

PROFILE
OF
KAIRALI – THE AYURVEDIC HEALING VILLAGE

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One of the Top 50 Wellness Destinations of the World
by **NATIONAL GEOGRAPHIC TRAVELER**



KAIRALI - THE AYURVEDIC HEALING VILLAGE

World's First Ayurvedic Health Farm for Perfect Health

Kairali was founded in the year 1989. But the effort behind started long back. People behind Kairali inherited Ayurveda from their fore fathers & propagating throughout the world. The true Ayurveda percolated through generations and never lost its originality from one generation to the other. Kairali gave a mortal shape of their experience in the form of our first Ayurvedic center setup at New Delhi and ever since gone miles with a noble cause to enrich body, mind & soul of people throughout the world with a holistic touch of Ayurveda.

The overwhelming response to the Kairali Ayurvedic Centre, at Delhi prompted Mr. K. V. Ramesh and Mrs. Gita Ramesh to start one **UNCOMPROMISED AYURVEDIC HEALTH RETREAT** in more bigger and elaborate way at Palakkad, Kerala, (South India) the birth place of Ayurveda, and take people even more closer to Nature and Natural Medicine. Where one can actually recuperate from stress and strain, get treated for one's ailments while you holiday. No wonder then, this is the **WORLD'S FIRST AYURVEDIC HEALTH FARM TO HAVE A PERFECT HEALTH.**

Kairali - The Ayurvedic Healing Village is situated at **Palakkad**...a land of palm trees and paddy fields. Its known to be rich in flora and fauna. Etymologically Palakkad is derived from the words Pala and Kadu. Pala, (Alstonia Scholaris) is a tree with sweet scented flowers and Kadu meaning forest. Palakkad has probably the biggest mountain pass in the world (30-40 kms) separating the two folds of the Western Ghats on the border of Kerala with Tamil Nadu. It is the chief granary of Kerala, often called Gateway of Kerala. Palakkad lies at the foot of the gigantic Western ghats on the border of Kerala. Palakkad is known for its historical background. This district with mountains, forests, and fertile valleys, rivers and mountain streams are rich in flora and fauna.

INTRODUCTION OF AYURVEDA

Ayurveda literally means the science of life. Ayur means “life” & Veda means “science”. It uses all the powers of nature helps one heal and live a healthy life style. Today Ayurveda competes with the most advance Medical sciences and has effective remedies for various ailments and also offers solutions to stress & strain, which is accumulated in our day to day living.

PREVENTIVE & CURATIVE ASPECT

Ayurveda has two way healing aspects i.e. preventing and curative.

Ayurveda firstly prevents ailment. The rejuvenation programs fall into this category. They help in the general wellbeing and strengthen the immune system. Under this vertical Panchakarma is the therapy for overall fitness. It tunes the body, organs, mind, breath, nerves and purifies blood. Besides it also deals with **sweda karma** which comprises of massages with herbal oil, herbal powders and medicated steam.

The curative aspect of it works towards total eradication of ailment. This ultimately makes human body free from all possible ailments. Almost all known diseases, are treated specially paralysis, spondilitis, arthritis, rheumatism, bone & joint disorder, slip disk, nervous disorder and their related problems, diabetes, hypertension & cardiac related disorders, sinusitis, migraine and many more. In most of these cases we have seen an improvement of almost 80% after Ayurvedic treatment is administered. If treated in the initial stage in nearly all cases 100% cure is possible. It is also very effective for diet and exercise free weight reduction programs.

WHY AYURVEDA

The basic principles of Ayurveda deal with the natural way of living a healthy life. Every human being is a unique combination of the five elements - earth, water, fire, air and space and there are three vital forces of life they are “**Vata**” meaning ether & air, “**Pita**” meaning fire and “**Kapha**” meaning water & earth.

A perfect balance in these vital forces of life results in healthy state of human body which constitutes mind, body and soul.

Ayurvedic therapies are based on the fundamental principles of nature and the medicines & oils used for the therapies are 100% natural and are prepared from herbs, flowers, fruits, barks of tree, milk and minerals.

Ayurvedic products do not contain chemicals or toxic materials hence these are fully free from side effects.

Kairali - The Ayurvedic Healing Village is set amidst 50 acres of lush greenery in Palakkad, Kerala, is a unique paradise blending the comfort of a Luxury holiday with total health orientation with 30 exclusive villas confronting to **“VAASTU SHASTRA”**, each having a distinctive design blending with its surroundings. The surroundings can be best described as a **‘RETURN TO NATURE’**.

