

MEKOSHA

AYURVEDA SPASUITES RETREAT

Trivandrum, Kerala

AYURVEDA
WELLNESS
VACATION



Mekosha, Trivandrum



AYURVEDA WELLNESS VACATION



India's First Modern Ayurveda Retreat with an All-Inclusive Wellness Experience right from the comfort of your own, private spa-suite or right by lush backwaters of Kerala.

Mekosha offers a bespoke wellness experience with personalized therapies to help transform you from within and show you a new way of life.



Mekosha Healing

Situated in the lush green and tranquil banks of the river Attingal Aaru in Kerala, Mekosha's every detail has been deliberately designed and delivered with a handpicked team of best-in-class doctors, therapists and hospitality staff to build an atmosphere that heals body, mind and soul.



B O D Y

ANGA

IN-SUITE SPA

HEALING THERAPIES

AYURVEDA INSPIRED CUISINE

NATURE WALKS

YOGA



M I N D

CITTA

HIDEAWAY LOCATION

LAP OF NATURE

CLEAN UNCLUTTERED INTERIORS

STRESS-FREE ALL INCLUSIVE

WAKE UP TO BIRDSONG

UNINTERRUPTED SLEEP



S O U L

ATMAN

MEDITATION

PERSONAL LIBRARY

INTROSPECTIVE CORNERS

ADEQUATE REST

EVER SMILING STAFF

PEACEFUL SURROUNDINGS



ALL-INCLUSIVE BESPOKE WELLNESS EXPERIENCE

With a unique focus on the ancient healing sciences of Yoga and Ayurveda, Mekosha provides age-old, traditional therapies in a contemporary setting.

Using the tenets of Ayurveda, our doctor will provide you with a customisable treatment plan during your orientation. Our bespoke program lets you enjoy your wellness, your way.



POOL & RIVER FACING SPASUITES SPACIOUS 600 SQ. FT.

“Graceful, Elegant, Understated luxury that's in a category of its own...a new benchmark as a modern Ayurveda boutique retreat.” Studies have shown that getting good sleep immediately after your therapies allows a much longer term effect – Mekosha Spasuites have been built to offer a calm and relaxing space to continue to rejuvenate immediately following treatments.

AYURVEDA
WELLNESS
VACATION

Large Spasuites



AYURVEDA
WELLNESS
VACATION

In-Suite Treatments

AYURVEDA
WELLNESS
VACATION


Digital Detox with Personal In-Suite Library



AYURVEDA
WELLNESS
VACATION



AYURVEDA
AT MEKOSHA



Legend has it that Dhanvantari or the God of Ayurveda received his wealth of knowledge from Lord Brahma himself.

Formed over generations, Ayurveda is a holistic science – it focuses on attaining complete well-being not only through a healthy body, but also through a healthy mind and soul.

IN AYURVEDA THERE IS
NO ONE SIZE FITS ALL



vata



kapha



pitta

ALL PACKAGES COME WITH
A PRIVATE CONSULTATION
&
PERSONALIZED TREATMENT PLAN

WELLNESS PACKAGES

Classic
Ayurveda



No Minimum Stay

Unlimited
Ayurveda



No Minimum Stay

Long Stay



28 Nights Minimum

Weight Loss



7 Nights Minimum

Panchkarma



No Minimum Stay

Rejuvenation
& Stress



No Minimum Stay

Healthy Joints/
Cardiac Care



7 Nights Minimum

Yoga &
Meditation



No Minimum Stay

Cancer
Recovery



21 Nights Minimum

Detox & Rehab



28 Nights Minimum

Skin &
Respiratory



7 Nights Minimum

Marma/ Specific
Ailments



7 Nights Minimum

Choose from some of the most popular healing packages. Our resident therapists and doctor shall be happy to customize the programme to your specific requirements. The team at Mekosha works very closely with you to ensure that you get the desired results from your retreat.

ABHYANGAM

A full body massage with warm medicated oil. Gentle to moderate pressure with hands and fingers are used for an effective massage. Massage is done in four to five standard positions. It improves blood circulation and tones up muscles relaxing mind and body, relieving body pain and inducing good sleep.



PODIKKIZHI

Herbal leaves are warmed in medicated oil and bundled into cotton cloth. These bundles are steamed and the fomentation is patted rhythmically all over the body to stimulate nerves and consequently provide relief from body pains, stiff joints, backaches and similar ailments.



SHIRODHARA

A therapy where medicated oils, milk or buttermilk are poured in a continuous stream on the forehead for a period of 45mins to one hour. Shirodhara alleviates fatigue, improves memory, vitality and sleeping patterns and is useful in the treatment of stress, depression, insomnia, migraine, ear-nose conditions, Administered typically for the long stay programme guests.



