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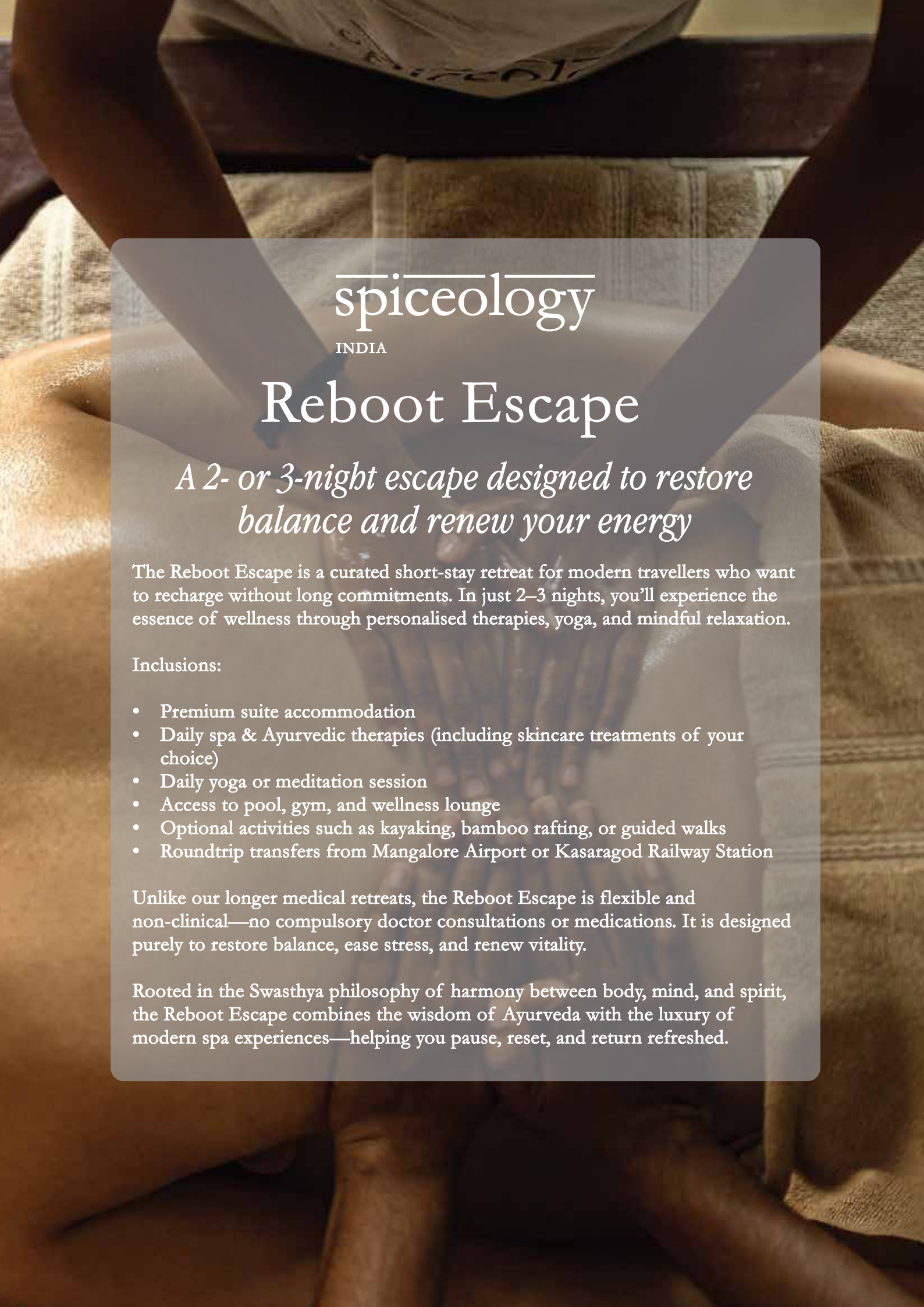
Reboot Escape

*A 2- or 3-night escape designed
to restore balance and renew your energy.*



THE 
LaLiT

The Lalit Resort and Spa Bekal

A person is lying on a massage table, covered with a light-colored towel. Their hands are clasped together in a prayer position above their head. The background is softly blurred, showing more of the massage table and the person's legs. The overall tone is warm and relaxing.