Moreover, our retreat offers an invigorating pollution-free environment where **VEGETARIAN** food and **ABSTINENCE FROM ALCOHOL AND SMOKING IS PROPAGATED**.

Enjoy the healing touch under the Ayurvedic Health & Fitness programmes for weight loss, Arthritis & Spondylitis, Sinusitis & Migraine, Post Pregnancy health, rejuvenation therapy to restore vigor & vitality, remove stress & strain, beauty care & eye care etc.

Herbs and trees matching your birth star are planted around your villa, which have immense curative and restorative powers. Even the fragrant herb-laden breeze is a cure in itself.

The villas are allocated to you on the basis of your birth star. Also peep into your future with our resident astrologer and palmist.

5000 years old proven science of India working wonders on human body signifies the science of life.

Library, Cyber Centre for E-mail, Internet & Portal, Recreation facilities for children - chess, monopoly, caroms, Swimming Pool, Tennis Court & Amphitheater for Cultural Programmes, Conference halls and Exclusive travel desk for various cultural tours & programmes on request.

ACCOMMODATION CATEGORIES AT THE RETREAT

DELUXE VILLA – A Villa with serene surroundings. With simplicity as the main focus, it makes you surrender to the warmth of the place. A Deluxe Villa has all the basic requirements of an Air-conditioner, Television, Telephone, Bathtub and Hot & Cold Water alongwith basic bathroom requirements. It truly satisfies all the requirements of a peaceful and rejuvenating experience.

CLASSIC VILLA – Slightly bigger in space then Deluxe Villa located around the stream flowing in the Retreat, a picture of true tranquility. One is situated in the peaceful lap of nature. The constant murmur of the water flowing helps one relax with the amenities such as Air-conditioner, Television, Telephone, Bathtub and Hot & Cold Water alongwith basic bathroom requirements. Being a little larger it has a small sit in area in the room and with a little more luxury.

ROYAL VILLA – Considering its professionally designed interiors, quality construction, high-class facilities & comfort-laden amenities, the Royal Villa comes at a surprisingly affordable price. A Royal Villa is an Accommodation that takes you into a real regal life-style where the interiors, facilities & amenities make you feel like a true Royal. In short it actually suffices the inherent desire of every person to experience a Royal style of living. And also includes Refrigerator.

MAHARAJA SUITE – Maharaja in English means “Emperor”. So as the name itself suggests it is the Villa of supreme standard. It goes just a notch above the Royal Villa. If you felt like a Royal in a Royal Villa, you will feel like an Emperor here. It has two separate rooms one with a King-size bed. This is truly built with luxury in mind and every little detail from the bed covers to the beautiful sit-out in the Lawn around the Pool or River. It is located very conveniently to all the retreats facilities. Each room has special Ayurvedic amenities such as Ayurvedic Soaps & Shampoos and other cosmetics. It also has personal coffee maker & hair-dryers, etc.



KAIRALI has added one more feather in its cap by receiving **“Best Luxury Destination Spa”** by **WORLD LUXURY SPA AWARD 2012**.



Kairali has been awarded **“Health & Wellness Award 2012”** by FIT Reisen at ITB, Berlin, Germany.



TRAVELER

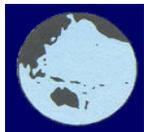
Kairali - The Ayurvedic Healing Village, Palakkad, Kerala (India) has been selected **Best Wellness Mecca** one among top 10 in Asia & one among top 50 in the World by National Geographic Traveler after investigating hundreds of places worldwide to create their list of the best Wellness Mecca's.



Kairali have been honored with the **2005 SPA ASIA CRYSTAL AWARD** for the best Ayurvedic Centre at **Kairali - The Ayurvedic Healing Village, Palakkad, Kerala**.



GREEN LEAF Government of Kerala, India has awarded **Kairali** with **Green Leaf Certification** (The Highest Level of Classification for Ayurveda Centres). The Government of Kerala also considers our retreat as the model for Ayurveda Health Retreat.



Kairali have been awarded the prestigious **PATWA Award** (Pacific Area Travel Writers Association Award) for pioneering & promoting Ayurveda at ITB, 2007 in Berlin, Germany.



Kairali have been Nominated Twice under **“India's Leading Retreat”** category in World Travel Awards i.e. in 2009 & in 2010, being one of the most prestigious, comprehensive and sought after awards programme in our travel & tourism industry.

