



Ayurveda in India

Journeys of the Spirit have put together an Ayurvedic Rejuvenation Retreat package in India. The resort, situated on a hill overlooking the beach at the southern province of Kerala, features a consultation

with two Ayurvedic doctors who prescribe individual treatments, including herbal medicines, massage therapies, diet recommendations, steam baths and facials. Food at the restaurant is cooked fresh and according to Vedic principles

prescribed by the Ayurvedic doctors. There are opportunities to explore the region but most visitors find their time of healing and nurturing to be an all-encompassing process.

W: www.journeysofthespirit.com.au

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