

www.vayas.in

It's your
world of
serenity.



VAYAS

HOLISTIC AYURVEDA CENTRE

Unveils a green, healing ambiance for the seekers of peace and inner strength.

Magnificently spread over three beautiful hills in the Western Ghats, near Silent Valley, Vayas unveils a green, healing ambiance for the seekers of peace and inner strength. Located at Mundanpara, a village in Palakkad District of Kerala, Vayas offers traditional Ayurveda, maintaining the undiluted practices of yoga; and authentic treatment methods by practitioners trained traditionally.

We believe that healing is a wholesome process where our inner mind has to connect with the very foundations of nature. Which is why, instead of staying cooped up in a building during your treatment, we offer you a whole world outside. Natural ponds, a herbal garden, fish farms, an organic agricultural garden growing local produce and animal farms are part of the very distinctive environment that Vayas can offer.





VAYAS
HOLISTIC AYURVEDA CENTRE

Come home to the goodness of nature.

A year round pleasant climate , A moderate temperature hovering between 18-30 degree, ample rainfall ensured by two monsoons, humid air, abundant natural wealth.

There is perhaps no other place in the world that provided the perfect natural setting for healing touch as does Kerala. Kerala's tropical forest are home to over 900 different Ayurvedic herbs and medicinal plants.

Re-energise your soul
In the exhilarating nature
of silent valley.



Ayurmana Healing Center

The core of Vayas, the Ayurmana Treatment Centre, is best viewed from the Accommodation Area. Intricately designed with architecture characteristic of Kerala, the Centre resembles a blooming lotus flower.

There are 10 individual treatment rooms, and requisite consulting rooms. Each treatment room offers a spectacular view of the surroundings. The treatments rooms are designed for privacy, including a post-treatment bathing area. Comfortable conveyance for attending scheduled consulting and treatments sessions will be provided between the Treatment Centre and the Accommodation. Each guest will be assigned their own individual therapist for all the treatment sessions.



**Our doctors are keen
to spread their knowledge
of Ayurveda, creating an
environment for learning
and enrichment.**



Our team of doctors will be constantly monitoring your progress during the course of treatment. These doctors are keen to spread their knowledge of Ayurveda, creating an environment for learning and enrichment. A distinctive feature of our treatment programme is the usage of fresh herbs, plucked right out of our organic ayurvedic herbal garden. Grown over acres of naturally fertile soil, these herbs are procured as and when each procedure calls for them.

VAYAS LIVING



**Supremely plush
residential stay with four
different tastes.**



At Vayas, there are a total of 20 supremely plush residential stay with four different tastes. Built at a high altitude to ensure your views are soaked in greenery, these cottages and suites are tastefully designed to reflect Kerala in its tradition. Though these classes may differ, each cottage's amenities are at par with any star-rated hotel or resort rooms. The breath-taking views of the surrounding landscapes help you to relax completely during the course of the treatment.



SWADAM DINING

**Built in an ancestral mould
with traditional artifacts
adorning the place.**

Give your tongues a treat with the completely vegetarian, organic yet sumptuous food at the VAYAS DINING. This traditional restaurant is a communal place for the meals and the "dining area" is built in an ancestral mould with traditional artifacts adorning the place.

Each guest has to follow diet and their daily nutriment will be served according to the prepared chart prescribed by the in-house Ayurvedic doctors and chefs.



Ayurveda

Ayurveda works on the simple logic that all facets of life impact our body, mind and soul. Originally meaning “the science of life”, dissects the body elements into seven named Saptha Dathu. Vata, Pitta and Kapha represent the archetypal elements depicting air, fire, water and earth. Vata governs breathing, blood flow, eradication, motion, communication, imagination, eagerness, and basically, the entire nervous system. Pitta oversees alterations such as ingestion and absorption, eye sight, skin appearance, maintaining body temperature, courage, joyfulness and discernment. Kapha administrates body development, lubrication, discharges, strength, power, tolerance, body mass, unsolidified balance, empathy and overall understanding of oneself.

The Ayurvedic experience

The pathway to wellbeing.



Yoga and Meditation

Yoga, a discipline drawn from the ancient Indian philosophy of Sanatana Dharma, is considered to be a way of life for those who seek the Eternal. It consists of multiple sub-disciplines that covers Faith, Knowledge and Action.

At Vayas, Yoga is offered in a simple form that is part of the Action sub-discipline. Physical postures and exercises help to stretch and flex stiff joints, tendons and muscles, and augment the Ayurveda treatment regime.

Meditation is a practice that is subtle, and is used to calm the racing mind, crowded with thoughts of the past and the future. Practicing meditation brings one's mind back to the present moment and enables one to experience "mindfulness," the state of being fully focused on the present moment so as to give full attention to our thoughts, words and deeds. Focus enables to be effective, efficient and productive.