Specialities of Kairali - The Ayurvedic Healing Village, Palakkad

It has 30 Villas to provide comfortable stay away for home. Some of their features are:

- All the villas are according to the Zodiac sign.
- Interior & Exterior of all the villas are different and based on Vastu Shastra (Indian Feng Sui)
- Astrology & Palmistry offered to all guests on request.
- A personal priest performs agnihotra and special prayers (poojas) like Ganapathi Homam, Sudarsana Homam for spiritual rejuvenation.
- Only Ayurvedic Retreat where a daily schedule based on tradition is practiced.
- Rare & Unique Valambari Conch is placed in each villa to give positive vibrations to the body.
- Red Oxide is used in the floor of all villas. It has a natural cooling ability & follow the ayurvedic principals.
- Water body flows by the side of each room to bring energy and piece of mind.
- 600 coconut, 200 teak & 20 Mango trees are planted within the retreat to create a very serene atmosphere.
- 100 % Vegetarian food is served at the Retreat
- Abstinence from Alcohol & Smoking is propagated.
- Ayurvedic Products & External oils used in our Treatment Centre are original and free from harmful chemicals. These are prepared at our own units.
- Our Ayurvedic Doctors are well qualified (BAMS – Bachelor in Ayurvedic Medicine & Surgery) from reputed Institutes with quality experience. Our masseurs are from the land of Ayurveda and Ayurvedic massages are their expertise area. They have learnt it from there forefathers and understand true Ayurveda without loosing its originality.
- We even provide Workshops on
 - Panchkarma
 - Yoga & Meditation
 - Cooking classes etc without any charges.
- We have our own R&D department which keeps on working for any possible value addition for the benefits of every individual.

ATTRACTION IN & AROUND PALAKKAD

Tippu's Fort (2 km from our retreat): In the heart of the town, well preserved fort which dates back to 1766 A.D. was build by Haider Ali of Mysore and renovated by Tippu Sultan. The oldest Hanuman Temple is also situated in the same compound.

Kalpathy Shiva temple (15 Km from our retreat): Kalpathy is one of the ancient 'Brahmin Agraharams' in Kerala, located in the heart of the town. 'Ratholsavam' is held during middle of November, a famous festival of Palakkad.

Meenvallam (30 km from our retreat): a combination of enchanting beauty & scenic splendor. There are 10 steps of waterfalls, of which 08 are located in the upper hills inside the dense forest area and two below which can be easily accessed.

Nelliampathy (60 km Km from our retreat): Nestled atop the colossal Western Ghats, with a beauty of its own, is the cool hills of Nelliampathy. Owing to its beautiful misty mountains Nelliampathy is also known as the 'Queen of the Palakkad hills'. These hills comprise a chain of ridges that are interspersed with valleys of orange plantations and evergreen forests. A dozen hair pin bends bordered with numerous waterfalls by the roadside will provide you unforgettable experience. Nelliampathy is well-known for its tea and coffee plantations and the excellent weather condition. Exquisite fauna is another characteristic of Nelliampathy hills. The revitalizing climate and emerald magic of nature presents an exhilarating experience to every tourist who visits the place. This fascinating hill country is any trekker's favorite destination.

Kanjirapuzha Dam & Garden (40 km from our retreat) Kanjirapuzha Dam is situated in Palakkad District of Kerala. This fascinating dam, surrounded by hills. The water spread of the dam lies in a single stretch. An evergreen forest named Vettilachola is immediately beyond the reservoir. Three islands in the reservoir gain a special attraction. These islands are abundant with marine life including commercial varieties grown by the fisheries department.

Attappadi (Mountain Valley)(80 km from our retreat): Attappati is an extensive mountain valley at the headwaters of the Bhavani River nestled below the Nilgiri Hills of the Western Ghats. It is bordered to the east by Coimbatore district in Tamilnadu, on the north by the Nilgiris, south by the Palghat taluk and on the west by Karimba, Pottassery and Mannarghat revenue villages of Mannarghat taluk of the Palghat District and Ernad taluk of the Malappuram district.

Silent Valley National Park (100 km. from our retreat): The 89.52 sq. km national park is believed to be the sole surviving bit of evergreen forests in the Sahya Ranges. The peculiarity of the Silent Valley forest is that itis devoid even of the chirping of cicadas. Vehicular transport is possible only up to Mukkali, nearly 24 km from the park. The rest of the way has to be covered on foot up to the source of Kunthipuzha which Flows through the valley before merging into the Bharathapuzha (Nila).

