchery - Jewish synagogue

Charms of Malabar

Day 01: Cochin

Meet and greet at Cochin airport on arrival time by our representative. Cochin sets the trend of the beauty that one expects to find all over Kerala.

Day 02: Cochin-Calicut

In North Kerala lies the area which the legendary traveller Marco Polo described in 1320 A.D, a past replete with the trading visits of European voyagers calling on the ancient port of Kozhikode on the irregular journeys of commerce, lured by timber, ivory, pepper, ginger, cinnamon, and other spices.

Day 03: Calicut-Wayanad

The green paradise is nestled among the mountains of the Western Ghats, forming the border world of the greener part of Kerala.

Day 04: Wayanad

This green paradise is dotted with most area covered with lush green trees. Spice scented breeze, the tips of the mountains are painted with white mist. On the way to Waynad the vehicle sails through the mountains with the aromatic flowers kisses your lovely noses.

Day 05: Wayanad-Coorg

Coorg is also globally known as Scotland of east. It is about a 03 hours of delightful journey throughout the journey will be something you would always look back. Enjoy beautiful slopes carpeted by coffee plantations all over Coorg.

Day 06: Coorg

Hills are filled with snow where the sky touches the earth and there are many coffee estates, evergreen forests, lush green valleys, misty hills, sprawling coffee plantations, tea estates, orange groves, lofty peaks and fast flowing abbe falls is one of the famous and biggest falls.

Day 07: Coorg- Bekal

The Northern most district of Kerala is renowned as the land of gods, forts, rivers, hills and beautiful beaches. The imposing fort at Bekal is one of the largest and best-preserved forts in Kerala. The beautiful expanse of the shallow beach near the Bekal fort.

Day 08: Bekal -Valiyaparmba

could not be better place to relax than the beautiful and serene backwater stretches of Kerala, God's own country. And Valiyaparamba is believed to be one of the most gorgeous backwaters located in the proximity to Bekal town.

Day 09: Bekal- Cochin

Natural harbour, this port city gradually developed into the commercial hub of Kerala, and today is a cosmopolitan city where people from all over India mingle together.

Day 10: Cochin-Departure

Catch flight for onward destination with sweet memories of India Tour. We wish you a safe and pleasant journey!

6D
5N

Romantic Kerala

Key Highlights of Romantic Kerala:

Enjoy the scenic beauty of Munnar - Explore the wild life experience from Thekkady
Relishing stay in Houseboat, Alleppy - Vibrant city of Cochin- Fort Kochi
Mattancherry- Jewish synagogue

Day 01 : Cochin

Choose the unique spot to make them happy! select Romantic Kerala Package. Nature's bounty is spell-binding in Kerala, which makes the words aptly says "Gods Own Country". Meet our Focuz representative at Airport to receive and guide you the entire tour plan.

Day 02 : Cochin-Munnar

You want to be in a place with your partner amidst a soothing landscape, draped with natural beauty. Munnar is the place where everything works in your favour and makes your holiday nothing short of perfect.

Day 03 : Munnar

Massive mountain tamed with shawls of mist, lawn-smooth grassy knolls, green pastures and more unique landscapes stuns your imagination. Nature's bounty seems to be personal favorite in this part of the world

Day 04 : Munnar - Thekkady

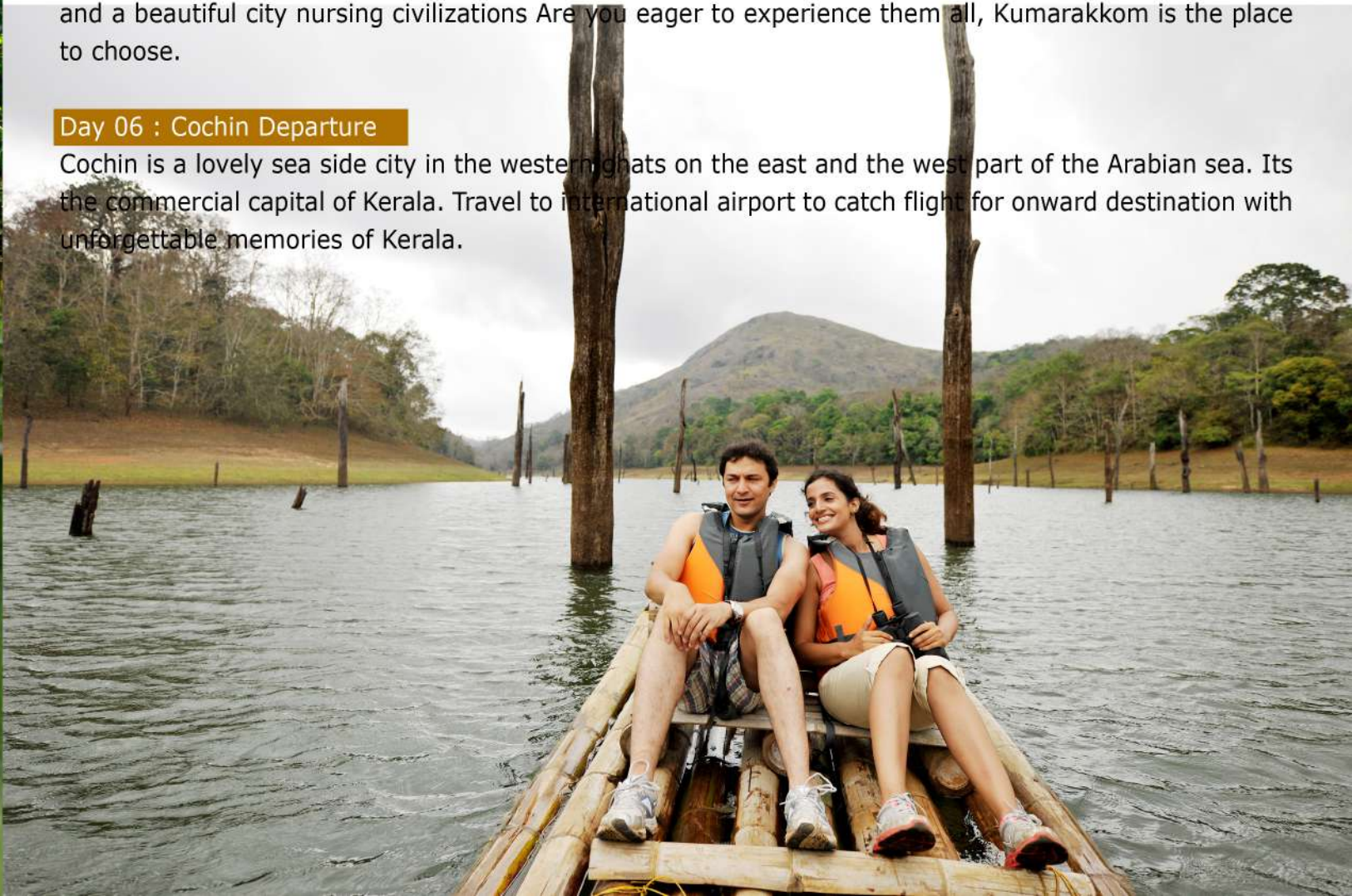
The homeland of spices and tastes. Rolling hills, scary jungles, placid lakes and the kiss of the butterflies leaving this romantic place is like a Rio De Janeiro-Pe-tropolis drive.

Day 05 : Thekkady - Kumarakom

Green lawns with blooming wild colorful flowers, serene beauty of paddy fields and backwater stretches and a beautiful city nursing civilizations Are you eager to experience them all, Kumarakom is the place to choose.

Day 06 : Cochin Departure

Cochin is a lovely sea side city in the western ghats on the east and the west part of the Arabian sea. Its the commercial capital of Kerala. Travel to international airport to catch flight for onward destination with unforgettable memories of Kerala.





8D
7N

Grand tour of Kerala

Key Highlights of Grand tour of Kerala

Fort Kochi-Tea gardens of Munnar- Mattupetty Dam - Elephant safari at Thekkady- Backwater cruise in Alleppey- Lighthouse beach at Kovalam- Padmanabhaswamy Temple

Day 01: Cochin

Meet and greet at Cochin airport on arrival time by our representative. A modern, well built, medium size city having unique blend of old-world charm and the ultra modern urban civilization.

Day 02: Cochin-Munnar

Sprawling tea plantations which spreads like an enticing green carpet, picture-book towns, winding roads and adorable places make this a popular resort town. Among the exotic flora found in the forests and grasslands.

Day 03: Munnar

Set at an altitude of 6000 ft in Idukki district, Munnar was the favoured summer resort of the erst-while British rulers in the colonial days. Unending expanse of tea plantations - pristine valleys and mountains- exotic species of flora and fauna in its wild sanctuaries with aroma of spice scented cool air.

Day 04: Munnar-Thekkady

You would never imagine the ones which add spice to your taste buds could be so good to see in their growing stages as well. The spices that we get to see in the market would actually be going under different processes before they are out to be sold in the market. But when we see them in their true form they are really amazing.

Day 05: Thekkady -Alleppey

It is a famous place for houseboat cruises along Kerala backwaters, lagoons and network of canals. Authentic Kerala traditional cuisines, ayurveda wellness treatments, lots of good resorts and hotels.

