

11 Rejuvenating Ayurvedic Resorts in Kerala for All Budgets

BY SHARELL COOK | Updated 04/03/18



Ayurvedic resorts in Kerala are plentiful, due to the moist humid climate and abundant supply of medicinal plants and herbs there. Not only can you rejuvenate your body, you can have a wonderful vacation at the same time. However, the treatments at some Ayurvedic resorts are much better than others. These top Kerala Ayurvedic resorts are all well managed, and have an excellent range of properly administered Ayurvedic treatments.

To save money, go during the monsoon season (from June to September). The weather is perfect for Ayurveda at that time too! You'll also find some excellent holistic [India](#)

01 NEW! Unlimited Massages: Mekosha Ayurveda Spa Suites Retreat

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[Mekosha](#) opened near Trivandrum in early 2018, and brings an notable new concept to India -- in-suite spas and unlimited massages. That's right, you can have as many massages as you want, and you can have them in your room (or anywhere else on the property, for that matter). Each 600 square-foot guest suite has its own adjoining private treatment area, with balcony overlooking the swimming pool and river beyond. As well as traditional Ayurvedic treatments, administered by doctors according to guest requirements, international treatments such as Swedish massage are available. Feel like a foot massage while relaxing by the river? It's possible! Of course, Ayurveda is more than just treatments. It also extends to food. At Mekosha, guests can learn how to cook Ayurvedic cuisine. Local ingredients are used, and there's a communal dining table for guests to chat while eating meals. The experience at Mekosha is designed to be informal and friendly.