T A R I F F S P E R N I G H T (I N R)

O C T O B E R 2 0 2 3 T O M A R C H 2 0 2 4

Mekosha Wellness Package	All- Inclusive Price Per Night Depending on Length of Stay									
	1 to 6 Nights		7 to 13 Nights		14 to 20 Nights		21 to 27 Nights		28 Nights+	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
Yoga/ Meditation	₹ 9,889	₹ 15,427	₹ 9,395	₹ 14,655						
Long Stay									₹ 10,743	₹ 16,758
Classic Ayurveda	₹ 13,189	₹ 20,575	₹ 12,530	₹ 19,546	₹ 11,903	₹ 18,569	₹ 11,308	₹ 17,640	₹ 10,743	₹ 16,758
Rejuvenation & Destress	₹ 13,189	₹ 20,575	₹ 12,530	₹ 19,546	₹ 11,903	₹ 18,569	₹ 11,308	₹ 17,640	₹ 10,743	₹ 16,758
Panchkarma	₹ 15,729	₹ 23,637	₹ 14,942	₹ 23,310	₹ 14,195	₹ 22,145	₹ 13,485	₹ 21,037	₹ 12,811	₹ 19,985
Weight Loss			₹ 14,942	₹ 23,310	₹ 14,195	₹ 22,145	₹ 13,485	₹ 21,037	₹ 12,811	₹ 19,985
Skin/ Respiratory			₹ 14,942	₹ 23,310	₹ 14,195	₹ 22,145	₹ 13,485	₹ 21,037	₹ 12,811	₹ 19,985
Healthy Joints/ Cardiac Care			₹ 14,942	₹ 23,310	₹ 14,195	₹ 22,145	₹ 13,485	₹ 21,037	₹ 12,811	₹ 19,985
Detoxification & Rehab					₹ 14,905	₹ 22,952	₹ 14,160	₹ 22,089	₹ 13,452	₹ 20,985
Cancer Care					₹ 14,905	₹ 22,952	₹ 14,160	₹ 22,089	₹ 13,452	₹ 20,985
Marma & Specific Ailments	₹ 17,929	₹ 27,969	₹ 17,032	₹ 26,570	₹ 16,181	₹ 25,242	₹ 15,372	₹ 23,980	₹ 14,603	₹ 23,781
Unlimited Ayurveda	₹ 17,929	₹ 27,969	₹ 17,032	₹ 26,570	₹ 16,181	₹ 25,242	₹ 15,372	₹ 23,980	₹ 14,603	₹ 23,781

Taxes are over and above these rates. Rates valid from Oct 1st 2023 to March 31st 2024.

T A R I F F S P E R N I G H T (I N R)

A P R I L 2 0 2 4 T O F E B R U A R Y 2 0 2 5

Mekosha Wellness Package	All- Inclusive Price Per Night Depending on Length of Stay									
	1 to 6 Nights		7 to 13 Nights		14 to 20 Nights		21 to 27 Nights		28 Nights+	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
Yoga/ Meditation	₹ 11,208	₹ 17,484	₹ 10,648	₹ 16,610						
Long Stay									₹ 11,817	₹ 18,434
Classic Ayurveda	₹ 14,508	₹ 22,632	₹ 13,783	₹ 21,501	₹ 13,093	₹ 20,426	₹ 12,439	₹ 19,404	₹ 11,817	₹ 18,434
Rejuvenation & Destress	₹ 14,508	₹ 22,632	₹ 13,783	₹ 21,501	₹ 13,093	₹ 20,426	₹ 12,439	₹ 19,404	₹ 11,817	₹ 18,434
Panchkarma	₹ 17,032	₹ 26,901	₹ 16,437	₹ 25,641	₹ 15,615	₹ 24,359	₹ 14,834	₹ 23,141	₹ 14,092	₹ 21,984
Weight Loss			₹ 16,437	₹ 25,641	₹ 15,615	₹ 24,359	₹ 14,834	₹ 23,141	₹ 14,092	₹ 21,984
Skin/ Respiratory			₹ 16,437	₹ 25,641	₹ 15,615	₹ 24,359	₹ 14,834	₹ 23,141	₹ 14,092	₹ 21,984
Healthy Joints/ Cardiac Care			₹ 16,437	₹ 25,641	₹ 15,615	₹ 24,359	₹ 14,834	₹ 23,141	₹ 14,092	₹ 21,984
Detoxification & Rehab					₹ 16,395	₹ 25,277	₹ 15,576	₹ 24,298	₹ 14,797	₹ 23,083
Cancer Care					₹ 16,395	₹ 25,277	₹ 15,576	₹ 24,298	₹ 14,797	₹ 23,083
Marma & Specific Ailments	₹ 19,502	₹ 30,423	₹ 18,527	₹ 28,901	₹ 17,600	₹ 27,456	₹ 16,720	₹ 26,084	₹ 15,884	₹ 25,779
Unlimited Ayurveda	₹ 19,502	₹ 30,423	₹ 18,527	₹ 28,901	₹ 17,600	₹ 27,456	₹ 16,720	₹ 26,084	₹ 15,884	₹ 25,779

Taxes are over and above these rates. Rates valid from Apr 1st 2024 to February 28th 2025.

