



# MEKOSHA

AYURVEDA SPASUITES RETREAT

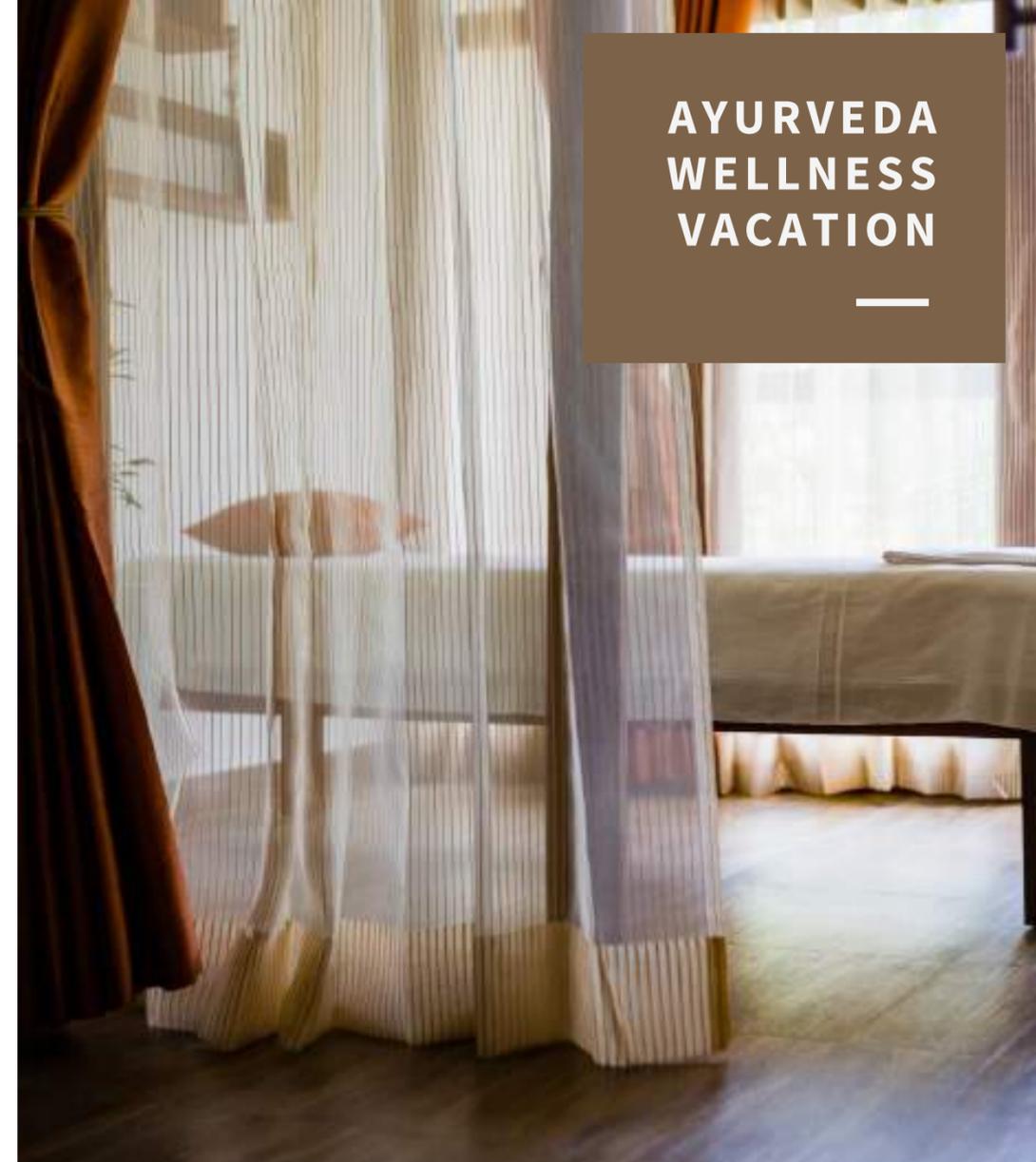
Trivandrum, Kerala

AYURVEDA  
WELLNESS  
VACATION

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Mekosha, Trivandrum



AYURVEDA  
WELLNESS  
VACATION

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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.



IN-SUITE SPA  
HEALING THERAPIES  
AYURVEDA INSPIRED CUISINE  
NATURE WALKS  
YOGA



HIDEAWAY LOCATION  
LAP OF NATURE  
CLEAN UNCLUTTERED INTERIORS  
STRESS-FREE ALL INCLUSIVE  
WAKE UP TO BIRDSONG  
UNINTERRUPTED SLEEP



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.