Day 06: Alleppey-Kovalam

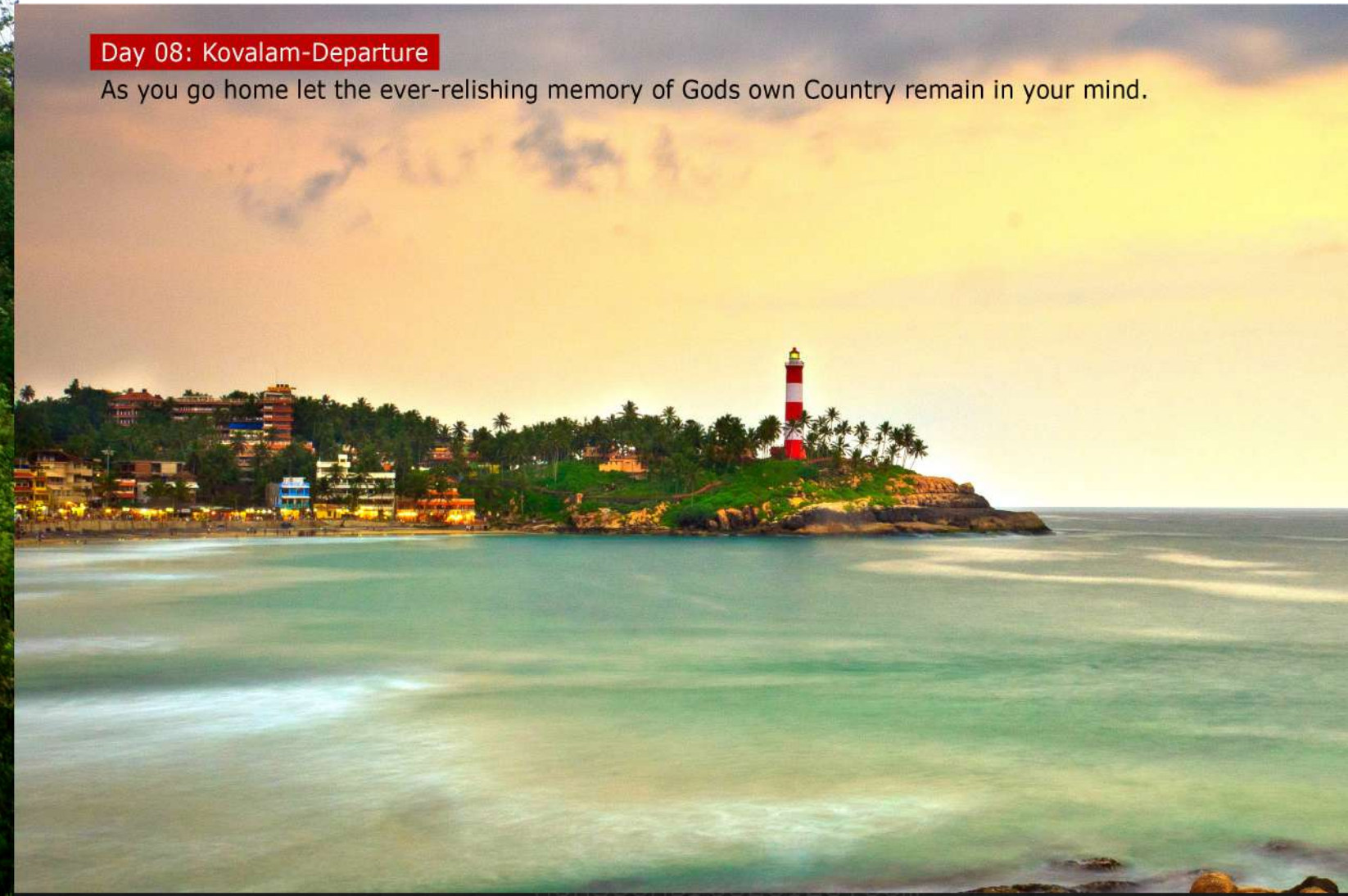
Kovalam means a grove of coconut trees and true to its name the village offers an endless sight of coconut trees. Kovalam has three beaches separated by rocky outcroppings in its 17 km coastline, these 3 together form the crescent of the Kovalam beach. Sun and sand with a dash of spicy seafood added the ingredient to its best.

Day 07: Kovalam

It is one of the very rare clean beaches in Kerala. Clean water and sky view along with beautiful Lighthouse are sure to put you at peace. While strolling down the beach, be sure to visit the lighthouse and enjoy the spectacular view it can deliver, especially during the sun rise or sun set.

Day 08: Kovalam-Departure

As you go home let the ever-relishing memory of Gods own Country remain in your mind.



10D
09N

Bliss of Kerala

Key Highlights of Bliss Kerala

Guruvayur Sri Krishna Temple- Athirapally Waterfalls- Tea gardens of munnar-Periyar Wildlife Sanctuary - Houseboat experience at Alleppey -Padmanabhaswamy Temple- Padmanabhapuram Palace -Vivekananda Rock - 2000-year-old Janardana Swami Temple

Day 1: Cochin-Guruvayoor

Meet and greet at Cochin airport on arrival time by our representative. Guruvayur is renowned pilgrim destination, a renowned Lord Krishna pilgrimage.

Day 2: Guruvayoor-Athirappally-Munnar

On the way Marvel at Athirapally Falls, one of India's biggest cascades, emerging from several streams flowing through a thick forest landscape.

Day 3: Munnar

The splendid green downs and lofty hills of extraordinary scenic beauty and is endowed with a salubrious climate. The funnel shaped blossoms covering the hills in floral profusion and the beautiful flowers spread over the mountains will pack you with memories for a lifetime.

Day 04: Munnar – Thekkady

Thekkady the land of spice plantations, blue skies and high hills, natural thick forests, rustling leaves in the fragrant winds make the reserve forest watching the spectacular views of wildlife creatures a treat to watch.

Day 05: Thekkady - Alleppey (Houseboat)

The houseboat along Kerala backwaters, lagoons and network of canals. Alleppey is simply Awesome, it is a slowly floating over the scenic backwater takes you to the world of wonderment passing through the scintillating natural beauty.

Day 06: Alleppey to Kovalam

The most renowned fascination here is the Kovalam shoreline, which is one of the acclaimed and famous traveler area in Kerala. Its extremely greenish and clean place with heaps of coconut trees, its an incredible visual treat to the guest.

Day 07: Kovalam – Kanyakumari

Its so charming that you will fell in love with the place at first sight itself. In the immediate vicinity were the coconut and tamarind trees that sooth our eyesight with greenery and the seas with blue waters surrounded by the sea on three sides.

Day 08: Kanyakumari –Varkala

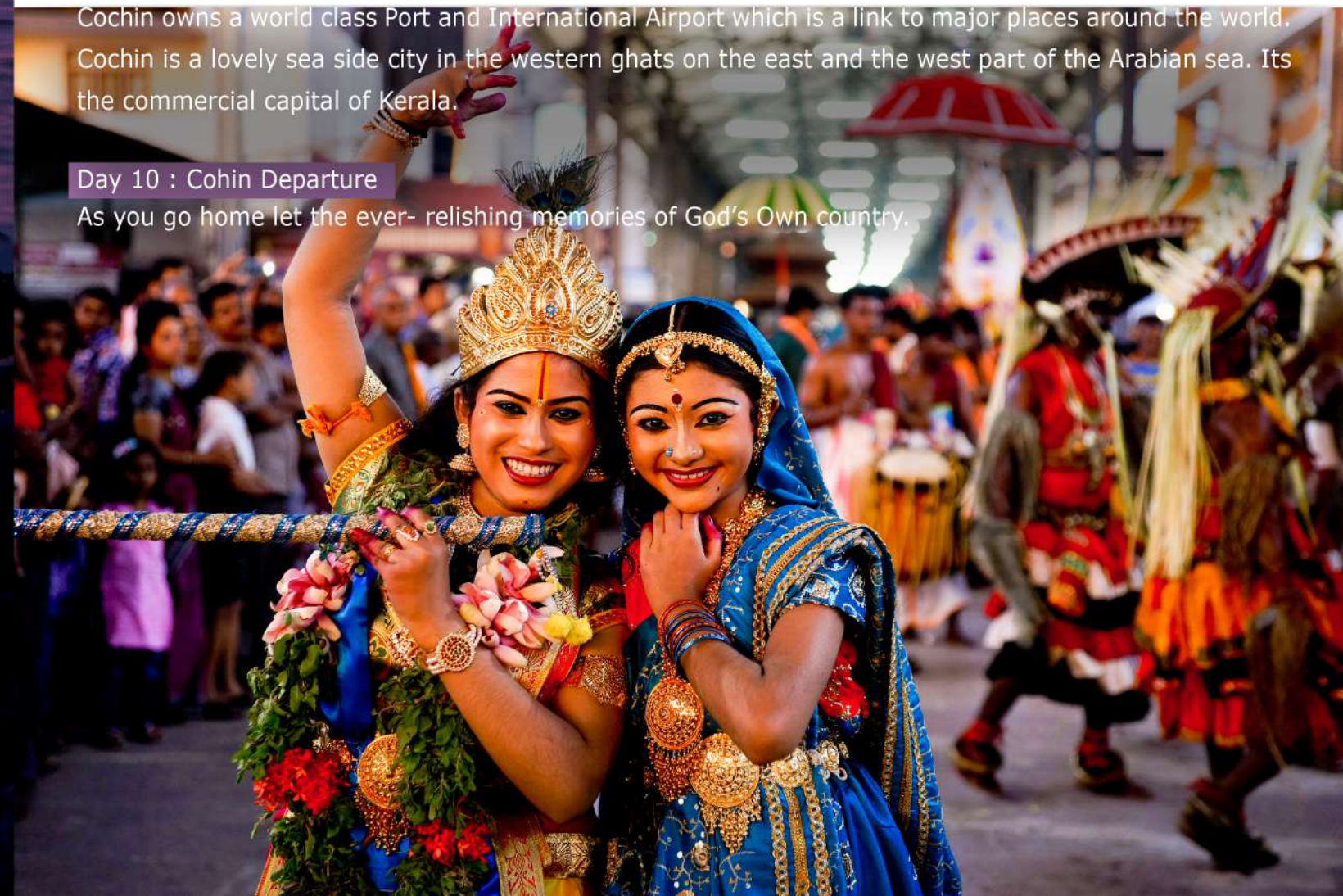
If you are a beach bum looking forward to bask on the white sands, without too much crowd around you, Varkala is the best place to be. The 2000-year old Janardhana Swamy Temple and the popular Sivagiri mutt are located in Varkala.

