

THE  
art  
OF HEALING

SINCE 1908



# नीरव

NÍRAVA

*“a sense of calm & tranquility”*



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# Welcome

*to Nirava by Krishnanendu*

At Nirava, we are dedicated to fostering holistic healing through individualized Ayurvedic treatments, guided by our skilled practitioners who attentively address your health concerns. Our expert team, driven by a genuine passion for their work, prioritizes both personal development and the well-being of our guests. We believe that achieving health is intertwined with sustainability; thus, we strive to create a healthier and equitable world for future generations, inspiring our community to nurture both people and the planet.

Our commitment to sustainability extends to our cuisine, where meals are thoughtfully prepared using fresh, local ingredients sourced from regional vendors, promoting a sustainable supply chain. We prioritize responsible waste management, converting food and bio-waste into biogas.

We offer a range of natural daily essential products under the name Nirava Ayurveda, designed to nourish your body and skin while reinforcing our dedication to holistic health and environmental stewardship.







# Our Treatments

- ◆ Panchakarma and Rejuvenation therapy
- ◆ Holistic solutions for back and neck pain
- ◆ PCOD and Women's Care
- ◆ Knee pain and osteoarthritis care
- ◆ Weight loss and metabolic balance
- ◆ IBS and Digestive health support
- ◆ Postpartum care
- ◆ Migraine, Stress, and Insomnia Relief
- ◆ Diabetic Neuropathy Treatment
- ◆ Respiratory and Asthma Management
- ◆ Hypertension, liver detox, and skin disorders
- ◆ Fertility Enhancement Program
- ◆ Post-Surgical, Musculoskeletal,  
and Neurological Rehabilitation Program



# A Culinary Journey

*Where Tradition Meets Legacy*

Inspired to offer the best in terms of wellness and well-being, Nirava Retreat prides itself on providing its guests with unique and exceptional fresh, healthy & organic dining experiences at the in-house restaurant Ootuppara. Not only will the different types of palates nurture you with good nutrition. but also would inspire you to incorporate the diet and regimen back home -  
reword to sound elegant and self loved







# A Typical Day at Our Centre

- ◆ 6:00 am  
Wake up to the soothing sounds of nature.
- ◆ 6:30 am-7:30 am  
Group yoga session to energize your day.
- ◆ 7:30 am - 8:30 am  
Enjoy a nutritious breakfast.
- ◆ 8:45 am - 12:30 pm  
Personalized Ayurveda/Naturopathy treatments.
- ◆ 12:30 pm - 2:00 pm  
Lunch break with healthy, wholesome meals.
- ◆ 2:00 pm - 5:30 pm  
Continued Ayurveda/Naturopathy treatments.
- ◆ 4:00 pm - 5:00 pm  
Meditation or an Informative Ayurveda lecture/  
cooking class/ Pharmacy visit / Gym.
- ◆ 5:00 pm - 6:30 pm  
Relax with an evening walk.
- ◆ 6:30 pm - 7:30 pm  
Dinner, featuring delicious vegetarian options.
- ◆ 9:00 pm  
Wind down for bedtime.

# Your Guide to a Relaxing Experience at Nirava

We pride ourselves on being a traditional ayurvedic healing, and it is important that you get the full benefit of our facilities seamlessly.

## 1. Light Clothing :

Breathable, comfortable wear for daily treatments.

## 2. Shoes & Track Suits :

For walking or light exercise as advised.

## 3. Yoga Attire :

Loose-fitting yoga wear for therapeutic sessions.

## 4. Personal Medications & Aids:

Carry any regular medicines or supportive devices (e.g. CPAP, walking aid, etc.).

## 5. Swimwear:

Recommended for aquatic therapy if advised.

## 6. Medical Reports:

Bring recent medical records. Basic tests can be done onsite (extra). External scans maybe arranged if needed.



# General Information & Booking Guidance

- ◆ Check-in: 10:00 am
- ◆ Check-out: 8:00 am

## Optional Extras (Chargeable) :

- ◆ Laundry services
- ◆ Personal hotspot
- ◆ **Lab Services & External Consultations**
- ◆ Discharge medications
- ◆ Transport services

## Policies :

- ◆ **Alcohol and Smoking Prohibited**
- ◆ **Outside Food and Beverages are not Allowed.**
- ◆ **A Fine of ₹1000 will be levied for Smoking or Drinking on the premises**

