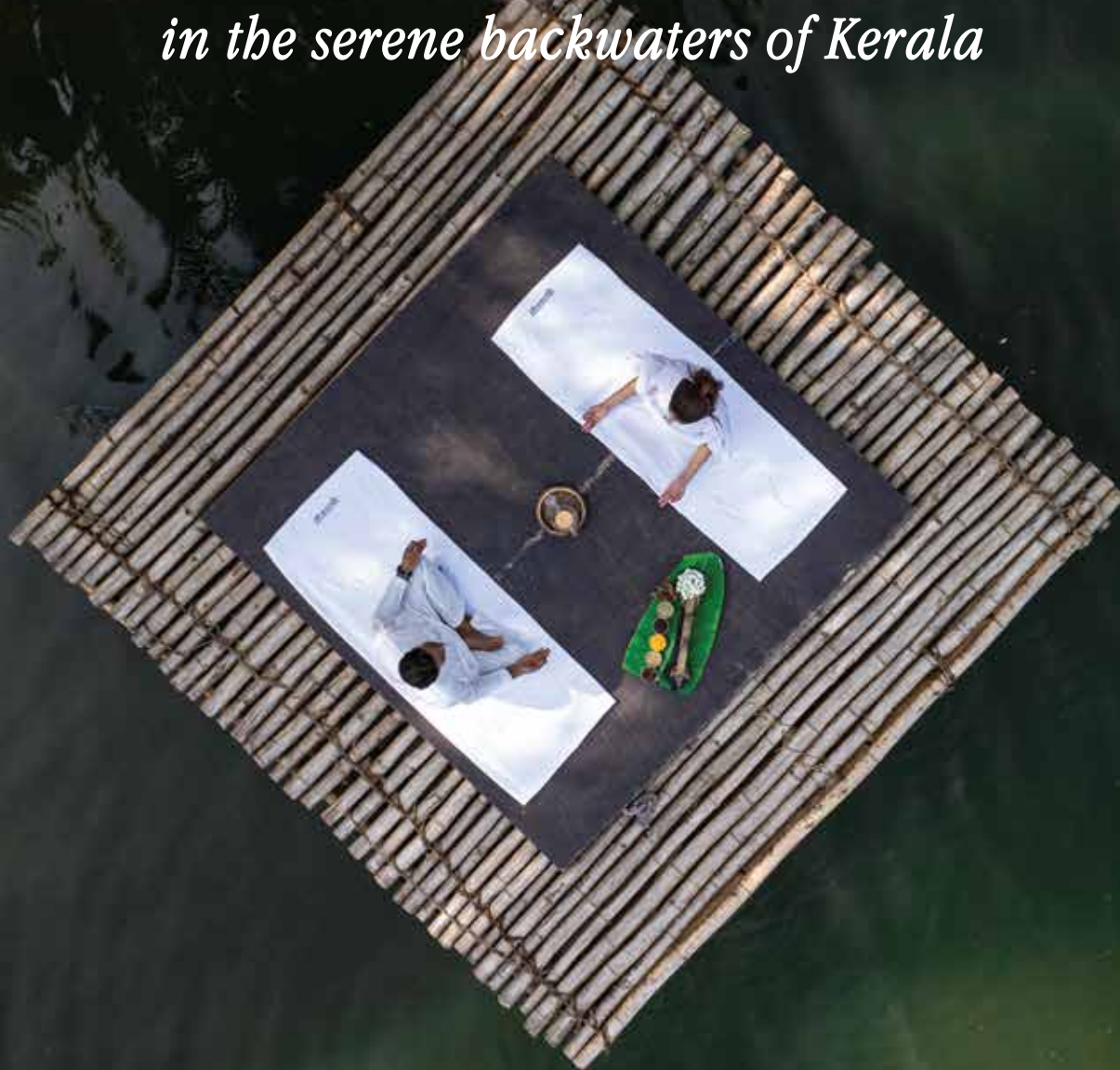


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INDIA

Swasthya Retreats

*Authentic Ayurvedic healing
in the serene backwaters of Kerala*



THE 
LaLiT

The Lalit Resort and Spa Bekal



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.