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Reboot Escape

A 2- or 3-night escape designed to restore balance and renew your energy

The Reboot Escape is a curated short-stay retreat for modern travellers who want to recharge without long commitments. In just 2–3 nights, you'll experience the essence of wellness through personalised therapies, yoga, and mindful relaxation.

Inclusions:

- Premium suite accommodation
- Daily spa & Ayurvedic therapies (including skincare treatments of your choice)
- Daily yoga or meditation session
- Access to pool, gym, and wellness lounge
- Optional activities such as kayaking, bamboo rafting, or guided walks
- Roundtrip transfers from Mangalore Airport or Kasaragod Railway Station

Unlike our longer medical retreats, the Reboot Escape is flexible and non-clinical—no compulsory doctor consultations or medications. It is designed purely to restore balance, ease stress, and renew vitality.

Rooted in the Swasthya philosophy of harmony between body, mind, and spirit, the Reboot Escape combines the wisdom of Ayurveda with the luxury of modern spa experiences—helping you pause, reset, and return refreshed.



The Destination

A Sanctuary by the Nombili River

The Lalit Resort & Spa Bekal is nestled between the tranquil Nombili River and the Arabian Sea. Surrounded by lush greenery, serene lagoons, and a white-sand beach, it offers the perfect environment for rejuvenation.

Spread across acres of manicured gardens, the resort features:

- 38 luxury suites, each with a private jacuzzi and views of lagoons or backwaters
- A 20,000 sq. ft. Ayurvedic Spa with 11 treatment rooms
- Direct access to Bekal Beach and proximity to the historic Bekal Fort

Designed for comfort and seclusion, The Lalit Bekal is your sanctuary for rest, recovery, and Ayurvedic wellness.



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Luxury Accommodation Your Private Sanctuary

Our spa suites blend ethnic charm with contemporary elegance, offering the perfect balance of comfort and serenity. Each suite opens onto a private garden with calming lagoon views, designed as a cocoon of quiet luxury.

Features include:

- Spacious 85 m² layout with king or twin bed options
- Private jacuzzi for deep relaxation
- Elegant interiors combining traditional Kerala accents with modern design
- Personal Holiday Host available throughout your stay to curate a seamless experience



Express Reboot Escape (2 Nights/ 3 Days)

Inclusions:

- Inclusions (bulleted, simplified with icons):
- Premium suite accommodation
- Two Ayurvedic or Western therapies daily (90 minutes + 60 minutes)
- Choose any massage, adds-on, skin care (except Derma Body Cocoon)
- Daily yoga / meditation
- Access to pool, gym, wellness lounge
- Kayaking or bamboo rafting
- Transfers included

Itinerary:

Day 1: Welcome, wellness lunch, therapy, evening yoga/meditation, dinner.

Day 2: Morning walk, yoga, 90-min therapy, facial, kayaking, evening movement, dinner.

Day 3: Yoga, 60-min massage, breakfast, departure.

Benefits you can expect:

- A quick reset that eases accumulated stress and fatigue
- Improved sleep quality and lightness in body
- Renewed skin radiance from your chosen facial
- A boost of positive energy from yoga and meditation
- A refreshing sense of calm to carry back into your routine

Perfect for travellers who want maximum relaxation in minimum time.



Complete Reboot Escape (3 Nights / 4 Days)

Inclusions:

- Inclusions (bulleted, simplified with icons):
- Premium suite accommodation
- Two Ayurvedic or Western therapies daily (90 minutes + 60 minutes)
- Choose any massage, adds-on, skin care (except Derma Body Cocoon)
- Daily yoga / meditation
- Access to pool, gym, wellness lounge
- Kayaking or bamboo rafting
- Transfers included

Itinerary:

Day 1: Welcome, wellness lunch, therapy, sunset meditation, dinner.

