

# Nariveda Ayurveda Journeys

A Holistic Wellness Initiative By Women, For Women




*Favourite Kerala*  
Ayurveda & Wellness



**Nari Veda**

A Holistic wellness initiative By women, For Women

 [www.favouritewellness.in](http://www.favouritewellness.in)



# A holistic wellness initiative by women, for women.

A unique space where ancient Ayurvedic wisdom meets the intuitive care of women. Each journey under NariVeda is thoughtfully crafted to support the evolving needs of women—through every season and stage of life. Guided entirely by a team of women Ayurvedic doctors, therapists, yoga instructors, wellness chefs and caretakers, these packages are personal, mindful and deeply rooted in time-honoured healing traditions.

NariVeda is a signature wellness journey by Favourite Kerala Ayurveda & Wellness, the premier wellness brand of The Raviz Hotels & Resorts. Offered exclusively at the luxury destinations: The Leela Raviz Kovalam, The Leela Raviz Ashtamudi and The Raviz Kadavu, NariVeda embodies the essence of holistic rejuvenation.





# Common Inclusions

- \* **From the moment of reservation to the final consultation, every step of your healing journey is thoughtfully managed and coordinated by a dedicated team of women.**
- \* Personal wellness consultation by a lady Ayurvedic doctor
- \* Daily guidance and care from an all-women wellness team
- \* Sattvic Ayurvedic meals designed as per individual need
- \* Internal herbal formulations and functional infusions
- \* Therapeutic yoga, breathing, and meditation sessions
- \* Natural sauna/steam and cleansing rituals
- \* Healing herb-based teas and tonics
- \* Seasonal nature-led wellness rituals
- \* Daily wellness routine (approx. 90 min) curated post consultation
- \* Self-reflection practices and mindful journaling
- \* Immersive Ayurvedic lifestyle orientation
- \* Access to healing pools, library, and quiet spaces
- \* Airport transfers from Trivandrum & Calicut International Airports
- \* Optional pre-arrival online wellness consultation



# Santulan Calm

## Restoring emotional balance and nervous system harmony

Santulan Calm offers a nurturing space to gently release tension and cultivate lasting inner peace. Through a blend of silence, mindful breathing, sound healing and alignment with natural rhythms, this program supports both body and mind in achieving emotional stability and nervous system balance.

Ideal for those navigating emotional challenges—such as anxiety, mood fluctuations, postpartum transitions, perimenopausal changes or general stress—Santulan Calm fosters strength, clarity and a renewed sense of calm.

It may also benefit individuals recovering from emotional trauma or seeking deeper nervous system regulation through reflective, somatic care.

Suggested Duration: 3 / 5 / 7 days





# Hridaya Gift

## A gift of self-love and emotional renewal

Hridaya Gift is a thoughtfully curated wellness experience, ideal for sharing with a loved one—or gifting to oneself. This gentle and nurturing program invites emotional healing through Ayurvedic herbal support, reflective practices and therapeutic care. Designed as a heartfelt journey, it encourages rest, reconnection and a return to inner calm—making it a meaningful expression of love, care and renewal.

Suggested Duration: 3 / 5 / 7 days



# Taruni Bloom

## Early womanhood journey for menstrual harmony

Taruni Bloom offers a gentle Ayurvedic foundation for young women as they step into early womanhood. The program encourages menstrual cycle awareness, emotional balance and self-acceptance, while nurturing body confidence and inner strength. It also subtly prepares participants for future life stages such as marriage and fertility, fostering clarity, self-trust and feminine well-being in a safe and supportive space.

Suggested Duration: 3 / 5 / 7 days





# Mātrṛtva Nest

## Postpartum wellness for mother and child

Mātrṛtva Nest offers a gentle and deeply nourishing experience for new mothers and their newborns. Rooted in Ayurvedic postnatal care, this program supports physical recovery, emotional well-being and the sacred bond between mother and baby. Special focus is placed on womb healing, enhanced lactation and daily care routines for both mother and child. With the utmost care and safety, trained and experienced practitioners guide every step of the journey—ensuring comfort, confidence and holistic support during this delicate phase of life.