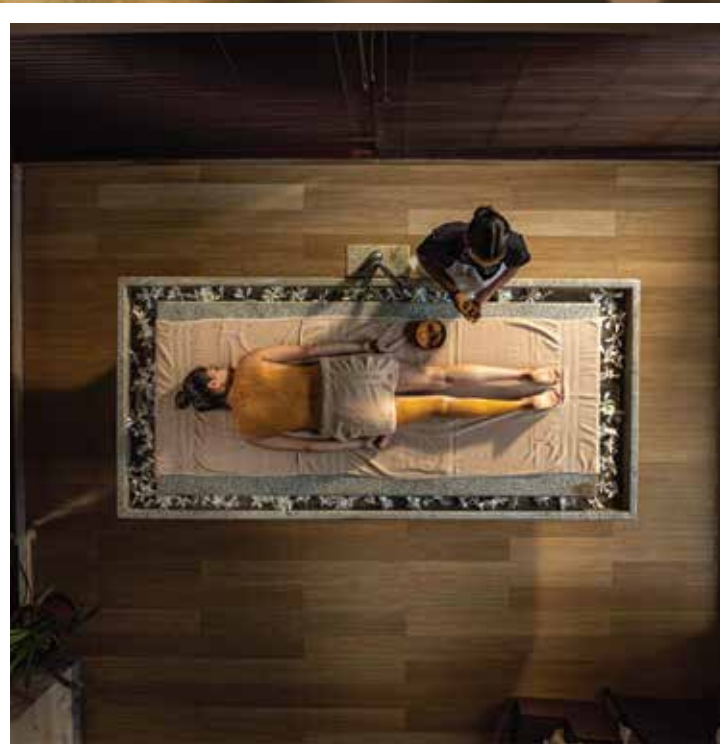
THE 
LaLiT

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



The Philosophy

Spiceology Swasthya Retreats

At Spiceology, we combine ancient Ayurvedic wisdom with a refined, modern approach to holistic well-being.

Swasthya is a Sanskrit word meaning “health” or “being in one’s natural state.” It signifies harmony of body, mind, and spirit—balanced doshas, strong digestion, and a peaceful mind.

Our retreats are designed around three core principles:

- Preventive Care – Preserving health through daily balance, yoga, and diet.
- Therapeutic Treatments – Correcting imbalances with detox, herbal medicines, and Ayurveda therapies.
- Holistic Healing – Addressing physical, mental, and spiritual health for lasting transformation.



6 Signature Retreats:

- Panchakarma (Complete Detox)
- Weight Management
- Pain & Joint Care
- Anti-Ageing & Rejuvenation
- Geriatric Care
- De-Stress & Burnout Recovery

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The Method Ayurveda & Yoga



Ayurveda: The Science of Life

Rooted in 5,000 years of wisdom, Ayurveda emphasises balance in food, lifestyle, and emotional state.

Preventive Objective: Preserve health in the healthy (Swasthasya Swaasthya Rakshanam).

Curative Objective: Treat illness in the unwell (Aaturasya Vikara Prashamanam).

Our Ayurvedic doctors (Vaidyas) design treatments uniquely for each guest, combining therapies, diet, and medicines for long-term well-being.