Day 09: Varkala-Cochin

Cochin owns a world class Port and International Airport which is a link to major places around the world. Cochin is a lovely sea side city in the western ghats on the east and the west part of the Arabian sea. Its the commercial capital of Kerala.

Day 10 : Cohin Departure

As you go home let the ever- relishing memories of God's Own country.

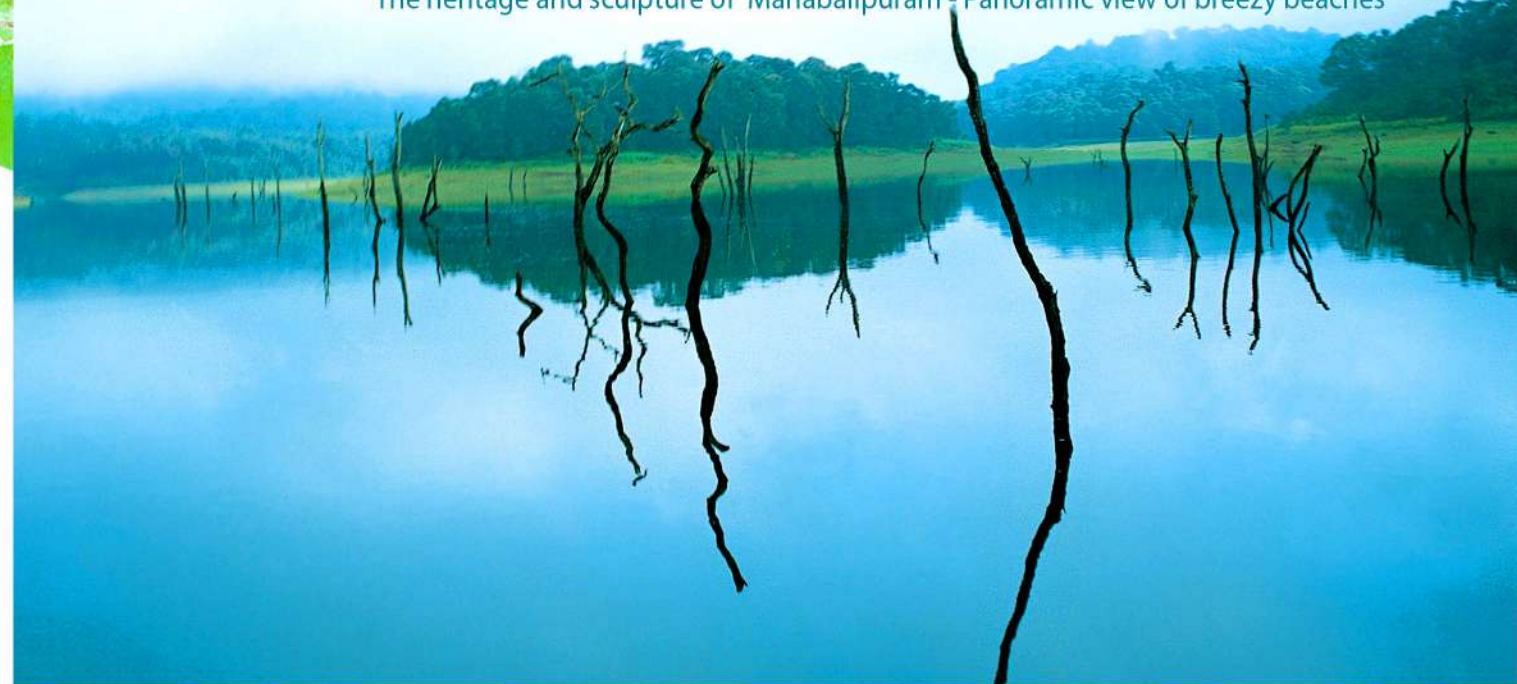


11D
10N

Southern Symphony

Key Highlights of Southern Symphony

Chinese Fishing Nets- Explore scenic backwaters and serene settings at Vembanad lake
Wild life at Thekkady - Feel the spiritual South Indian temple architecture
The heritage and sculpture of Mahabalipuram - Panoramic view of breezy beaches



Southern Symphony

Day 01 : Cochin

Arrival at Cochin, greeted by our enthusiastic Focuz staff, escort you to the travel vehicle explain you about the tour program.

Day 02 : Cochin

The Cochin is one of the best coastal city of India, it is also known as the queen of Arabian sea and it was the spices trade among centuries. The beach is very peaceful place and lashing sea waters. You will find Chinese nets for catching fishes.

Day 03: Cochin - Kumarakom

Drive 2 hrs to reach Kumarakom. Kumarakom is a village on Vembanad lake in the Backwaters. very calm and quite, picturesque destination. Bird sanctuary in the middle of the lake.

Day 04 : kumarakom - Thekkady

Drive 4 hours to Thekkady. The presence of gentle streams and flowing waterfalls in the forest cools up the environment and brings respite to tired traveler.

Day 05 : Thekkady

Thekkady is strategically located to provide spectacular views of the surrounding hills and forests, villages lush green trees, silent rivers with the gentle breeze and wildlife ranging from carnivores to mammals to birds and the terrain where each type is a part of and a compliment to the other.

Day 06 Thekkady - Madurai

Drive 3 hours to Madurai, The History blends with mythology. This South Indian temple town Witness a burst of Dravidian-style temple architecture, and a dense display of sculptural work depicting mythological Hindu gods, goddesses and demons.

Day 07 : Madurai - Thanjavur

Drive 3.5 hours to Thanjavur, The cultural capital of Tamil nadu. The Brihadeeswara temple which is UNESCO World Heritage Monuments and in particular it fascinated artists, historians, sociologists, who delight in its wealth of sculptures, beautiful calligraphy on the walls.

Day 08 : Thanjavur - Mahabalipuram

Mahabalipuram is a World heritage site. Back to the history to 7th century Pallava structures are a tribute to the Hindu tradition and bring out the spectacular piece of architecture miscellany of rock-cut temple art on a sun-kissed shore.

Day 09 : Mahabalipuram - Chennai

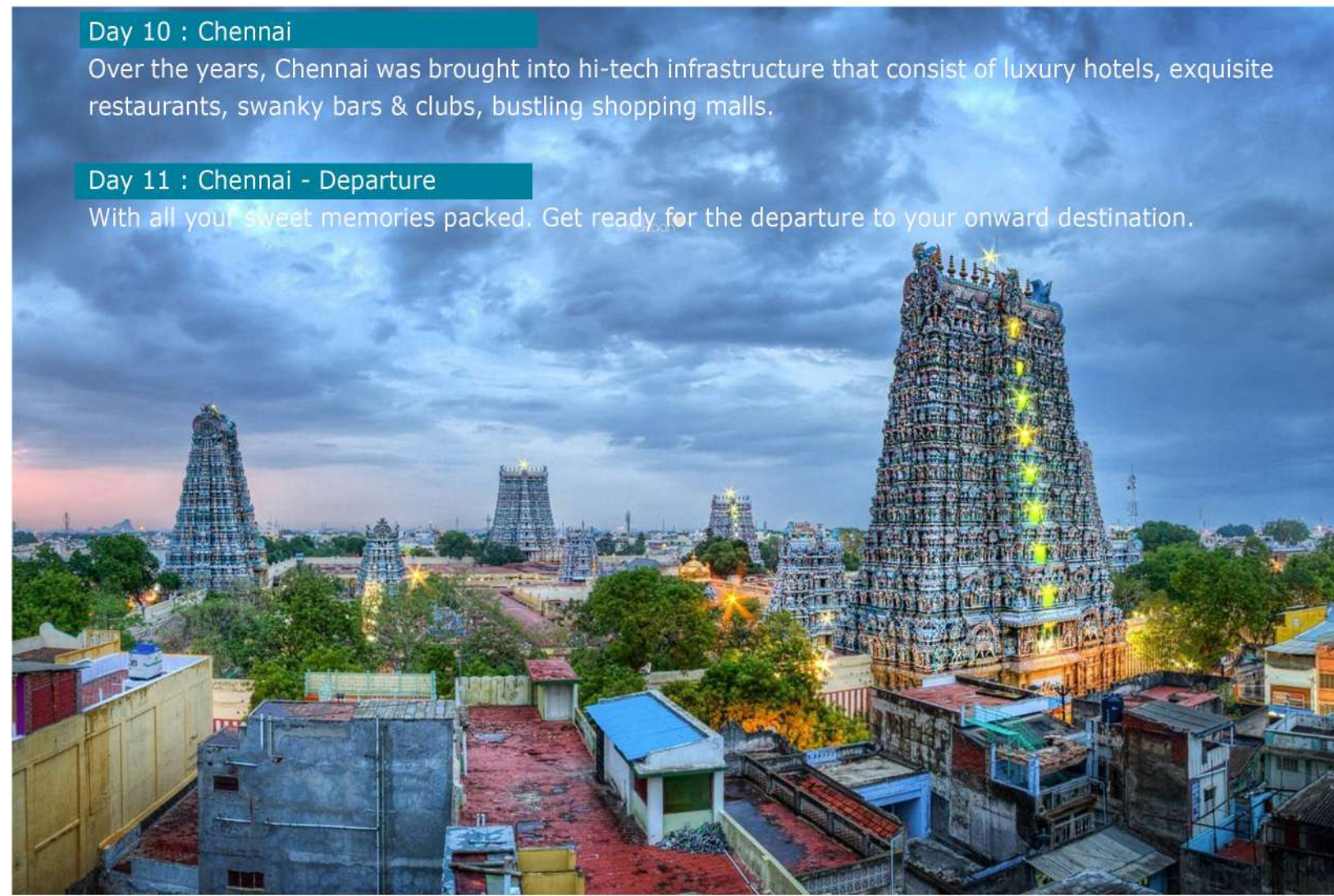
Drive 2 hours, Chennai is known as "Gateway to South India". Its home of rich heritage. Chennai built as the fortified city, Fort St. George, in 1640 by British. Breezy Beach, Marina Beach and Covelong are known for their panoramic views.