Suggested Duration: 7 / 14 / 21 days



# Jiva Flex

## Functional strength and joint-muscle harmony

JivaFlex is thoughtfully designed treatment to support women experiencing musculoskeletal concerns or the effects of sedentary fatigue. This program combines energizing yet gentle movement therapies with targeted herbal nourishment to promote flexibility, strength and overall joint-muscle harmony. Through carefully crafted strengthening treatments, JivaFlex helps restore vitality, improve physical function and encourage ease of movement for lasting wellness.

Suggested Duration: 5 / 7 / 10 days





# Nidrayana

## Ayurvedic reset for sleep and deep rest

Nidrayana is a calming and restorative program specially designed for those experiencing sleep disturbances, chronic fatigue, or restlessness. It gently supports the body's natural sleep rhythms through soothing Ayurvedic therapies, grounding rituals and mind-body relaxation techniques. This journey encourages deep rest, a nervous system reset and renewed energy—helping to restore a natural state of ease and inner stillness.

Suggested Duration: 5 / 7 / 10 days



# Annapoorna Glow

**Skin, hair & gut nourishment  
through Ayurvedic food wisdom**

Annapoorna Glow is a holistic nourishment journey that revitalizes the digestive system, enhances skin radiance and strengthens hair health—naturally and sustainably. Rooted in Ayurvedic food principles, the program combines digestive reset protocols with mindful eating, seasonal recipes and beauty rituals tailored to your dosha. As the gut heals and rebalances, your outer glow begins to reflect your inner vitality.

Suggested Duration: 5 / 7 / 10 days





# Shakti Rhythm

## Hormonal balance through Ayurvedic rhythms

ShaktiRhythm is a cyclical wellness program designed to support women through the natural transitions of their hormonal journey—from menarche to menopause. It emphasizes menstrual health and hormonal balance, offering holistic support for irregular cycles, PMS and related imbalances. Rooted in Ayurveda and aligned with the moon's rhythms, the program integrates herbal formulations, rejuvenating therapies and emotional wellness practices. It nurtures balance, vitality and inner harmony throughout every phase of a woman's life.

Suggested Duration: 7 / 10 / 14 days



# Tejas Womb

## Awakening fertility and creative energy

Tejas Womb offers a sacred space to deeply connect with fertility—honoring its physical, emotional and creative dimensions. Inspired by feminine cycles, womb meditation and nourishing Ayurvedic practices, this program supports uterine health and addresses fertility-related concerns such as PCOD, PCOS, irregular menstrual cycles, hormonal imbalances, endometriosis and other reproductive challenges. Designed to enhance feminine energy and vitality, it promotes holistic reproductive wellness and creative renewal.

Suggested Duration: 7 / 10 / 14 days





# Suvarna Grace

## Graceful ageing and timeless inner radiance

Suvarna Grace offers a holistic approach to rejuvenation, supporting vitality and promoting healthy, radiant skin. Through Ayurvedic self-care rituals and balanced hormonal support, this program encourages graceful ageing by nurturing overall well-being. Mindful weight management is gently integrated to enhance physical ease and balance, complementing the journey toward sustained inner glow and timeless beauty.

Suggested Duration: 7 / 10 / 14 days



# The Leela Raviz Ashtamudi & The Raviz Kadavu - Favourite Kerala Ayurveda

## NariVeda Package – Summer

(Published rates valid from 01 April 2026 to 30 September 2026)

TREATMENT PACKAGES	DURATION & PER NIGHT OF STAY									
	Rate in INR 18% gst is applicable									
	03 Nights		05 Nights		07 Nights		14 Nights		21 Nights	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
SANTULAN CALM	15,800	20,100	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
HRIDAYA GIFT	15,800	20,100	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
TARUNI BLOOM	15,800	20,100	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
ANNAPOORNA GLOW	NIL	NIL	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
JIVA FLEX	NIL	NIL	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
NIDRAYANA	NIL	NIL	15,200	19,500	14,600	18,900	14,000	18,300	13,400	17,700
SUVARNA GRACE	NIL	NIL	NIL	NIL	14,600	18,900	14,000	18,300	13,400	17,700
SHAKTI RHYTHM	NIL	NIL	NIL	NIL	14,600	18,900	14,000	18,300	13,400	17,700
MATRITVA NEST	NIL	NIL	NIL	NIL	15,600	20,400	15,000	19,800	14,400	19,200
TEJAS WOMB	NIL	NIL	NIL	NIL	15,600	20,400	15,000	19,800	14,400	19,200

Rates are based on Grand Heritage Room at The Leela Raviz Ashtamudi & Standard Room at The Raviz Kadavu Calicut