The abstract of the census of wild life conducted in 1993: Loin tailed macaque: 1,960 | Bonnet masque: 4,860 | Nilgiri Langur: 2,987 | Common Langur: 4,296 | Elephant: 175 | Sambar:

10,665 | Spotted deer: 6,259 | Barking deer: 1,025 | Mouse deer: 550 | Wild boar: 40,963 | Malabar Squirrel: 1,384 | Nilgiri Thar: 1,075 | Gizzded Giant Squirrel: 75 | Purcupi: 695 Bear: 420 | Tiger: 76 | Leopard: 16 | Wild Dog: 358.

Parambikulam Wild Life Sanctuary (110 km from our retreat): The Palakkad Parambikulam wildlife sanctuary is spread over an area of 285 square kilometers over the lush green Anna Malai hills. The undulating landscape of the sanctuary provides the perfect set up for a wildlife sanctuary to thrive in its fullest. Several rivers drain the rocky terrain also lending a mystical touch to the sanctuary. The Kerala Parambikulam national park has a thick cover of bamboo, rosewood and sandalwood trees along with varied wildlife that include species of wild animals like leopards, wild dogs, sloths, crocodiles, civet, tigers, elephants, wild boar, barking deer, spotted deer, monkeys, langurs, porcupines and macaques etc thus giving it the complete essence of a natural forest.

Malampuzha (The Reservoir) (15 Km from our retreat): Boating and fishing facilities are available here. Pedal boats, rowboats, water scooters and motorboats can be hired from 1000-1800hrs | A well maintained swimming pool (Tuesday holiday) | A fish water aquarium (Open 1100-1200hrs & 1300-2100hrs) | A snake park (Open 0800-1800) | A children's park.

The Passenger Ropeway (15 Km from our retreat): This is the first of its kind in south India. (Open 1000-1300 hrs & 1430-2000 hrs). This goes above the Malampuzha Garden you will have a very nice view of the garden itself and the nearest surroundings. Road train trips in the garden (0800-2000hrs) Telescope tower (1000-1700 hrs).

Rock Garden (15 Km from our retreat): These are unique style of sculptures created using varieties of rocks. Designed by the world famous folk artist, Sir Nek Chand Saini of Chandigadh, the Rock Garden in kerala is a place of beauty, with paths, mosaics, and sculpture – all made of recycled materials, such as broken crockery, glass and stone. There is landscaped area with these sculptures inside the rock garden. A truly creative piece of work which is rare to find in the region.

Fantasy Park (15 Km away from Palakkad, town): (1400-2100 hrs on week days and 1100-2100 hrs on Saturdays, Sundays and National Holidays). It is the only theme park of its kind in the state where the entire family can find some form of amusement. There is a hygienic restaurant and Ice cream parlour within the park. The water merry-go-round, striking car, paratrooper, pirate boat, dragon coaster, tora tora, mini tele combat, jumping house, shooter ride, caterpillar etc are a few among the entertainment options at this fun world. The park is located in the enchanting backdrop of the mountain ranges of Malampuzha with the majestic mountain peaks of the Western Ghats overlooking it. The park is said to entertain an average of one thousand visitors a day. It is located 10 Km away from Palakkad, town. Entrance fees are applicable.

Pothundy (45 Km from Retreat): Situated on the way to Nelliampathy. The place is famous for a dam and park named Pothundy Dam, an ideal spot for one-day trips and picnics. Surrounding places include Nemmara, Padgiri, Kilakettara and Kollengode.

Thiruvathoor (10 km from Retreat): It is a place of historical importance. The place houses an ancient temple. The carving made on the wood and the sculptural works on the stone are noted for their antiqueness.

Dhoni (15 km from our retreat): Dhoni is a hilly place covered with thick reserve forest. It has a splendid waterfall which can be reached after a long climb of 3 hrs from the base of the Dhoni Hills. Dhoni, is famous for farmhouse sheltering hundreds of cattle of Swiss variety. Dhoni is an ideal place for trekking.

Lakkidi (30 km from our retreat): Killikkurissimangalam at Lakkidi is the birth place of Kunchan Nambiar, the 18th century satirist and exponent of the Tullal (Classical art form). The poet's house has been preserved as a monument by the state government. Lakkidi lies on the banks of the Bhatathpuzha River. Sri Vilwadrinatha Temple (at Tiruvilvarnala). While located in the neighbouring Thrissur Disttict. Is just on the other side of the river.