Day 10 : Chennai

Over the years, Chennai was brought into hi-tech infrastructure that consist of luxury hotels, exquisite restaurants, swanky bars & clubs, bustling shopping malls.

Day 11 : Chennai - Departure

With all your sweet memories packed. Get ready for the departure to your onward destination.



6D
5N

Scenic Kerala

Key Highlights of Bliss Kerala

Explore the scenic beauty of Munnar - Enjoy the wild life experience from Thekkady
Relishing stay in Houseboat, Alleppey - Vibrant city of Cochin- Fort Kochi
Mattancherry- Jewish synagogue



Day 01: Cochin-Munnar

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Day 02: Munnar

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Day 03: Munnar -Thekkady

Thekkady is considered a heaven for natural spices such as black pepper, cardamom, cinnamon and clove. The Periyar Wildlife Sanctuary is spread thick evergreen forest filled with wild beauties and dears.

Day 04: Thekkady-Alleppey

Alleppey known as Venice of East. It offers you a unique thrilling experience with day and night stay at indigenous house boat with all modern amenities. Bask in the sun from the deck while enjoying the sceneries of river side beauties and early village life.

Day 05: Alleppey-Cochin

Morning, we proceed to a sightseeing tour of the oasis state of Kerala and one of the India's most colorful cities filled with heritage sites of many settlements coupled with modern amenities of new era.

Day 06: Cochin-Departure

Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".



3D
4N

Kerala Hills& Backwaters

Key Highlights of Kerala Hills& Backwaters

Kerala has all the desirable features which suits all sorts of men. Holiday travel trip contains a wide range of Undulating hills to backwater splashes offering you to touch the soul of Nature.

Day 01: Cochin-Munnar

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Day 04: Alleppey-Departure

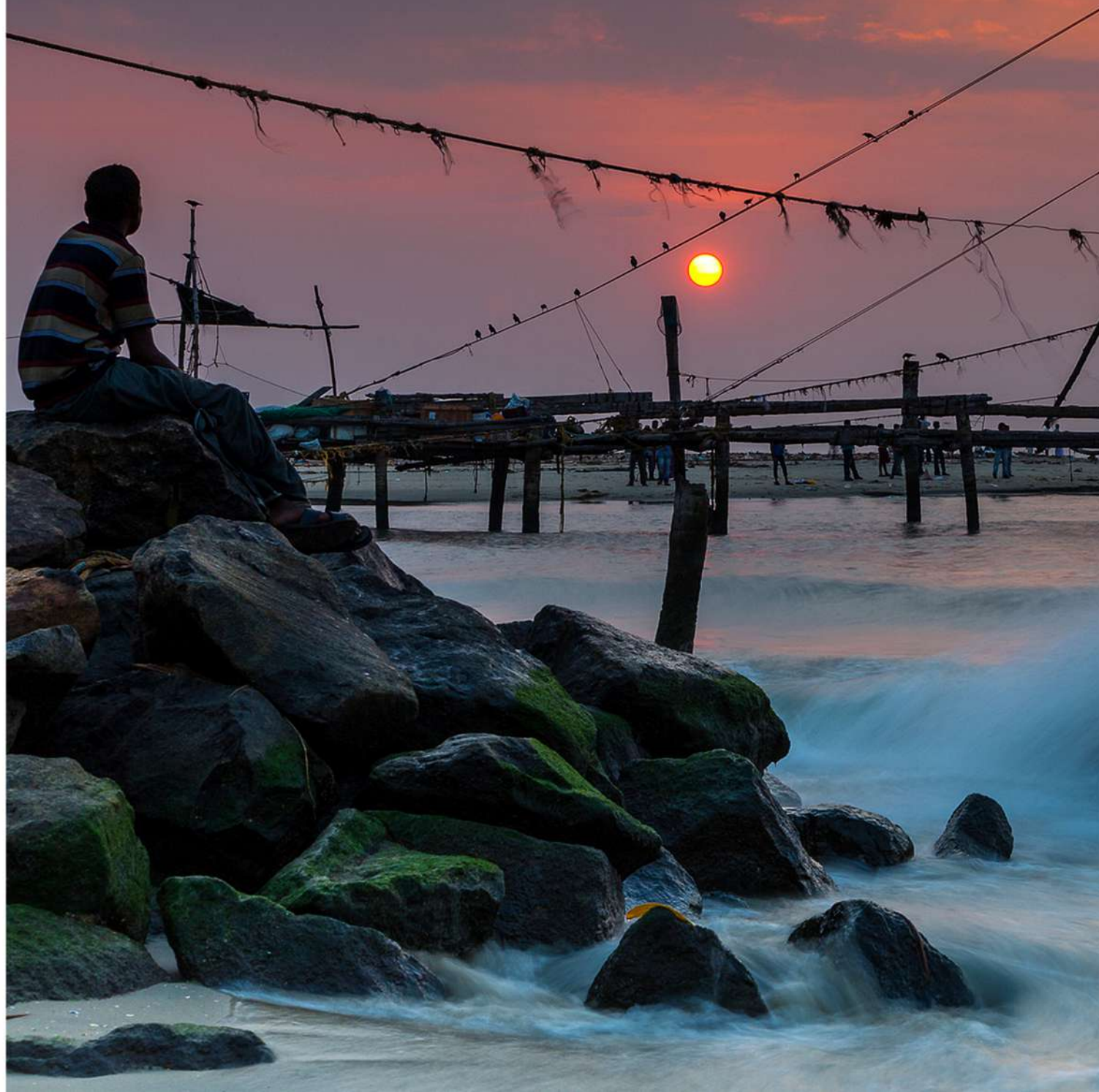
Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".



5D
4N Graceful Kerala

Key Highlights of Graceful Kerala

Take a 5 day sojourn to Kerala and go back home refreshed and rejuvenated. We have highly customised 5 day Holiday packages to Kerala which will take you through the beaches, the hills, the wildlife and the backwaters.



Day 01: Cochin-Munnar

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Day 03: Munnar -Thekkady

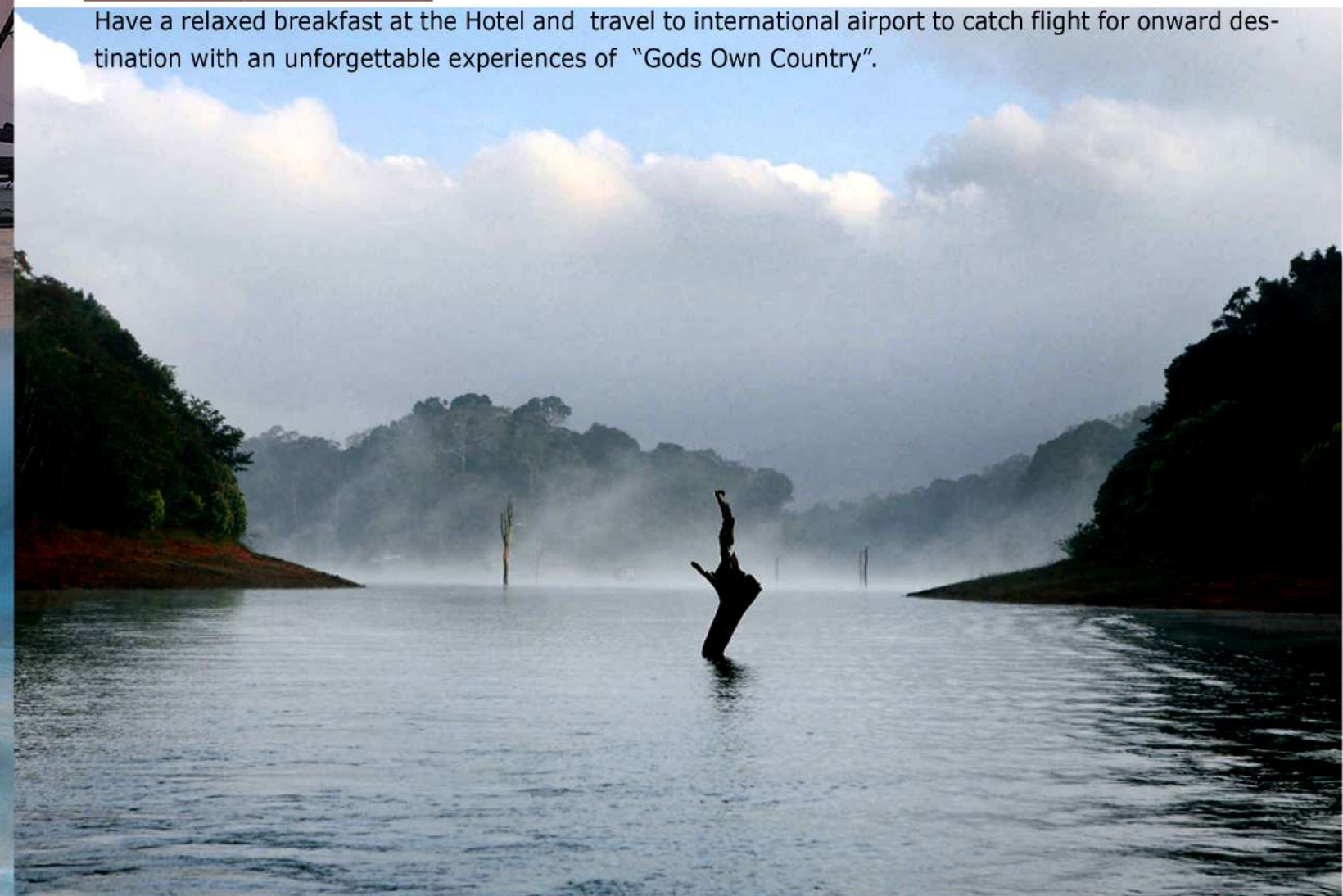
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Day 05: Alleppey-Departure

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7D 6N Miracles of Western Ghats

Key Highlights of Miracles of Western Ghats

Bekal fort- Nisargadhama- Golden temple- Abby Waterfalls- Banasura Dam
Kuruva island- Pookkot lake- Edakkal caves- Valiyaparamba Backwater

Miracles of Western Ghats

Day 01: Mangalore- Bekal

Meet and greet at Mangalore airport on arrival time by our representative. Coorg is also globally known as Scotland of east. It is about a 03 hours of delightful journey throughout the journey will be something you would always look back. Enjoy beautiful slopes carpeted by coffee plantations all over Coorg.