## Booking Terms :

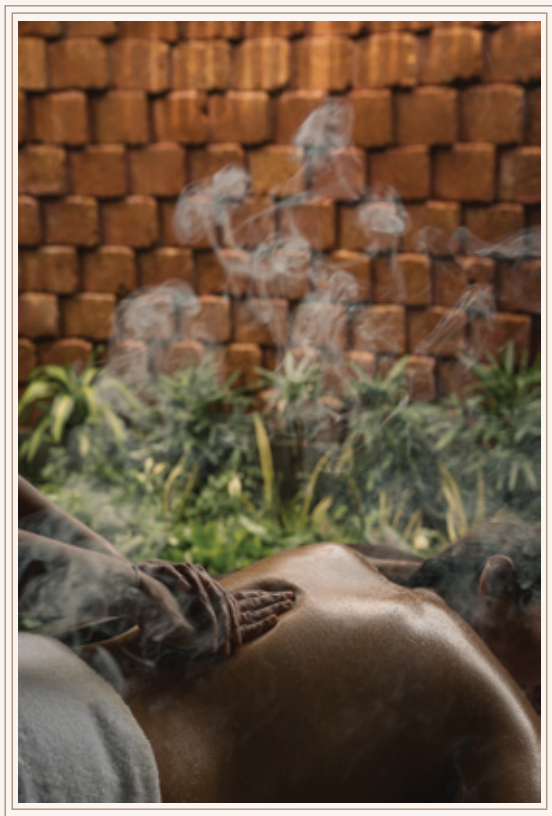
- ◆ Rooms are confirmed with a 50% advance payment.

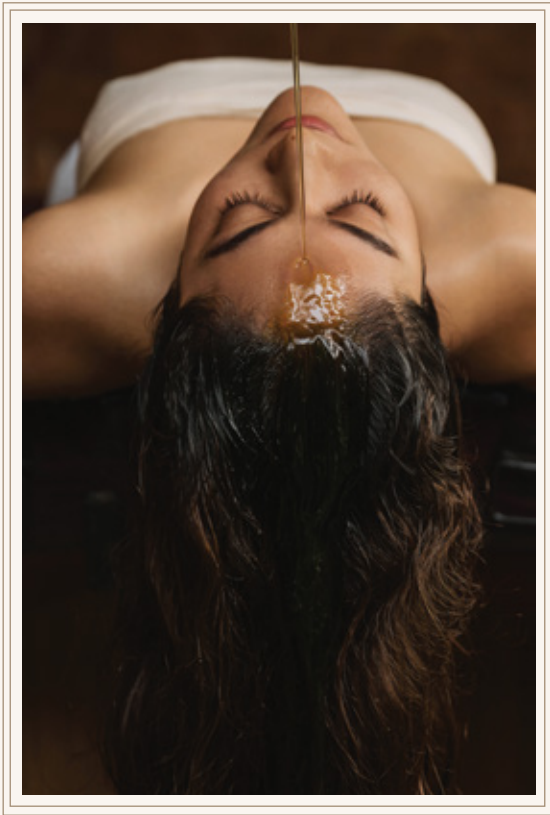
## Begin Your Wellness Journey

To Plan your Treatment, Book a Consultation today via +91 95444 88333  
Our Doctors are Available From 6 pm - 10 pm (IST)

(Saturday & Sunday's will vary)







# Bank Details

## *payment Information*

- ◆ You can transfer your funds to our account at HDFC Bank, Cheppad, Alappuzha:

Account Name: Krishnendu Ayurveda Hospital LLP

Account Number: 59209544488333

IFSC Code: HDFC0001488

MICR No.: 690240002

Bank Telephone No.: 0477-2251954

- ◆ For your convenience, money exchange services are available through authorized dealers at our facility. Additionally, ATM counters for ICICI Bank, S.B.T., and S.B.I. are located nearby.

## Accepted Payment Methods

- ◆ Cash (in Indian currency)
- ◆ National and international credit or debit cards (VISA/MasterCard only)
- ◆ Please note that cheques are not accepted.

## Cancellation & Refund Policy

- ◆ 21 days before arrival: 40% refund of paid amount
- ◆ 14 days before arrival: 25% refund
- ◆ 7 days or less / during treatment: No refund

Note: Advance payment is non-refundable for no-show or early departure.





# FAQ

## ◆ **What currencies are accepted?**

You can exchange money through authorized Forex dealers or pay using MasterCard and Visa credit cards.

## ◆ **What kind of clothing do you advise?**

We recommend wearing simple, loose-fitting clothing during your stay.

## ◆ **How far is the nearest airport, and when should I be there for my return flight?**

The nearest airport is Cochin International Airport, located about 120 km away, with a travel time of approximately 2.5 to 3.5 hours. For your return flight, please confirm your flight details at least three days before departure and check in at least three hours prior to your flight.

## ◆ **Are any vaccinations necessary?**

There are no mandatory vaccinations for entering India. However, the German Foreign Office recommends vaccinations for tetanus, diphtheria, polio, and hepatitis A. Kerala is generally not considered a malaria risk area.

# FAQ

- ◆ **Do I need a visa to enter India?**

Yes, a valid visa is required for entry into India.

- ◆ **Which airport should I book my flight to, and will someone collect me?**

You can book your flight to either Trivandrum Airport or Cochin Airport. Krishnendu can arrange airport transfers at an additional cost, as long as we have your flight details (arrival time and flight number).

Our staff will meet you outside the terminal with a sign that says "KRISHNENDU AYURVEDA HOSPITAL."

- ◆ **What is the typical duration of treatment?**

The typical duration for treatment ranges from 2 to 4 weeks. After a consultation, the doctor will determine the exact length of treatment and necessary medications.





NÍRAVA  
AYURVEDA

by Krishnendu ayurveda



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