Meenkara (32 km from our Retreat): Meenkara is a tourist destination located in Palakkad District of Kerala. The prime attraction is the meenkara Dam constructed across the Meenkara River – a Sub Tributary of Gayathripuzha, which flows into the Bharatapuzha. A garden and a fish farm add beauty to this place. Meenkara is an ideal picnic spot for one day picnickers.

Ottappalam (35 km from our Retreat): This town is famous for numerous festivals including Ottappalam Nercha festival held in the Ottappalam mosque, celebrated to memorialize the death of Saint Uthaman Auliya.

Kottayi (15 km from our Retreat): This tiny village is the native place of the late Chembai Vaidyanatha Bhagavathar, the doyen of Carnatic music.

Siruvani (48 km from our Retreat): The reservoir at Siruvani was built for Tamil Nadu by the Kerala Government to meet the drinking water requirements of Coimbatore. The gateways or either side of the road across the dam are typical of Kerala and Tamil architectural styles. Siruvani is also home to certain tribal like the Mudugars and Irulars.

Mangalam Dam (50 km from our Retreat): A popular picnic spot, the dam is built across the Cherukunnath River, a tributary of the Mangalam River.

Thrithala (75 km from our Retreat): This place is noted for its monuments and historic ruins of mud fort near Thrithala on the Chalissery road are notable cultural monuments. The Kattilmadam Temple, a small granite Budhist monument on the Pattambl Guruvayoor road, is of great archaeological importance. It is believed to date back to 9th/10th century AD. The Paakkanaar memorial, honouring the Pariah saint, stands near Thrithala Koottanad road. This is also the native place of renowned writer and social reformer, V. T. Bhattathiripad.

Thenari (10 Km from our retreat): It is a natural spring in front of the old Shri Ram Temple in Palakkad. The water is as pure and sacred as the holy river Ganges. Tradition recounts that on

exile, Lord Ram and Sita were at this place. Sita felt thirsty with no water nearby; seeing this Ram shot an arrow into the ground, from where a spring rose to quench Sita's thirst.

Mayiladumpara: This grove takes its name from the large number of peacocks (mayli) found here.

Chittur Gurumadam (Thekkagramam near Arikkode) (--- Km from our retreat) : Located on the banks of the River Sokanasini (the destroyer of sorrows), this is a memorial to Thunchath Ezhuthachan, the author of Adhyatma Ramayana, who spent his last days here, A srichakra, some of the idols worshiped by him, a stylus, wooden suppliers and a few old manuscripts are exhibited here.

Jain Temple of Jainimedu (10 Km from our retreat): It was built by one Sutar (head of the Jains), who came here from Maysore during the invasion of Tipu Sultan. This history dates back 500 years. Situated on the western suburbs of Palakkad town, not far from Railway station, this historic 32 feet long, 20 ft. wide granite temple displays images of the Jain Thirthankaras and Yakshinis. The region around the temple, known as Jainimedu, is one of the few places in Kerala where the vestiges of Jainism have survived. It is at a Jain house here that poet Kumaranasan wrote his monumental poem Veenapoovu (The fallen flower).

Thiruvegappura Sankaranarayana Temple (25 Km from our retreat): This Temple, built around the 14th century, is located at Thiruvegappura in Palakkad District of Kerala. It is on the banks of the Thutha River, a branch of the Bharathapuzha.

This ancient temple is dedicated to Sankaranarayana, a unique combination constituted on one half by Lord Shiva and by Lord Vishnu on the other. There is a koothambalam, which dates back to the 15th or 16th century. The temple is noted for its historical wall scriptures.

FESTIVALS

Pattambi Nercha: Throngs of believers from all corners of the State attend this festival, which is held in memory of Aiuor Valiya Pookunjkoya Thangal – a Muslim saint of South Malabar (**January – February**). The town is illuminated brilliantly and a pageant replete with traditional musical ensembles like 'Panchavadyam' and 'Thayambaka' is taken out in the night. Various art forms get under way on the banks of the river Bharathappuzha.

Konganpada of Chittur: Konganpada is a grand festival on historical significance celebrated in the Bhagvathy temple at chittur 10 Kms from Palakkad town. A unique festival it is held every year on the first Monday after dark lunar night in Kumbham (**February – March**) to commemorate the victory of Nairs of Chittur over the militia of Konganadu (Coimbatore) led by the Chola King Rajadhi Raja.