Day 02: Coorg

Hills are filled with snow where the sky touches the earth and there are many coffee estates, evergreen forests, lush green valleys, misty hills, sprawling coffee plantations, tea estates,

Day 03: Coorg-Wayanad

The green paradise is nestled among the mountains of the Western Ghats, forming the border world of the greener part of Kerala.

Day 04: Wayanad

This green paradise is dotted with most area covered with lush green trees. Spice scented breeze, the tips of the mountains are painted with white mist. On the way to Waynad the vehicle sails through the mountains with the aromatic flowers kisses your lovely noses.

Day 05: Bekal -Valiyaparmba

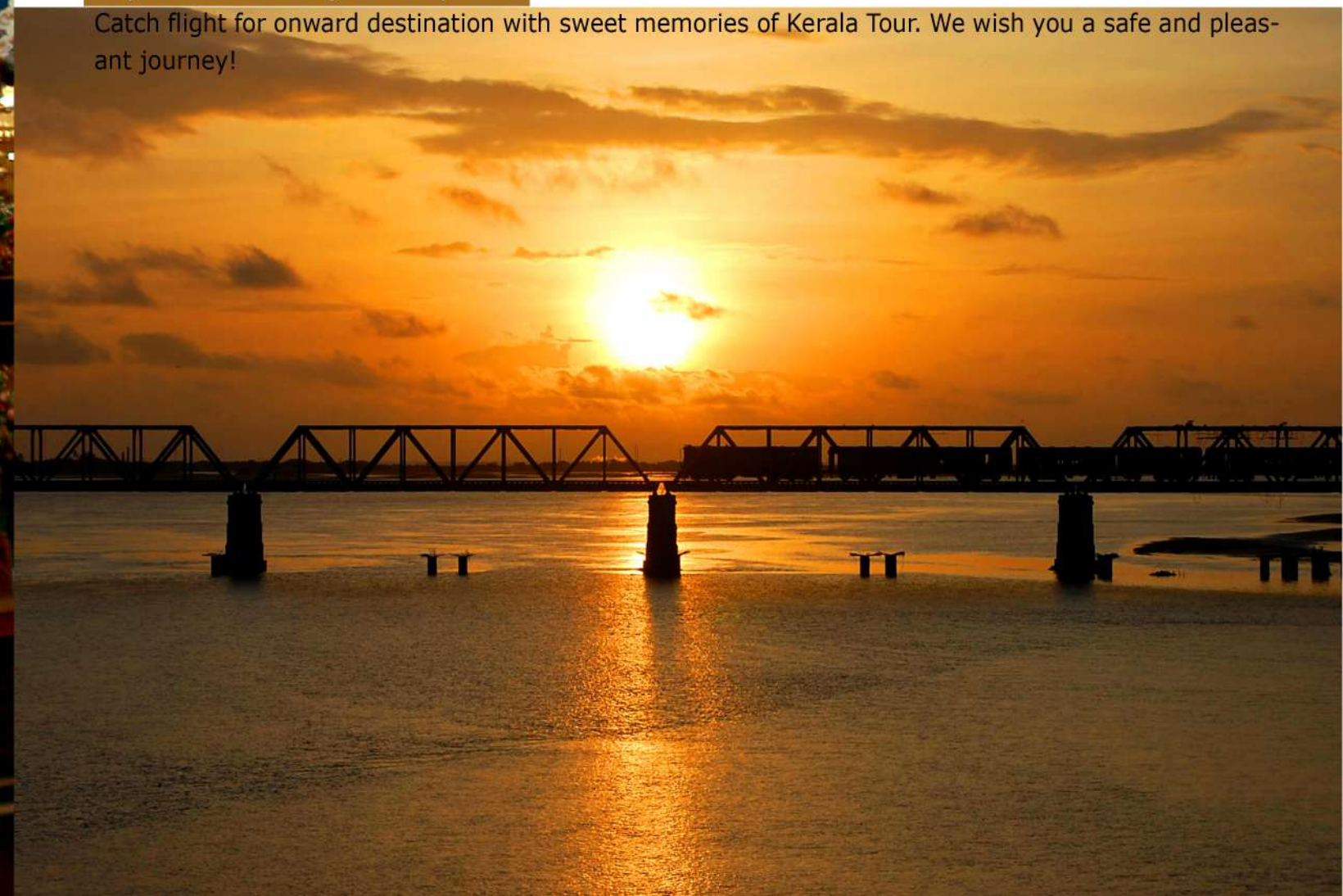
Valiyaparmba could not be better place to relax than the beautiful and serene backwater stretches of Kerala, God's own country. And Valiyaparamba is believed to be one of the most gorgeous backwaters located in the proximity to Bekal town.

Day 06: Bekal

Bekal The Northern most district of Kerala is renowned as the land of gods, forts, rivers, hills and beautiful beaches. The imposing fort at Bekal is one of the largest and best-preserved forts in Kerala. The beautiful expanse of the shallow beach near the Bekal fort.

Day 07: Bekal -Mangalore-Departure

Catch flight for onward destination with sweet memories of Kerala Tour. We wish you a safe and pleasant journey!



5D 4N Colors of Kerala

Key Highlights of Colors of Kerala

Kerala known as God's own country is a land blessed with its scenic beauty, fresh water streams, backwaters and misty mountains. Bounded by the Western Ghats on the east and the Arabian Sea on the west, this land unfurls a rich diversity

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Day 03: Bekal -Coorg

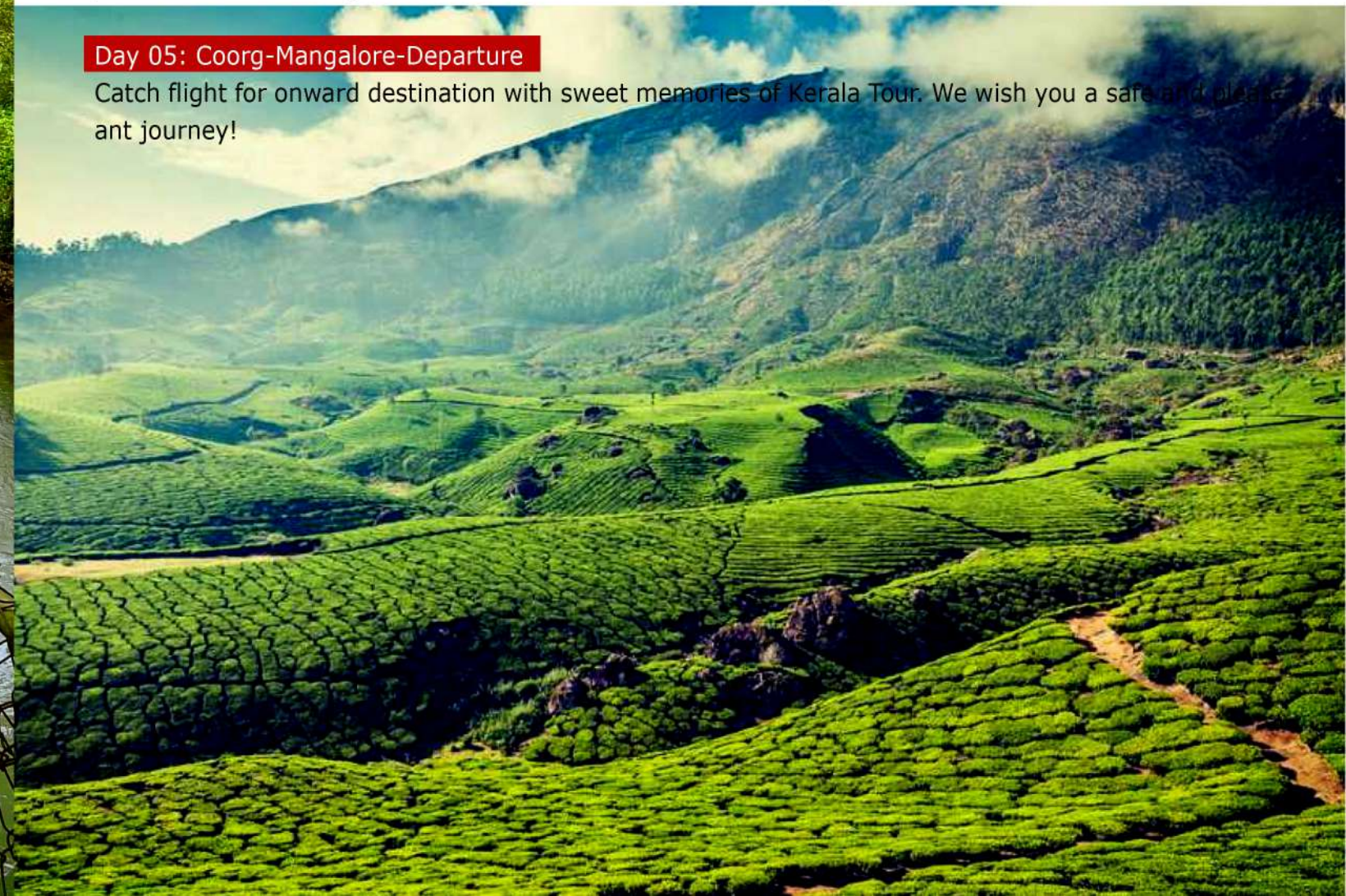
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Day 05: Coorg-Mangalore-Departure

Catch flight for onward destination with sweet memories of Kerala Tour. We wish you a safe and pleasant journey!