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Large Spasuites



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In-Suite Treatments



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WELLNESS  
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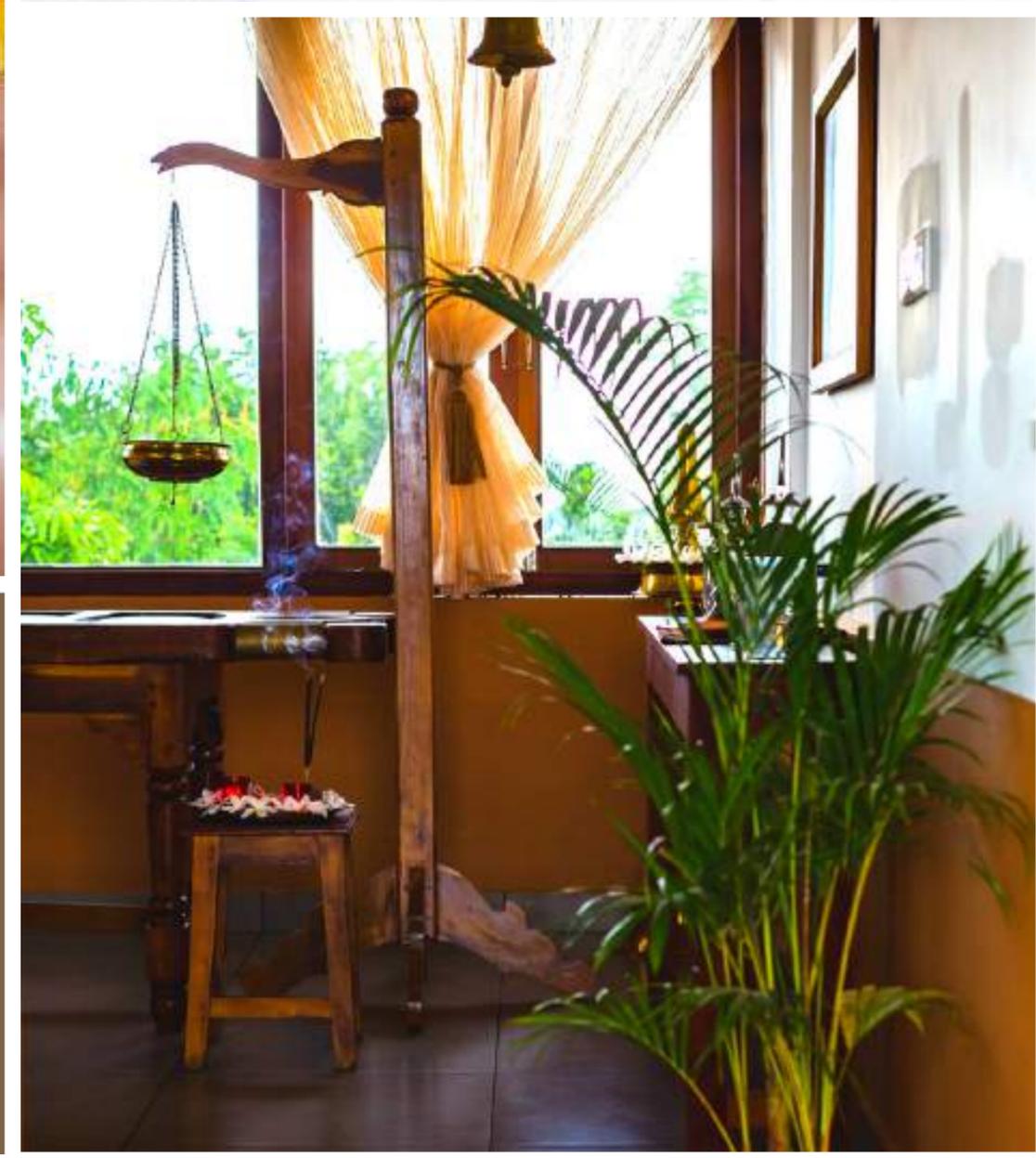
Digital Detox with Personal In-Suite Library





AYURVEDA  
WELLNESS  
VACATION

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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.



TARIFFS PER NIGHT (INR)  
MARCH 2026 TO FEBRUARY 2027

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	₹ 14,255	₹ 22,237	₹ 13,542	₹ 21,125						
Long Stay									₹ 14,298	₹ 22,305
Classic Ayurveda	₹ 17,555	₹ 27,385	₹ 16,677	₹ 26,016	₹ 15,843	₹ 24,715	₹ 15,051	₹ 23,479	₹ 14,298	₹ 22,305
Rejuvenation & Destress	₹ 17,555	₹ 27,385	₹ 16,677	₹ 26,016	₹ 15,843	₹ 24,715	₹ 15,051	₹ 23,479	₹ 14,298	₹ 22,305
Panchkarma	₹ 20,935	₹ 31,759	₹ 19,888	₹ 31,026	₹ 18,894	₹ 29,474	₹ 17,949	₹ 28,001	₹ 17,052	₹ 26,601
Weight Loss			₹ 19,888	₹ 31,026	₹ 18,894	₹ 29,474	₹ 17,949	₹ 28,001	₹ 17,052	₹ 26,601
Skin/ Respiratory			₹ 19,888	₹ 31,026	₹ 18,894	₹ 29,474	₹ 17,949	₹ 28,001	₹ 17,052	₹ 26,601
Healthy Joints/ Cardiac Care			₹ 19,888	₹ 31,026	₹ 18,894	₹ 29,474	₹ 17,949	₹ 28,001	₹ 17,052	₹ 26,601
Detoxification & Rehab					₹ 19,839	₹ 30,648	₹ 18,847	₹ 29,401	₹ 17,904	₹ 27,931
Cancer Care					₹ 19,839	₹ 30,648	₹ 18,847	₹ 29,401	₹ 17,904	₹ 27,931
Marma & Specific Ailments	₹ 23,135	₹ 36,091	₹ 21,978	₹ 34,286	₹ 20,879	₹ 32,572	₹ 19,835	₹ 30,943	₹ 18,844	₹ 30,396
Unlimited Ayurveda	₹ 23,135	₹ 36,091	₹ 21,978	₹ 34,286	₹ 20,879	₹ 32,572	₹ 19,835	₹ 30,943	₹ 18,844	₹ 30,396