## NariVeda Package – Winter

(Published rates valid from 01 October 2026 to 31 March 2027)

TREATMENT PACKAGES	DURATION & PER NIGHT OF STAY									
	Rate in INR 18% gst is applicable									
	03 Nights		05 Nights		07 Nights		14 Nights		21 Nights	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
SANTULAN CALM	17,900	22,200	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
HRIDAYA GIFT	17,900	22,200	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
TARUNI BLOOM	17,900	22,200	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
ANNAPOORNA GLOW	NIL	NIL	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
JIVA FLEX	NIL	NIL	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
NIDRAYANA	NIL	NIL	17,300	21,600	16,700	21,000	16,100	20,400	15,500	19,800
SUVARNA GRACE	NIL	NIL	NIL	NIL	16,700	21,000	16,100	20,400	15,500	19,800
SHAKTI RHYTHM	NIL	NIL	NIL	NIL	16,700	21,000	16,100	20,400	15,500	19,800
MATRITVA NEST	NIL	NIL	NIL	NIL	17,700	22,500	17,100	21,900	16,500	21,300
TEJAS WOMB	NIL	NIL	NIL	NIL	17,700	22,500	17,100	21,900	16,500	21,300

Rates are based on Grand Heritage Room at The Leela Raviz Ashtamudi & Standard Room at The Raviz Kadavu Calicut

# The Leela Raviz Kovalam Favourite Kerala Ayurveda

## NariVeda Package – Summer

(Published rates valid from 01 April 2026 to 30 September 2026)

TREATMENT PACKAGES	DURATION & PER NIGHT OF STAY									
	Rate in INR 18% gst is applicable									
	03 Nights		05 Nights		07 Nights		14 Nights		21 Nights	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
<b>SANTULAN CALM</b>	25,400	31,500	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>HRIDAYA GIFT</b>	25,400	31,500	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>TARUNI BLOOM</b>	25,400	31,500	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>ANNAPOORNA GLOW</b>	NIL	NIL	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>JIVA FLEX</b>	NIL	NIL	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>NIDRAYANA</b>	NIL	NIL	24,800	30,900	24,200	30,300	23,600	29,700	23,000	29,100
<b>SUVARNA GRACE</b>	NIL	NIL	NIL	NIL	24,200	30,300	23,600	29,700	23,000	29,100
<b>SHAKTI RHYTHM</b>	NIL	NIL	NIL	NIL	24,200	30,300	23,600	29,700	23,000	29,100
<b>MATRITVA NEST</b>	NIL	NIL	NIL	NIL	25,200	32,300	24,700	31,700	24,100	31,100
<b>TEJAS WOMB</b>	NIL	NIL	NIL	NIL	25,200	32,300	24,700	31,700	24,100	31,100

Rates are based on Garden View Villa at The Leela Raviz Kovalam.

## NariVeda Package – Winter

(Published rates valid from 01 October 2026 to 31 March 2027)

TREATMENT PACKAGES	DURATION & PER NIGHT OF STAY									
	Rate in INR 18% gst is applicable									
	03 Nights		05 Nights		07 Nights		14 Nights		21 Nights	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
<b>Santulan Calm</b>	32,100	38,800	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Hridaya Gift</b>	32,100	38,800	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Taruni Bloom</b>	32,100	38,800	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Annapoorna Glow</b>	NIL	NIL	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Jiva Flex</b>	NIL	NIL	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Nidrayana</b>	NIL	NIL	31,500	38,200	30,900	37,600	30,300	37,000	29,700	36,400
<b>Suvarna Grace</b>	NIL	NIL	NIL	NIL	30,900	37,600	30,300	37,000	29,700	36,400
<b>Shakti Rhythm</b>	NIL	NIL	NIL	NIL	30,900	37,600	30,300	37,000	29,700	36,400
<b>Matritva Nest</b>	NIL	NIL	NIL	NIL	31,900	39,600	31,300	39,000	30,700	38,400
<b>Tejas Womb</b>	NIL	NIL	NIL	NIL	31,900	39,600	31,300	39,000	30,700	38,400

Rates are based on Garden View Villa at The Leela Raviz Kovalam.



  
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Ayurveda & Wellness

- ▶ The Leela Raviz Kovalam
- ▶ The Leela Raviz Ashtamudi
- ▶ The Raviz Kadavu

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