4D
3N

Fantasy of Malabar

Key Highlights of Fantasy of Malabar

Malabar (Northern Kerala) is an area of southern India lying between the Western Ghats and the Arabian Sea. Kerala with a long shoreline with serene beaches, tranquil stretches of emerald backwaters, lush hill stations and exotic wildlife, waterfalls, sprawling plantations, paddy fields, ayurvedic holidays.



Day 01: Mangalore- Bekal

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Day 03: Bekal -Ranipuram

Situated 750 m above sea level, Ranipuram is famous for its trekking trails and varied vegetation - evergreen shola woods, monsoon forests and grasslands. Ranipuram in its natural beauty is comparable to Ooty. Wild elephants can be seen wandering on the top of the mountains.

Day 04: Bekal-Departure

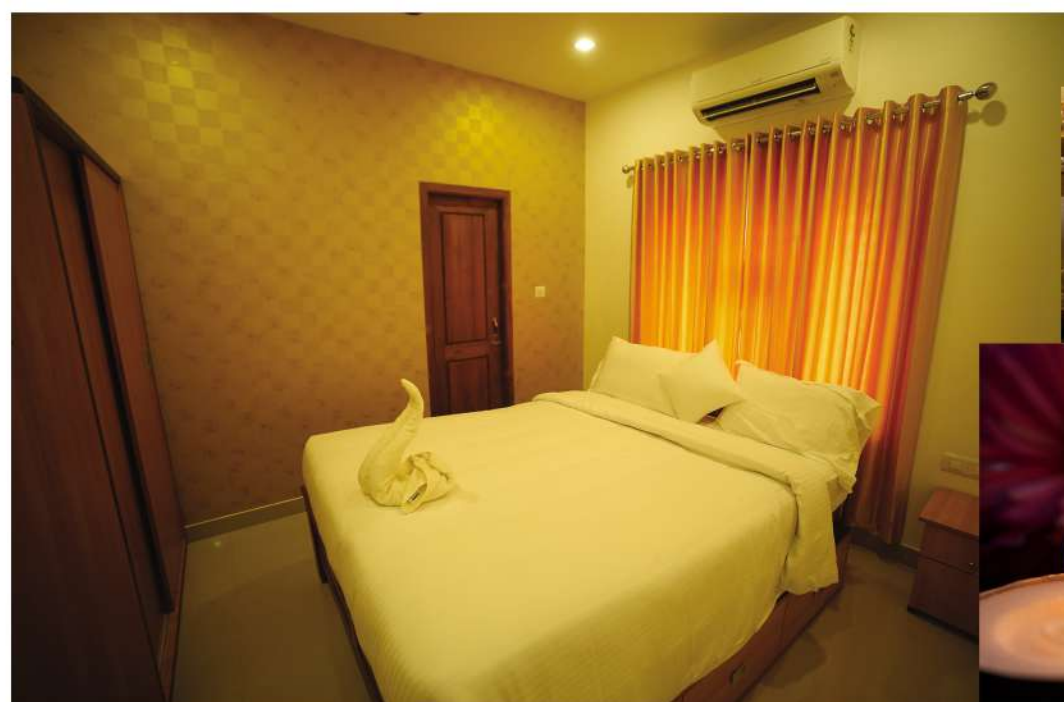
Catch flight for onward destination with sweet memories of Kerala Tour. We wish you a safe and pleasant journey!





Focuz Ayur Center

Focuz Ayurcentre is created out of knowledge, commitment and foresight of a team of Ayurvedic doctors to provide quality healthcare. The physicians at Focuz AyurCentre by virtue of their deep understanding of the concepts of Ayurveda have been constantly involving and adapting the Ayurvedic treatments to suite the impending healthcare needs of the people.



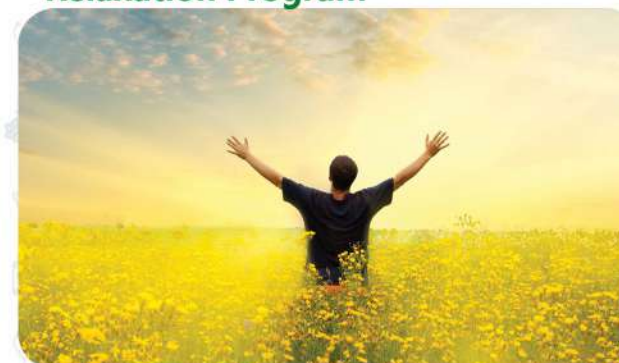
Services & Facilities

- The State-of-art infrastructure facilities, patient care services are on par with international standards.
- Featuring beautifully designed rooms and suites, complimented with cutting edge technology and amenities, guarantee a truly pleasurable stay.
- 24*7 doctors on duty.
- Physiotherapy Unit
- A special therapeutic diet, diet recommendations specific to each individual.
- Multi language skilled assistance.
- Travel desk assistance and Site seeing arrangements
- Majlis
- Prayer Hall
- Free WiFi ... etc

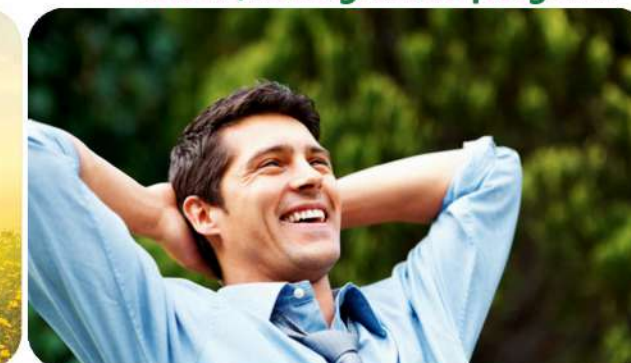


FOCUZ WELLNESS PROGRAMMES

7-14 Days Relaxation Program



7-14 Days Stress, Management program



7-14 Days Rejuvenation Program



7-14 Days Detox Program

8D
9N

Wellness Backwater tour

Key Highlights of Bliss Kerala

Cleaning Body -Therapeutic Massage - Mediated Steam - Breath new life
Nasyam - Takra Dhara -Shirodhara etc.

7N/8D

Focuz ayurcentre receives you with a herbal drink. Each treatment we plan according to the individual constitution (prakruthi). We have Doctor consultation in the beginning itself to understand your constitution and plan your treatment. Small changes if necessary are made based on your physique under Doctors opinion. We begin our treatment schedule as early as possible.

Day 01

Cleansing herbal tea, Yoga session, Healthy breakfast ,Ayurvedic treatments include abhyangam and bashpaswedam,nasyam in morning.(Abhyangam:Rejuvenates the whole body,Delays aging,Relives fatigue, Baspaswedam:Soothes mind & body to relieve stress & relax muscles,Increases body metabolism,Helps eliminate toxins. Nasyam: Removes hoarseness of voice and stuttering or slurred speech.Headaches and migraines.)Rest for one hour after treatment for better results. Evening session of treatment starts one hour after lunch which includes Shirodhara.

Day02&03

Your day begins with a warm herbal tea, Yoga session, delicious breakfast. Ayurvedic treatment include Jambheerapindaswedam in the morning along with nasyam.(Jambheerapindaswedam : Relieves body pain and stiffness. It is anti-aging and rejuvenating. Increase muscle strength).Rest for a while before your lunch. Evening session of treatment has Shirodhara ,where medicated oil is poured over your forehead in slow stream for one hour. Doctor consultation ,Light Dinner.Sound sleep.

Day 04&05

Another exciting day starts with aromatic tea,yoga session,balanced breakfast.Ayurvedic treatment includes shashtikapindaswedam and nasyam in morning (Shashtikapinda swedam:Strengthens the body.Rejuvenates the tissues.Improves muscle tone),tasty traditional lunch and takradhara in the evening treatment session.(Takradhara:revitalizes the central nervous system.balances the brain and hormonal functions. relieves stress& hypertension.)

Day 06: Calicut-Cochin

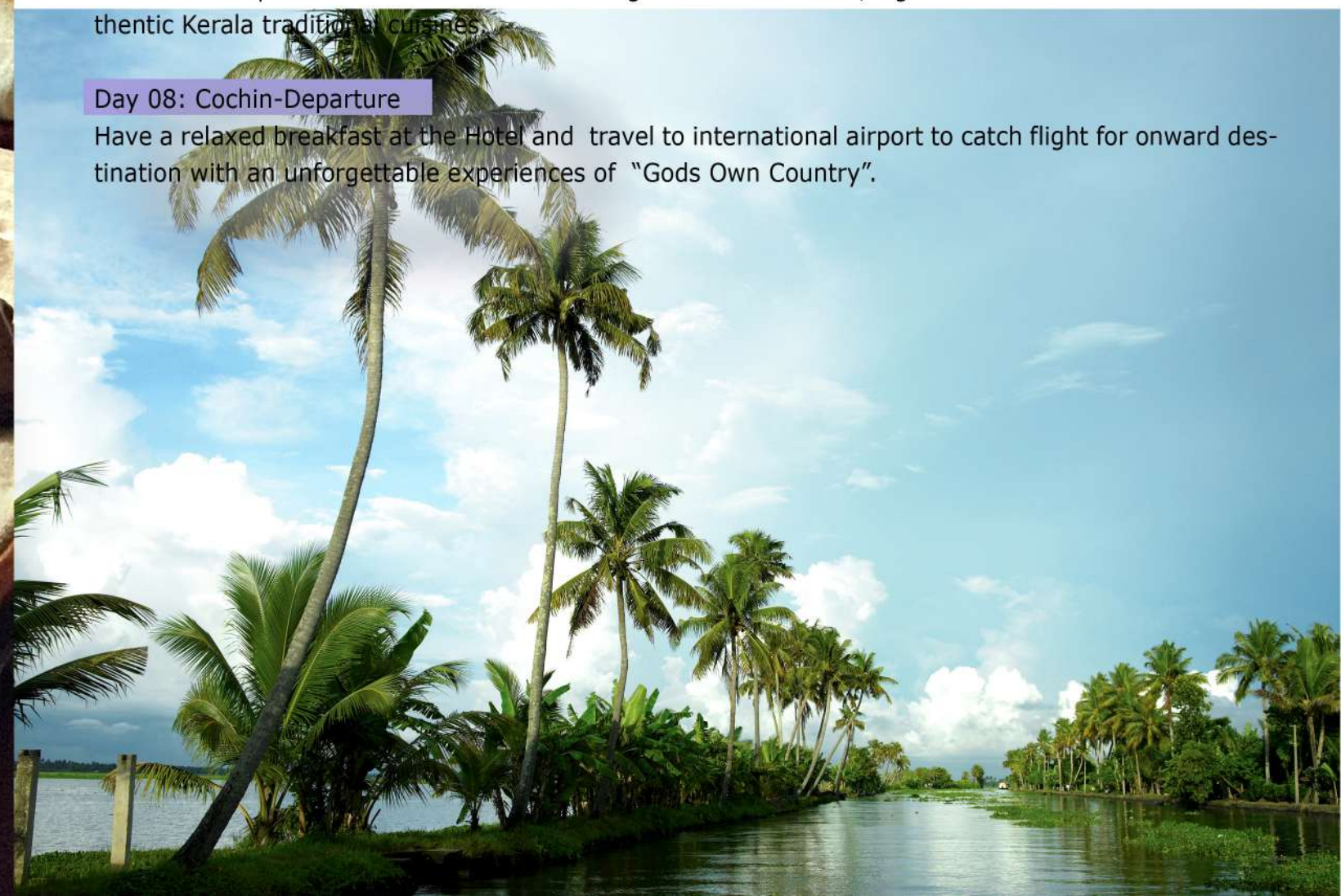
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Day 07: Cochin -Alleppey