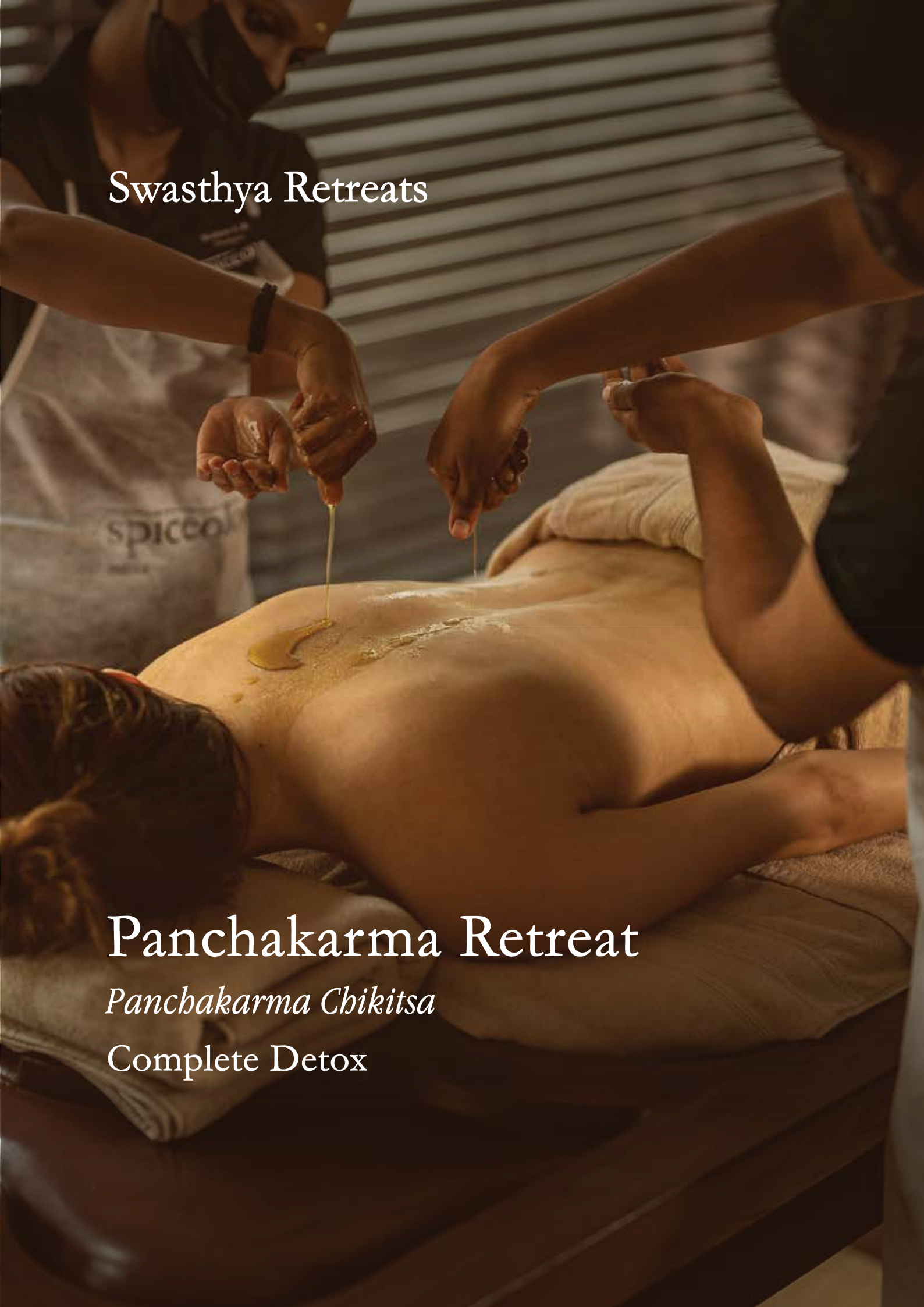
Yoga & Meditation

Complementing Ayurveda, yoga restores harmony of body and mind:

- Reduces stress hormones, builds positivity
- Enhances emotional resilience
- Brings focus, clarity, and inner peace

At Bekal, our expert-led sessions take place in serene natural settings—transforming every retreat into a journey of renewal.



A person is lying face down on a massage table, receiving a Panchakarma oil massage. Two therapists are visible, one on the left and one on the right, both wearing face masks. They are pouring a golden oil onto the person's back. The person's back is already covered in a layer of oil. The background shows a window with horizontal blinds. The overall atmosphere is warm and relaxing.

Swasthya Retreats

Panchakarma Retreat

Panchakarma Chikitsa

Complete Detox

Panchakarma Retreat

Panchakarma Chikitsa

Complete Detox

A Total Reset for Body, Mind & Spirit

Panchakarma is Ayurveda's most profound cleansing system, designed to eliminate toxins, restore inner balance, and awaken natural vitality. This is not just a detox—it is a complete renewal of your physical and mental state.

What It involves

- Personalised therapies – herbal oil treatments to nourish and restore
- Cleansing procedures – Vamanam (emesis), Virechanam (purgation), Vasti (medicated enema), Nasyam (nasal therapy), Rakthamoksham (blood cleansing)
- Ayurvedic diet plans – sattvik meals that support detoxification
- Yoga & lifestyle guidance – daily practices to reinforce inner harmony

Benefits you can expect:

- Lightness in body, clarity of mind
- Improved digestion and energy levels
- Relief from toxin-related fatigue, headaches, and imbalances

(Retreats available for 14 or 21 days, tailored by our Ayurvedic physicians.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	Daily	Daily	Daily	Daily
90-min Ayurvedic therapies	7	14	21	28
60-min Ayurvedic therapies	7	14	21	28
Yoga sessions (60 min)	7	10	15	20
Meditation sessions (60 min)	2	3–4	6	8
Diet & lifestyle consultations	Included	Included	Included	Included
Activities / cultural sessions	As scheduled	As scheduled	As scheduled	As scheduled
Pre-arrival consultation	☑	☑	☑	☑
Post-departure follow-up	☑	☑	☑	☑

A person wearing a white apron over a dark shirt is applying a thick, light-colored paste to a person's knee. They are using a large green leaf to hold the paste in place. The person receiving the treatment is lying down, and their legs are visible. In the foreground, there is a small brass bowl containing more of the paste, a white cloth, and a green leaf.