Nenmara Vallengi Vela: is the annual festival at Nellikulangara Bhagavathy Fi temple in Palakkad on the Pooram day of the Malayalam month of Meenam (**February / March**). The festival is celebrated by the two Bhagavathy temple and Vallangi Shiva temple. The opening of the festival sees the traditional Kodiyettam (Flag hosting) and concludes with Vela, during which 30 costumed elephants line up under lavishly decorated canopies. The Nenmara Vallangi Vela spectacle is considered second in importance only to the similar Thrissur Pooram.

Vela Atmanappullikavu: Annual festival at the Bhagavathy Temple (**March**).

Trichur Pooram (At Trichur): At the beginning of **April** the people of Kerala begin their search for the best elephants in the state. Each temple in Kerala sends a procession of decorated elephants to Trichur to participate in the Pooram festival. Started in the 18th century by the royal family Cochin, this festival requires great effort and time. The jewellery of elephants specially designed. On the forehead is the triangular netti pattern. There is also a jewelled frame for the idol of Shiva, an ornamental silk umbrella, a peacock feather fan, a metal bell necklace and anklets. The decorated elephant groups face each other while drums and nadaswarams create a crescendo of music. The festival which honours Vadakkuntha Shiva ends with a spectacular display of fireworks.

Onam: is the state festival of Kerala. It is celebrated in honour of Mahabali, the mythical Asura king of ancient Kerala. Malayalees believe that on Onam day Bali visits his subjects. This harvest festival falls in **August / September**.

Kalpathi Ratholsavam (10 Km from our Retreat): Kalpathi also known as Dakshin Kasi or the Varanasi of the south is an early Tamil Brahmin settlement in Palakkad District of Kerala state, South India. Kalpathi is very famous for Kalpathi Ratholsavam, festival held annually (**November**) at the Sree Viswanatha Swamy Temple where the deity is Lord Siva (Lord Viswanatha). It is one of the most remarkable festivals of Kerala.

STATEMENTS FROM A FEW GUESTS OF KAIRALI

Amitabh Kant, Joint Secretary, Ministry of Tourism (Govt. of India) – “I’ve had an extremely relaxed and rejuvenating stay at Kairali - The Ayurvedic Healing Village in Palakkad district of Kerala. The retreat is imaginatively designed, beautifully landscaped and reflects the ethos and ambience of “God’s Own Country”. The Ayurvedic Spa is of a very high quality and the treatment in genuine and authentic Dr. Ramachandran has given me personal care and attention. This is not merely a retreat; it is a destination advocating a new way of life. It needs to be marketed as a unique spiritual destination. I wish Kairali and its staff all the best and a bright future.”

Sharad Pawar (Cabinet Minister for Agriculture) – “Kerala has given a magnificent gift to India and world and that is Kairali - The Ayurvedic Healing Village. Ayurveda is a great contribution from India to the whole mankind. KAHR is sincerely working for Ayurveda, which is really helpful for everybody. My stay here was very useful for me, I am confident I will be able to work 18 hours a day happily.”

Late Pramod Mahajan (former Cabinet Minister for Information Technology) - “Paradise on Earth in the God’s own Country, Perfect place for rejuvenation, mentally, physically and spiritually.”

Chagga Bhujbal (Dy. Chief Minister, Maharashtra) – “I really felt the difference of the city life and the life in the Retreat which is free from pollution and the area is beautifully cultivated with vegetables and fruits. I am sure, Ayurvedic Treatments can do a world of good for those who need timely rejuvenation for us who live in the city which is full of stress and tensions.”

Mrs. & Mr. Ajitabh Bachhan (from London) – “Going back to London feeling relaxed, healthy and well, I will remember our three week stay here with fond memories. We look forward to returning soon in the near future.”

Mrs. Lulu Guinness (famous Designer from England) – “I have enjoyed my stay here very much, I leave feeling full of energy and vitality. The treatments were excellent, although I am not suffering from any serious ailment I feel a lot better. My skins feel marvelous...”

Mr. Naresh Narad (Secretary to Govt. of India Ministry of Heavy Industries And Public Enterprises, New Delhi) – “I enjoyed staying here. The facilities are world class. The service has been excellent. I wish this enterprise the very best in future.”

Ms. Sumita Mahajan (Indore (MP)) - This is my first visit. I have heard a lot about this place but I found it more heavenly than. It is really very good place. Every busy person should visit and stay here for a week.

Climate:

Temperature in Summers range between 36° to 20°C and during Winters it range between 16° to 32°C.

Almost throughout the year one can enjoy visiting Palakkad, Kerala. Best season is from September to April.