It is a famous place for houseboat cruises along Kerala backwaters, lagoons and network of canals. Authentic Kerala traditional cuisines.

Day 08: Cochin-Departure

Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".



10D
9N

Relaxation

Key Highlights of Rejuvenation

Abhyangam -Shirodhara -Diet Food -Relaxation -Steam -Jambeera Pinda Swedam
Taakradhara -Shashtikapindaswedam

Days in FOCUZAYURCENTRE

Day 01&02

Cleansing herbal tea, Yoga session, Healthy breakfast ,Ayurvedic treatments include abhyangam and bashpaswedam,nasyam in morning.(Abhyangam:Rejuvenates the whole body,Delays aging,Relives fatigue, Baspaswedam:Soothes mind & body to relieve stress & relax muscles,Increases body metabolism,Helps eliminate toxins.Nasyam:Removes hoarseness of voice and stuttering or slurred speech.Headaches and migraines.)Rest for one hour after treatment for better results. Evening session of treatment starts one hour after lunch which includes Shirodhara. (Shirodhara:Relieves stress, anxiety, depression,improves concentration)Doctor consults to clear your queries and gives further advices. Appetizing dinner with hearty soups. Have a relaxed and deep sleep.

Day 03, 04&05

Your day begins with a warm herbal tea, Yoga session, delicious breakfast. Ayurvedic treatment include Jambeerapindaswedam in the morning along with nasyam.(Jambeerapindaswedam : Relieves body pain and stiffness. It is anti-aging and rejuvenating. Increase muscle strength).Rest for a while before your lunch. Evening session of treatment has Shirodhara ,where medicated oil is poured over your forehead in slow stream for one hour. Doctor consultation ,Light Dinner.Sound sleep.

Day 06&07

Another exciting day starts with aromatic tea,yoga session,balanced breakfast.Ayurvedic treatment includes shashtikapindaswedam and nasyam in morning (Shashtikapinda swedam:Strengthens the body.Rejuvenates the tissues.Improves muscle tone),tasty traditional lunch and takradhara in the evening treatment session.(Takradhara:revitalizes the central nervous system.balances the brain and hormonal functions. relieves stress& hypertension.

Day 08: Calicut-Cochin

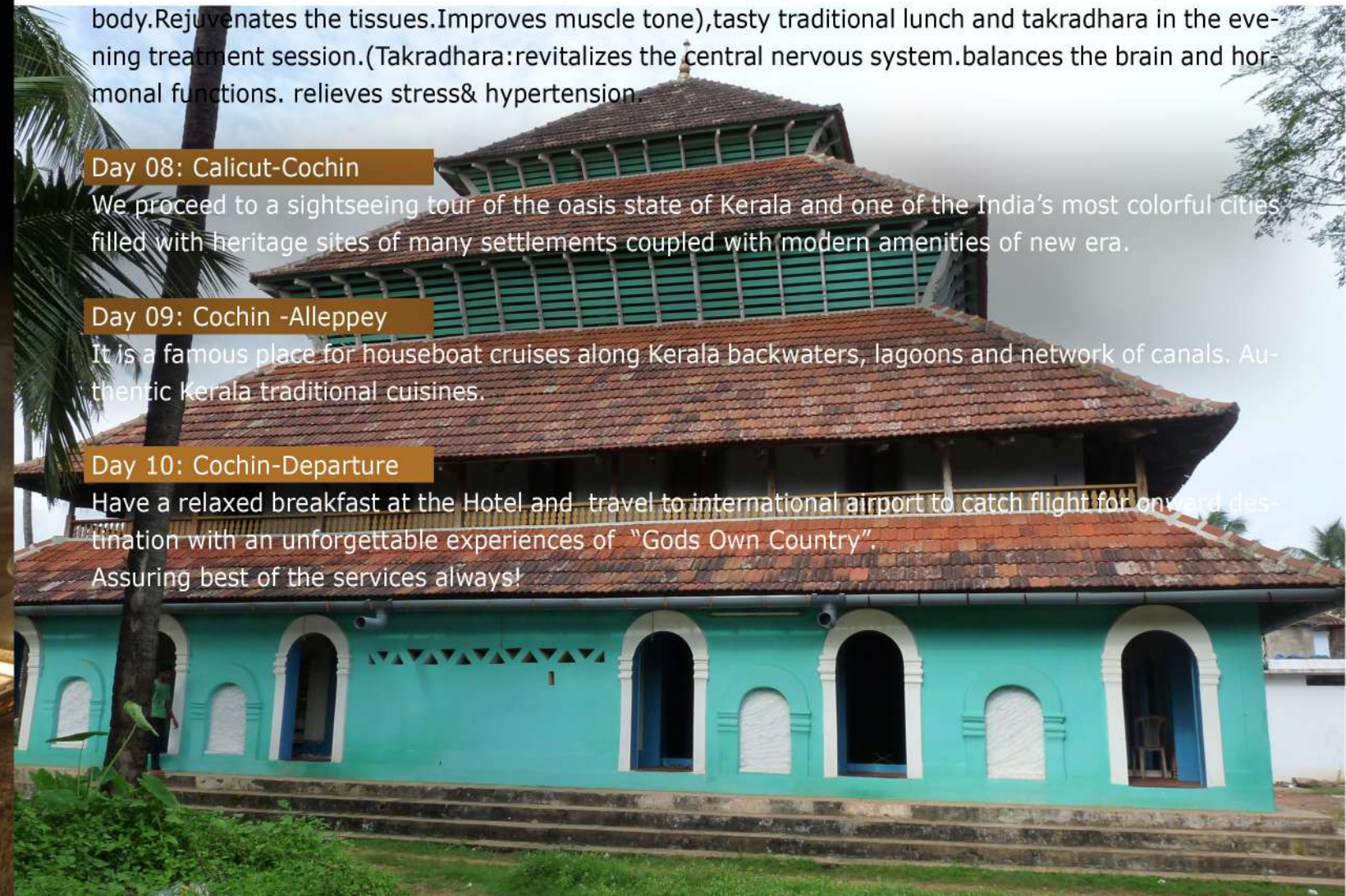
We proceed to a sightseeing tour of the oasis state of Kerala and one of the India's most colorful cities filled with heritage sites of many settlements coupled with modern amenities of new era.

Day 09: Cochin -Alleppey

It is a famous place for houseboat cruises along Kerala backwaters, lagoons and network of canals. Authentic Kerala traditional cuisines.

Day 10: Cochin-Departure

Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".
Assuring best of the services always!



6D
5N

Wellness Backwater tour

Key Highlights of Wellness Backwater tour

Doctor -Consultation - Oil Massage - Head Treatments -Relaxing - Rice Massage -Health Tips - Shirodhara -Nasyam - Tour Programme

Day 01

Arrival assistance & transfer from Cochin International Airport to Focuz Ayurcentre welcomes you with a drink, followed by doctor consultation. After analyzing your constitution (prakruthi) treatments are designed especially for you. After a brief rest Ayurvedic treatment session starts. Rest and sleep.

DAY 02

Focuz ayurcentre wakes you up with a herbal tea, a relaxing yoga session, scrumptious healthy breakfast, morning treatment session –Abhyangam. Evening session of treatment-Takradhara, Revitalizes the central nervous system,Balances the brain and hormonal functions,Improves the supply of blood and nutrition to the brain,Relieves stress,Reduces hypertension

Day 03

Cleansing herbal tea, yoga session, marvelous south Indian breakfast, morning Ayurvedic treatment session-Shashtika pindaswedam. Evening treatment session –Takradhara, It improves the supply of blood and nutrition to the brain, Relieves stress, Reduces hypertension), Doctor consultation, Lip smacking dinner with soups. Sound sleep.