Taxes are over and above these rates. Rates valid from March 1st 2026 to February 28th 2027.

## 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

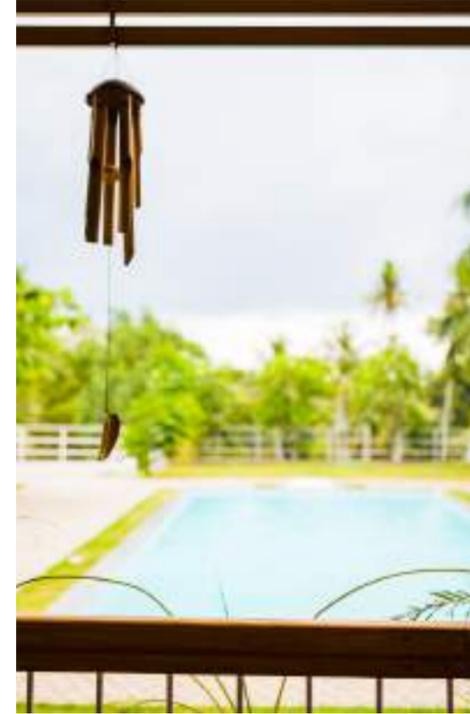
### CLASSIC AYURVEDA, PANCHAKARMA & ALL OTHER PACKAGES

- 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

Complimentary pick up and drop off from Trivandrum airport for all stays over 7 days



## 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

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Riverside Walkways



AYURVEDA  
WELLNESS  
VACATION

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Lounge By Backwaters

AYURVEDA  
WELLNESS  
VACATION

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Private Lounges

AYURVEDA  
WELLNESS  
VACATION

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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.



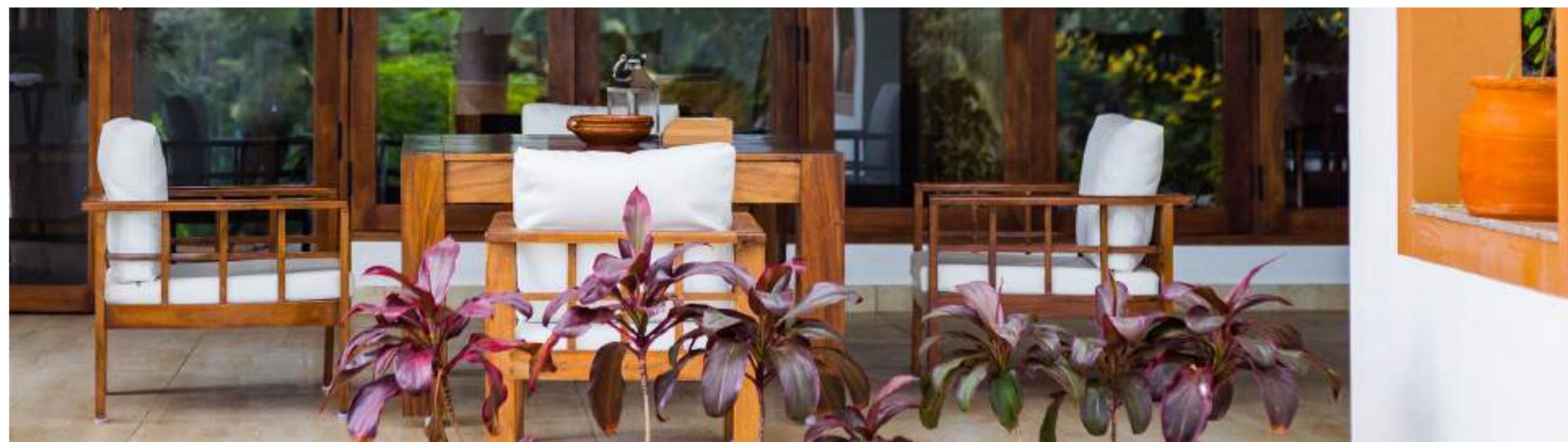
## AYURVEDA INSPIRED TRIDOSHIC CUISINE

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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