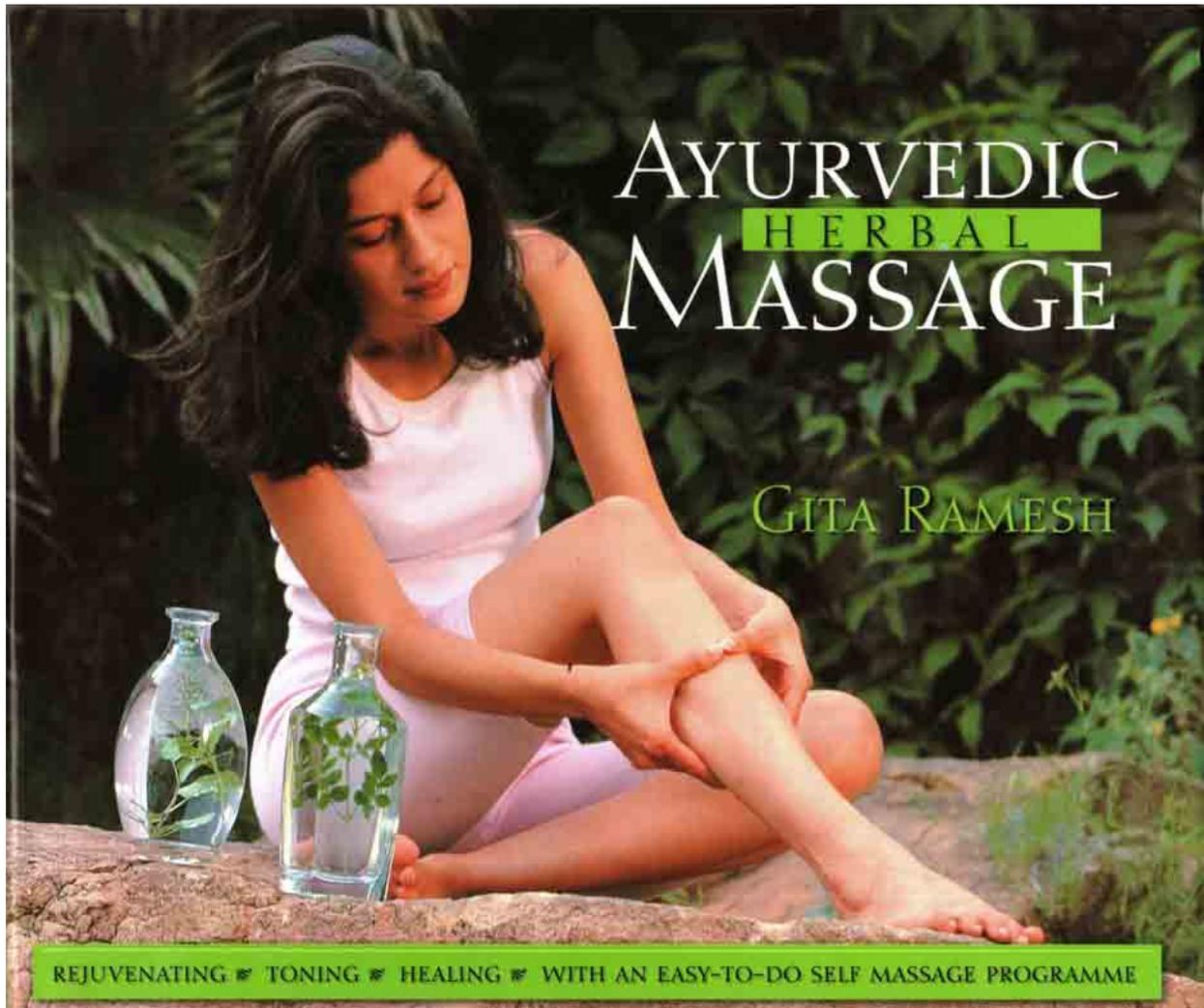
Way to Kairali Retreat:

Coimbatore Airport - 75 KM

Cochin / Calicut Airport - 125 KM

Palakkad Railway Station – 25 KM

BOOKS PUBLISHED BY KAIRALI



Mrs. Gita Ramesh, Joint Managing Director of Kairali has written a first pictorial book on Ayurvedic Herbal Massages, which is being printed and published in two languages – English & Dutch, and it is in great demand.