PACKAGE INCLUSIONS

YOGA &
MEDITATION
PACKAGE

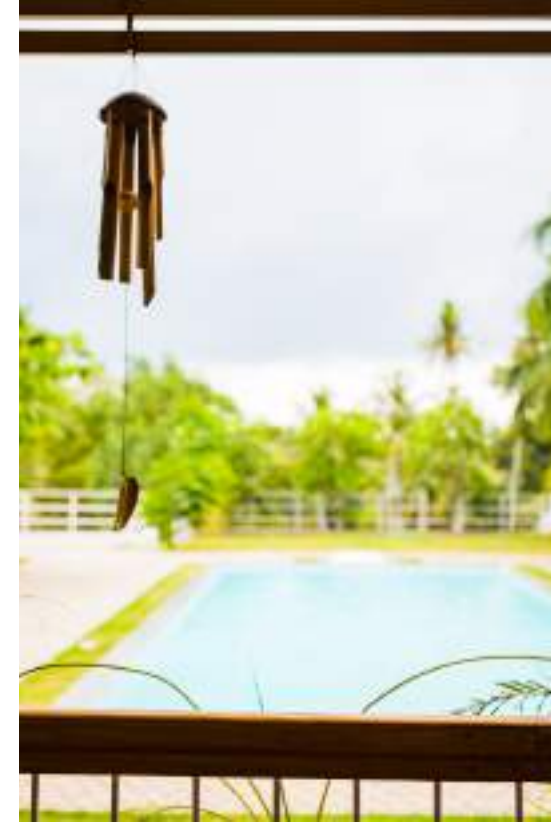
- Stay in a luxurious spasuite
- Ayurveda inspired cuisine (3 meals), daily herbs & wellness drinks
- Ayurveda cleansing rituals
- Yoga & meditation classes
- Breathing exercises
- Access to the property's yoga and meditation corners
- Usage of pool & fishing spot
- Nature walks by the river

CLASSIC AYURVEDA,
PANCHAKARMA &
ALL OTHER PACKAGES

- Stay in a luxurious spasuite
- Doctor’s consultation with pulse diagnosis, analysis of dosha type & determination of treatment plan
- Daily 1 to 2 treatments totaling approx. 60 to 90 minutes or more depending on required treatment according to prescription of Ayurveda doctor
- Ayurveda inspired cuisine (3 meals), daily herbs & wellness drinks
- Ayurveda cleansing rituals
- Yoga & meditation classes
- Nature walks by the river
- Temple Visit with ceremony

UNLIMITED AYURVEDA,
MARMA & SPECIFIC AILMENTS
PACKAGE

- Stay in a luxurious spasuite
- Doctor’s consultation with pulse diagnosis, analysis of dosha type & determination of treatment plan
- Daily 3 to 4 treatments totaling approx. 90 to 120 minutes or more depending on required treatment according to prescription of Ayurveda doctor
- Ayurveda inspired cuisine (3 meals), daily herbs & wellness drinks
- Ayurveda cleansing rituals
- Yoga & meditation classes
- Nature walks by the river
- Temple Visit with ceremony



FIND THE HIDDEN YOU

Mekosha is a word derived from Sanskrit word Kosha (also Kosa; Sanskrit कोश, IAST: kośa), usually rendered “sheath”, represents the coverings of the Atman, or Self according to Vedantic philosophy.

Exploring the various nooks all over Mekosha's property is a chance to find your innermost Kosha & connect with a stronger, more content and more peaceful version of yourself.

Take a pause from daily stresses, live life in the slow lane & find the hidden you.

AYURVEDA
WELLNESS
VACATION

Riverside Walkways

AYURVEDA
WELLNESS
VACATION

Lounge By Backwaters

AYURVEDA
WELLNESS
VACATION

Private Lounges

AYURVEDA
WELLNESS
VACATION

Riverside Massages





YOGA & MEDITATION

Yoga & meditation when combined with Ayurveda helps develop the body and mind bringing a lot of health benefits. Mekosha offers daily yoga lessons to learn & practice postures under the supervision of a trained Yoga teacher. Yoga & meditation is held from 5:00 to 6:15 pm.



AYURVEDA INSPIRED TRIDOSHIC CUISINE

The cuisine at Mekosha is made to help you with your healing journey. Our set Chef's Menu has a list of Tridoshic Sattvic Meals. We are most happy to attend to specific dietary requirements with consent from the doctor and with advance notice to our chef.



COMMUNAL TABLE

The communal table at Mekosha gives you a chance to meet people from all over the world and makes for a convivial atmosphere. Strike up a conversation and savor hearty Ayurveda-inspired meals while making new friends!



EXCURSIONS

Padmanabhan
Swamy Temple



Kuthira Mallika
Museuem



Anjengo Fort



Chitra Art Gallery



Varkala Beach



Our concierge team at Mekosha loves to create special itineraries and private insider tours that introduce you to otherwise hard to access locations. Get under the skin of real Kerala.



Mekosha

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