Carnoustie
Ayurveda & Wellness Resort

Carnoustie Ayurveda & Wellness Resort, situated at the Marari beach close to the Alappuzha backwaters, comprises 30 luxury villas & a traditional Ayurveda Spa. The villas are designed to reduce energy and water consumption as well as minimize the use of exhaustible materials. The eco-friendly resort ensures that we use materials such as jute, bamboo and recycled cardboard instead of wood, reprocessed plastic and scrap wood.

At the resort, travelers can take lake or backwater tours to gaze at the gorgeous paddy fields of Alappuzha, try out the early-morning yoga sessions, unwind at the beach, relax at the spa, enjoy performances by local traditional dancers and Kerala's range of percussion music, try their hand at night fishing, cycle around villages or sail the backwaters and learn a bit of archery.

CARNOUSTIE WELLNESS

Carnoustie Wellness Programs range from Rejuvenation and Panchakarma to Weight Loss, Stress Management and Anti Ageing Programs. The duration of the experience includes 7 Nights, 14 Nights and 21 Nights Packages.
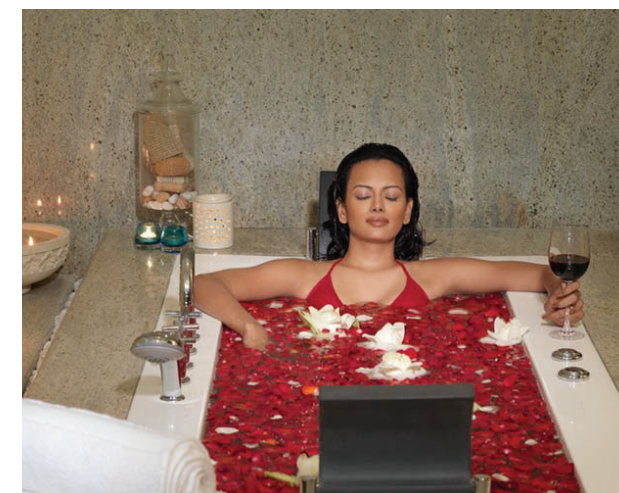
STANDARD INCLUSIONS:

- Accommodation in the AKUND Villa
- Airport Transfers from Cochin International Airport (to & fro)
- Daily Ayurveda Treatment 60 – 90 mins depending on the Doctor's advice
- Daily 45 to 60 minutes therapeutic treatment ¨ Naturopathy treatment acupuncture
- Daily doctor's consultation
(Under Rejuvenation, Detox stress management & Weight loss package)
- Free medicines during the treatment as per the doctor's advice
- Individual Ayurveda diet plan as per the doctor's advice (all meals)
- Daily Yoga & Meditation as per the doctor's advice
(Hatha yoga , Kundalini yoga & Asthanga yoga)
- Daily use of detox tea, gut cleansing gel, Himalayan tea & white tea
- One boat cruise in Alappuzha Backwaters

*All the above information is correct at time of uploading on the website and is subject to change without notice.