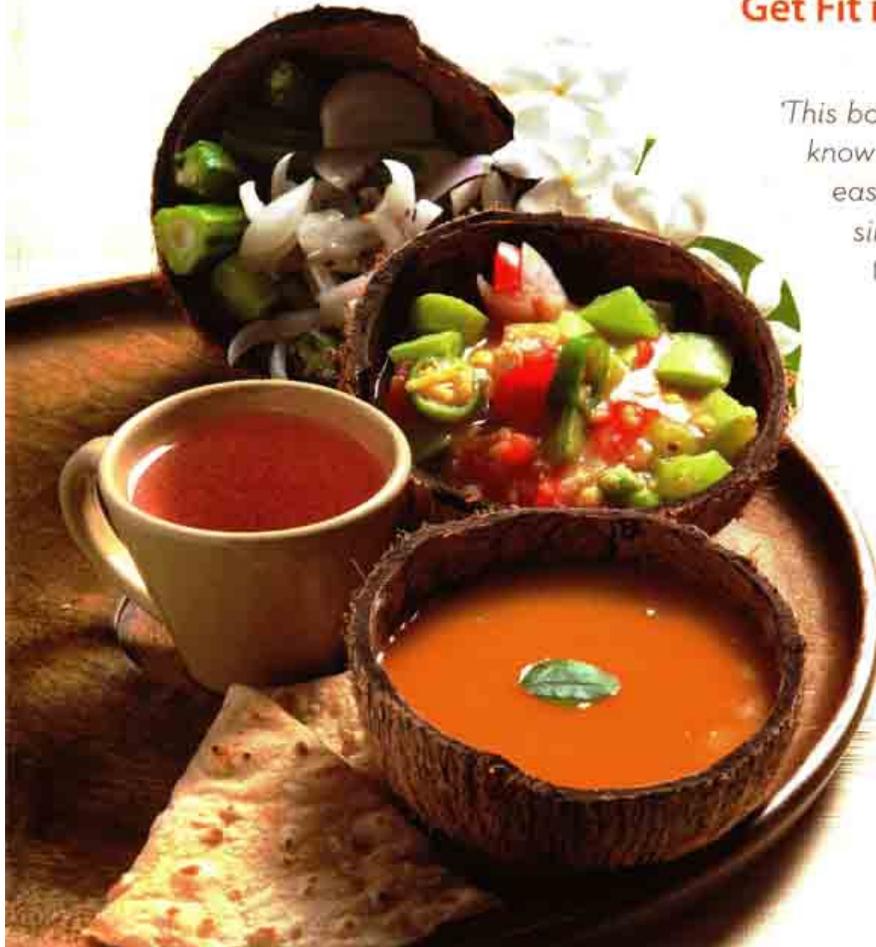
Ayurveda is the oldest science and has been serving mankind for the last 5000 years. This book is an effort to make you acquainted with the most Original Medical Science which doesn't only cure ailments but also brings in new life and keep your body, mind and soul healthy.

Kairali has been trying to reach out to maximum number of people in different corners of the World and this book is a step forward towards good health & well being of people across the globe in a most appropriate and expatiated way.

GITA RAMESH

The Ayurvedic Cookbook

Get Fit in Just Two Weeks



'This book translates ancient knowledge into a practical, easy-to-follow guide with simple recipes.'

Dr. P.R. Krishnakumar
MD, Arya Vaidya Pharmacy Group

ROLI BOOKS

Good Food brings Harmony to ones' body, mind and soul. Keeping this in mind, Mrs. Gita Ramesh, Joint Managing Director of Kairali has authored a book on Ayurveda Diet. The recipes in The Ayurvedic Cookbook are tailor-made to suit different body types.

The book contains pure vegetarian, nutritious recipes with therapeutic values. If cooked with love and attention, the recopies can be wholesome, tasty and hearty.

There are informative sections on nutritional and medicinal values of fruits and vegetables and species make this a comprehensive introduction to eating the Ayurvedic way.

The Ayurvedic Cookbook is printed and published in English language and is a must buy for anyone who wants to live healthy and eat healthy.

Our Treatment Centres & Franchises:

India:

- New Delhi
- Khajuraho
- Mumbai
- Trivandrum
- Palakkad
- Gokarna
- Karwar
- Hyderabad
- Palakkad
- Himanchal Pradesh
- Punjab
- Uttaranchal
- Chattisgarh
- Maharashtra
- And more.

International:

- Kanagawa & Yokohama, Japan
- Tokyo, Japan
- Almati, Kazakhstan
- Selangor, Malaysia
- Jigeh, Lebanon
- Auckland, New Zealand
- Czorsztyn, Poland
- Floreal, Mauritius
- Dubai
- Abu Dhabi
- And many more.