Panchakarma Programs at VAYAS



Weight Management



Anti Ageing



Rejuvenation



Stress Alleviation



Relaxation



Herbal Beauty Care

Lighten Yourself.

Weight Management

At Vayas, you are introduced to a fit and healthy life all over again with the Ayurvedic weight loss treatments. Ayurveda speeds up your metabolism naturally. With a combination of treatments, restructured diet and oral medication, this program will reduce your pounds in a healthy, methodical way. Added to it our herb-enriched steam bath will stimulate your body's circulatory system, preventing further collection of fats and leave you healthy and radiant as ever.

Treatment duration : 21 days / 28 days

Unwrinkle Yourself.

Anti Ageing

The Anti-ageing therapy at Vayas, revitalizes each cell of your body while the nerves and bones are maintained healthy and your mind is in a tranquil state. The therapy is a combination of detoxification and rejuvenation. At first, the skin is cleansed by flushing out the toxins, after which every cell is restored with our pure Ayurvedic treatment and herbal medicines prepared by the experts at Vayas. This prevents the process of ageing and turns your living towards a more refreshing one

Treatment duration : 21 days / 28 days



A close-up photograph of a person's feet being massaged with oil by two hands. The feet are resting on a wooden surface. In the foreground, there are two brass bowls: one containing dark oil and the other containing a light-colored powder. The scene is dimly lit, emphasizing the texture of the skin and the oil.

Restart Life.

Rejuvenation

Our stressful city life often leaves us exhausted and lethargic. All we long for is a relaxing massage that could bring us back on our foot with energy that is refreshing. The rejuvenation and detoxification programme at Vayas promises exactly that. This programme is our classic Ayurvedic preventive and regenerative treatment that suits all, irrespective of age and gender. You experience authentic Ayurvedic therapies, which work to create balance between body, mind and soul.

Treatment duration : 7 days / 14 days / 21 days / 28 days

Detangle Your Mind.

Stress Alleviation

Our holistic approach to stress alleviation treatments with Yoga and meditation will help you de-stress yourself through multi-dimensional solutions from Mother Nature. Ayurveda believes that the cause of strain or pain in the body is related to energy imbalances. Hence, along with therapies that treat your aching muscles and strained nerves, we also nurse your tensed mind with the calming nature and food for your soul. Our programme is extremely beneficial for those who suffering from insomnia, lack of concentration, fatigue, tension etc.

Treatment duration : 7 days / 14 days / 21 days / 28 days

A person is sitting in a meditative pose on the edge of a dark, rocky cliff. The background is a soft, hazy sunset or sunrise sky with warm orange and yellow tones. The person is silhouetted against the bright light of the sun, which is low on the horizon. The overall mood is peaceful and contemplative.

Relaxation

The Relaxation therapy at Vayas consists of refreshing massages of your whole body, Yoga and Meditation sessions, a strict home grown vegetarian diet and a re-energising lifestyle. As Vayas does not promote the intake of alcohol, toxic junk food or anything harmful to health during these days, the therapy helps detoxify your body completely. Recommended for: Open for all and those suffering from stress, body aches, stress, low efficiency, anxiety etc.

Treatment duration : 5 days / 7 days

Radiate Your Soul.

Herbal Beauty Care

The secret to a glowing skin is not just a cream, but much more. At Vayas, we give your skin the treatment it deserves with home-grown herbal products. During the treatment, you experience beauty care therapies and treatment that will purify your blood and improve circulation, resulting in a glowing skin. The treatment will remove dead skin, pimples, blackheads, patches and other skin problems. Traditional scalp and foot massages and a royal scrub accompany the treatment. Your skin tone and complexion will improve. Your skin will be healthy as never before, and you will leave feeling rejuvenated.

TREATMENT DURATION : 5 DAYS / 7 DAYS / 14 DAYS

Attractions at Vayas



Mountina

Mountina is a Full-fledged herbal, flower and vegetable gardens are raised and cultured in the premises so that the guests can involve themselves in learning and enriching with the method of farming and cultivation.



Azure Resort

It is the leisure area, Our lake surrounded cottages epitomises comfort and service with spacious accommodation, superb facilities including multipurpose playing ground and intricate artwork designed especially for the leisure resort.



Brookhill Camping

Help people stay close to nature and experience the real tent living at hilltop. Excellent place to enjoy and amazing adventure living.

Experience at Vayas



Cultural
Program



Tribal
Experience



Live
Cooking



Fish
Feeding



kerala



**Calicut
International
Airport
(CCJ) - 104 km**



**Kochi
International
Airport
(COK) - 173 km**



**Coimbatore
International
Airport
(CJB) - 64.6 km**



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