Day 04: Travel to Cochin

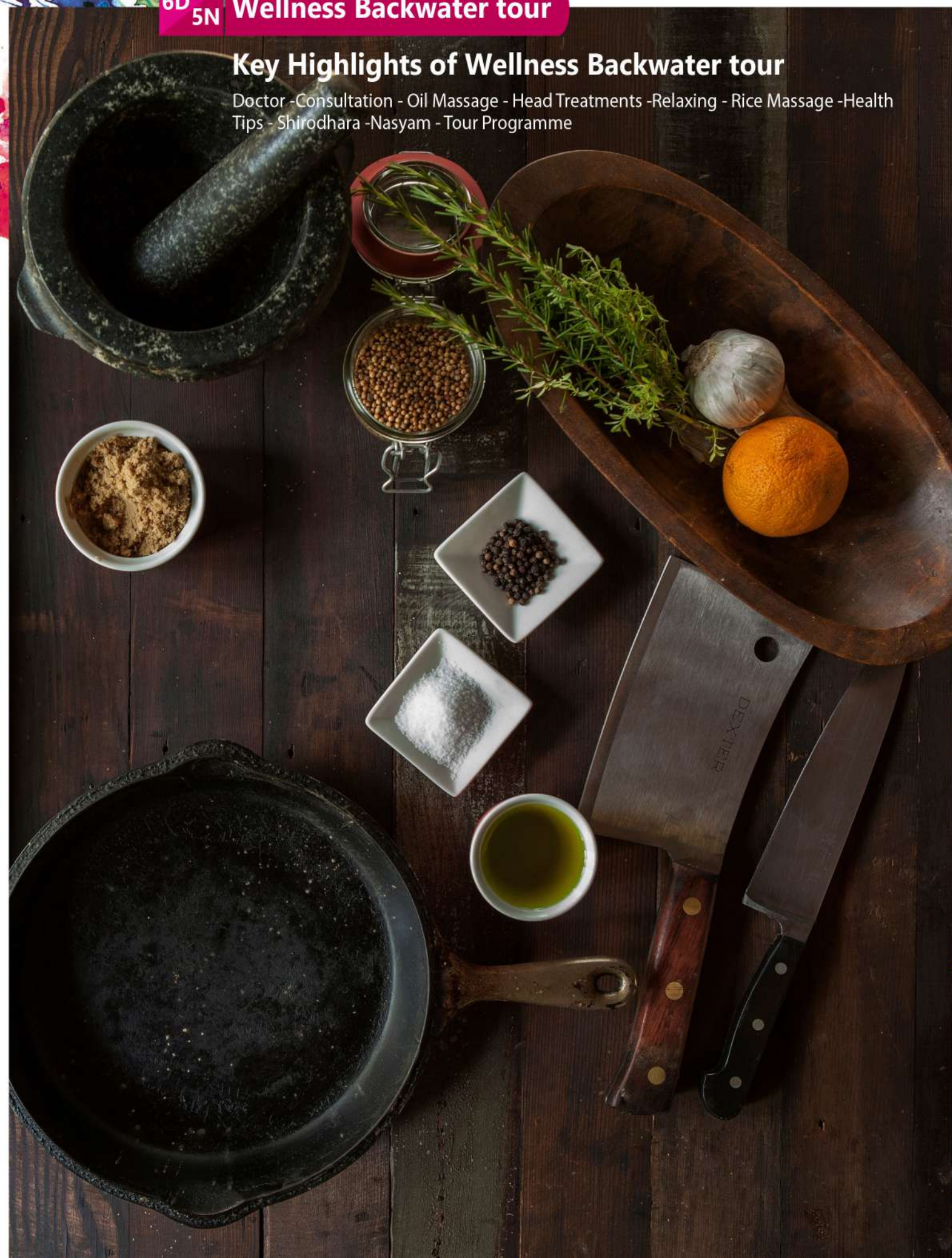
We proceed to a sightseeing tour of the oasis state of Kerala and one of the India's most colorful cities filled with heritage sites of many settlements coupled with modern amenities of new era.

Day 05: Cochin -Alleppey

It is a famous place for houseboat cruises along Kerala backwaters, lagoons and network of canals. Authentic Kerala traditional cuisines.

Day 06: Cochin-Departure

Have a relaxed breakfast at the Hotel and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".



14D
15N

Rejuvenation

Key Highlights of Rejuvenation

Doctor -Consultation - Oil Massage - Head Treatments -Relaxing - Rice Massage -Health Tips - Shirodhara -Nasyam -Abhyangam- Diet Food -Relaxation -Steam -Jambeera Pinda Swedam -Taakradhara

Day 01,02&03

Cleansing herbal tea, Yoga session, Healthy breakfast ,Ayurvedic treatments include abhyangam and bashpaswedam,nasyam in morning.

Evening session of treatment starts one hour after lunch which includes Shirodhara. Doctor consults to clear your queries and gives further advices. Appetizing dinner with hearty soups. Have a relaxed and deep sleep.

Day 04,05&06

Joyful second phase of focus wellness begins with slimming tea,power yoga sessions,low calorie breakfast,Ayurvedic treatments like udwarthanam ,nasyam ,baspaswedam in the morning,hearty lunch,evening session of shirodhara will be continued ,daily doctor consultation,peaceful sleep.

Day 07,08&09

Your day begins with a warm herbal tea, Yoga session, delicious breakfast. Ayurvedic treatment include Jambeerapindaswedam in the morning along with nasyam,Rest for a while before your lunch. Evening session of treatment has Shirodhara ,where medicated oil is poured over your forehead in slow stream for one hour.

Day 10,11&12

Another exciting day starts with aromatic tea,yoga session,balanced breakfast.Ayurvedic treatment includes shashtikapindaswedam and nasyam in morning ,tasty traditional lunch and takradhara in the evening treatment session.

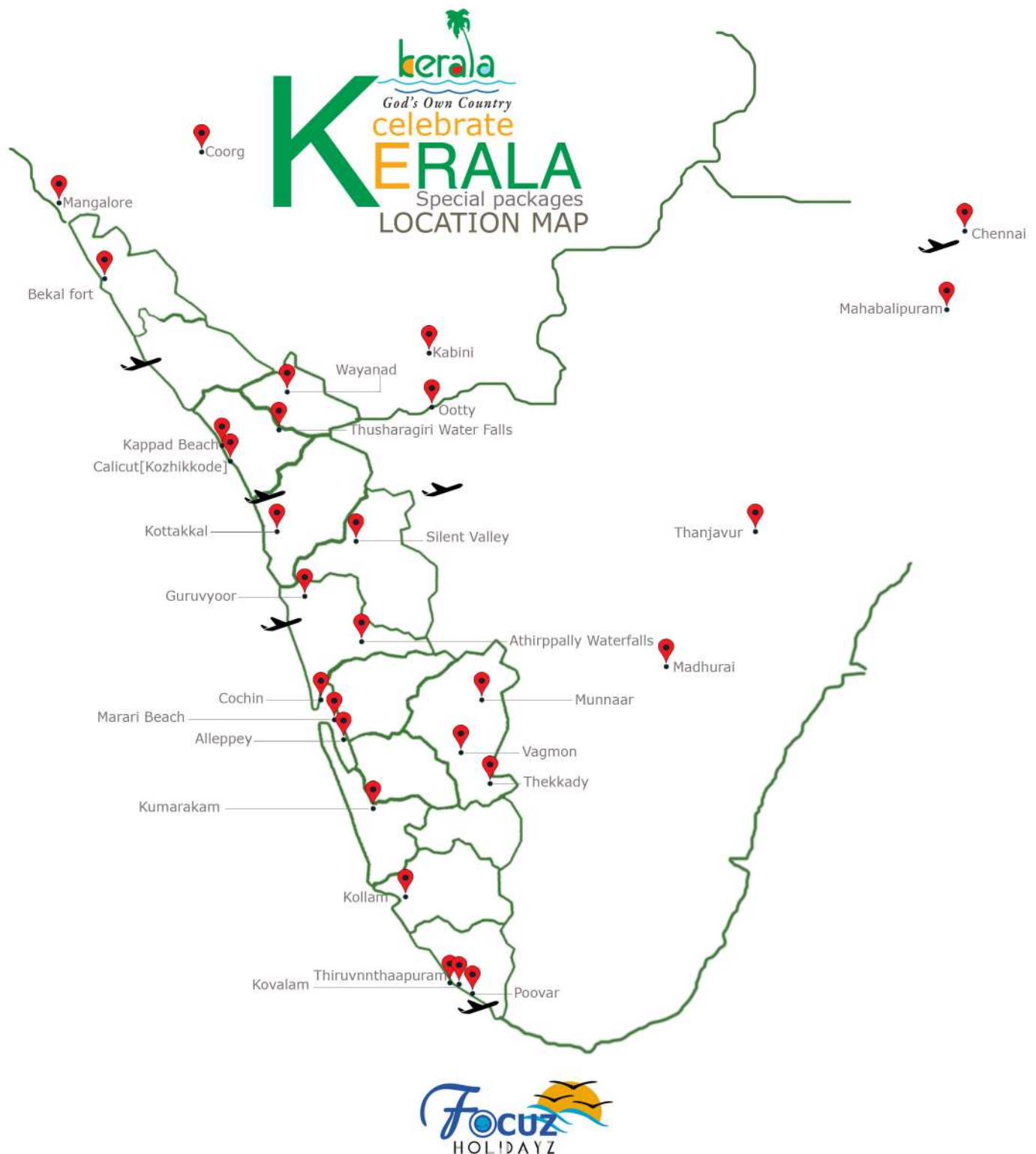
Day 13&14

Restoring final phase of focus wellness starts with revitalizing tea, youthful yoga,ample breakfast, Ayurvedic treatments include abhyangam and bashpaswedam,nasyam in morning. Rest for one hour after treatment for better results. Evening session of treatment starts one hour after lunch which includes takradhara. Doctor consults to clear your queries and gives further advices. Splendid dinner with hearty soups. Have a relaxed and deep sleep.

Day 15

Cochin-Departure Have a relaxed breakfast at Ayurcentre and travel to international airport to catch flight for onward destination with an unforgettable experiences of "Gods Own Country".





Focuz Holidayz, Accredited by Kerala Tourism Board, Government of Kerala, India, has an impressive track record with success stories on quality of service and competent pricing.

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