Day 2: Yoga, therapy, Ayurvedic hair spa, kayaking, dinner.

Day 3: Yoga, therapy, facial, cultural activity, dinner.

Day 4: Yoga, massage, breakfast, departure.

Benefits you can expect:

- A deeper sense of renewal with three full days of therapies
- Lasting stress relief and improved emotional balance
- Visible rejuvenation of body and mind through combined therapies, hair spa, and facial
- Stronger vitality and energy flow from yoga, meditation, and movement session
- Space to reconnect with yourself and nature for sustainable well-being

Ideal for those who wish to go beyond relaxation and truly immerse in a short yet



Dining Options

Your wellness journey is complemented by cuisine that suits your lifestyle. Choose the dining plan that best fits your retreat:

Ayurveda Wellness Plan – Enjoy wholesome vegetarian meals at the Swasthya Lounge, designed in line with Ayurvedic principles for balance and nourishment.

Wellness Flex Plan – Prefer variety? Dine at Nombili, our multi-cuisine restaurant, where you may select from a wide à la carte menu while still enjoying exclusive guest discounts on food.

Whether you choose a structured Ayurvedic meal plan or the flexibility of à la carte dining, both options ensure your culinary experience is as restorative as your retreat.

Which Plan is Right for You?

Ayurveda Wellness Plan

- Best if you want a structured wellness experience
- Sattvik vegetarian meals aligned with Ayurvedic principles
- Supports balance, lightness, and detoxification
- Ideal for guests seeking an authentic Ayurvedic lifestyle during their stay

Wellness Flex Plan

- Best if you prefer flexibility and variety
- À la carte dining at Nombili, our multi-cuisine restaurant
- Includes exclusive discounts on food
- Ideal for guests who wish to combine wellness with more culinary freedom

Enhance your Reboot Escapes

During your Shanti Break, enjoy a range of special benefits designed to complement your retreat:

- 20% off salon treatments (manicure, pedicure, hair spa, styling)
- 20% off food (à la carte menu, in-room dining)
- 15% off beverages at the Poolside Bar (wine, beer, cocktails)
- 10% off on select retail wellness products to take your journey home

Price Information

OPTION 1 – AYURVEDA WELLNESS PLAN

Wholesome sattvik meals at the Swasthya Lounge, curated as per Ayurvedic principles.

Quick Reset Retreat (2 Nights / 3 Days)

Double Occupancy: INR 1,20,000 + taxes

Single Occupancy: INR 80,000 + taxes

Depp Reset Retreat (3 Nights / 4 Days)

Double Occupancy: INR 1,75,000 + taxes

Single Occupancy: INR 1,15,000 + taxes

OPTION 2 – WELLNESS FLEX PLAN

Freedom to dine a la carte at Nombili, our multi-cuisine restaurant, with exclusive guest discounts on food.

Quick Reset Retreat (2 Nights / 3 Days)

Double Occupancy: INR 1,10,000 + taxes

Single Occupancy: INR 70,000 + taxes

Deep Reset Retreat (3 Nights / 4 Days)

Double Occupancy: INR 1,55,800 + taxes

Single Occupancy: INR 1,05,400 + taxes

Terms & Conditions

- Validity: Rates apply from 01 October 2025 – 30 September 2026.
- Taxes: Prices are exclusive of applicable government taxes.
- Payment: 50% advance due 60 days before arrival - Balance payment 30 days before arrival
- Cancellations: 100% charge for cancellations within 30 days of arrival - 50% charge for cancellations within 60 days of arrival - Full refund if cancelled earlier than 60 days before arrival
- Exclusions: Airfare, personal expenses, additional spa/salon treatments, and beverages (except those mentioned).

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Wellness begins with a pause.

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