Swasthya Retreats

Pain Management
& Joint Care Retreat

Weight Management Retreat

Sthoulyaghna Chikitsa

Balance Weight, Build Confidence

Our Weight Management retreat focuses not on deprivation, but on restoring harmony in fat metabolism and lifestyle habits. Treatments are customised to your body constitution for effective and sustainable results

What It involves

- Herbal powder massages to stimulate metabolism and contour the body
- Ayurvedic medicines tailored to regulate fat metabolism
- Panchakarma detoxification therapies for cleansing and renewal
- Specially designed slimming diets that support long-term balance
- Yoga and exercises to complement treatments and improve overall fitness

Benefits you can expect:

- Natural, sustainable weight reduction
- Enhanced metabolism and digestion
- Improved confidence and energy
- A healthier relationship with food and lifestyle

(Available as 14, 21, or 28-day programmes, guided by Ayurvedic physicians.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	-	Daily	Daily	Daily
90-min Ayurvedic therapies	-	14	21	28
60-min Ayurvedic therapies	-	14	21	28
Yoga sessions (60 min)	-	10	15	20
Meditation sessions (60 min)	-	4	6	8
Diet & lifestyle consultations	-	Included	Included	Included
Activities / cultural sessions	-	As scheduled	As scheduled	As scheduled
Pre-arrival consultation		☒	☒	☒
Post-departure follow-up		☒	☒	☒

A close-up photograph of a person's hands pouring a golden oil from a brass pot onto another person's back. The oil is captured mid-pour, creating a thin stream. The person being treated is lying down, and their back is visible. A white cloth with the word 'ecology' is partially visible in the background.

Swasthya Retreats

Anti-Ageing &
Rejuvenation Retreat

Rasayana Chikitsa

Pain Management & Joint Care Retreat

Restore Freedom of Movement

Chronic pain and stiffness often arise from imbalances in Vata dosha and toxin accumulation. Our Pain & Joint Care retreat helps restore mobility, reduce discomfort, and bring natural ease back into your body.

What It involves

- Ayurvedic therapies to reduce inflammation and improve circulation
- Natural detoxification to clear blockages causing pain
- Yoga and physiotherapy-inspired stretches to support joint health
- Targeted treatments for conditions such as arthritis, spondylosis, sciatica, and sports injuries

Benefits you can expect:

- Relief from chronic pain and stiffness
- Improved mobility and strength
- Renewed confidence in daily movement

(Available as 7, 14, or 21-day programmes, prescribed after consultation.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	Daily	Daily	Daily	Daily
90-min Ayurvedic therapies	7	14	21	28
60-min Ayurvedic therapies	7	14	21	28
Yoga sessions (60 min)	4	7	11	15
Meditation sessions (60 min)	3	3	10	13
Diet & lifestyle consultations	Included	Included	Included	Included
Activities / cultural sessions	As scheduled	As scheduled	As scheduled	As scheduled
Pre-arrival consultation	☒	☒	☒	
Post-departure follow-up	☒	☒	☒	



Swasthya Retreats

Geriatric Care Retreat

Anti-Ageing & Rejuvenation Retreat

Rasayana Chikitsa

Turn Back Time, Naturally

Rasayana Chikitsa is Ayurveda's age-defying system that focuses on strengthening immunity, revitalising tissues, and slowing the natural ageing process. This retreat restores your body's capacity to heal and rejuvenate itself.

What It involves

- Panchakarma detoxification therapies to clear accumulated toxins
- Internal herbal medicines to rebuild immunity and vitality
- Yoga and meditation to restore emotional and mental resilience
- Lifestyle guidance to sustain long-term wellness

Benefits you can expect:

- Youthful energy and vitality
- Stronger immunity against lifestyle-related conditions
- Sharper senses and enhanced clarity
- Delay in visible and cellular signs of ageing

(Retreats available for 14 or 21 days, tailored by our Ayurvedic physicians.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	Daily	Daily	Daily	Daily
90-min Ayurvedic therapies	7	14	21	28
60-min Ayurvedic therapies	7	14	21	28
Yoga sessions (60 min)	4	7	11	15
Meditation sessions (60 min)	3	3	10	13
Diet & lifestyle consultations	Included	Included	Included	Included
Activities / cultural sessions	As scheduled	As scheduled	As scheduled	As scheduled
Pre-arrival consultation	☑	☑	☑	☑
Post-departure follow-up	☑	☑	☑	☑

A woman with dark hair in a ponytail, wearing a white robe with a black V-neck and a large black letter 'S' on the chest, is sitting in a meditative pose on a dark wooden platform. Her hands are resting on her knees in a mudra. To her right, another person's hand and arm in a white robe are also visible in a meditative pose. In front of them on the platform is a glass teapot with a wooden lid and a small green container. The background is a body of water with gentle ripples.

Swasthya Retreats

De-Stress & Burnout
Recovery Retreat

Manashanthi Chikitsa

Geriatric Care Retreat

Age Gracefully, Live Fully

This retreat is designed to support seniors in maintaining vitality, independence, and peace of mind. We combine Ayurvedic rejuvenation therapies with emotional and mental wellness care for a holistic approach to healthy ageing.

What It involves

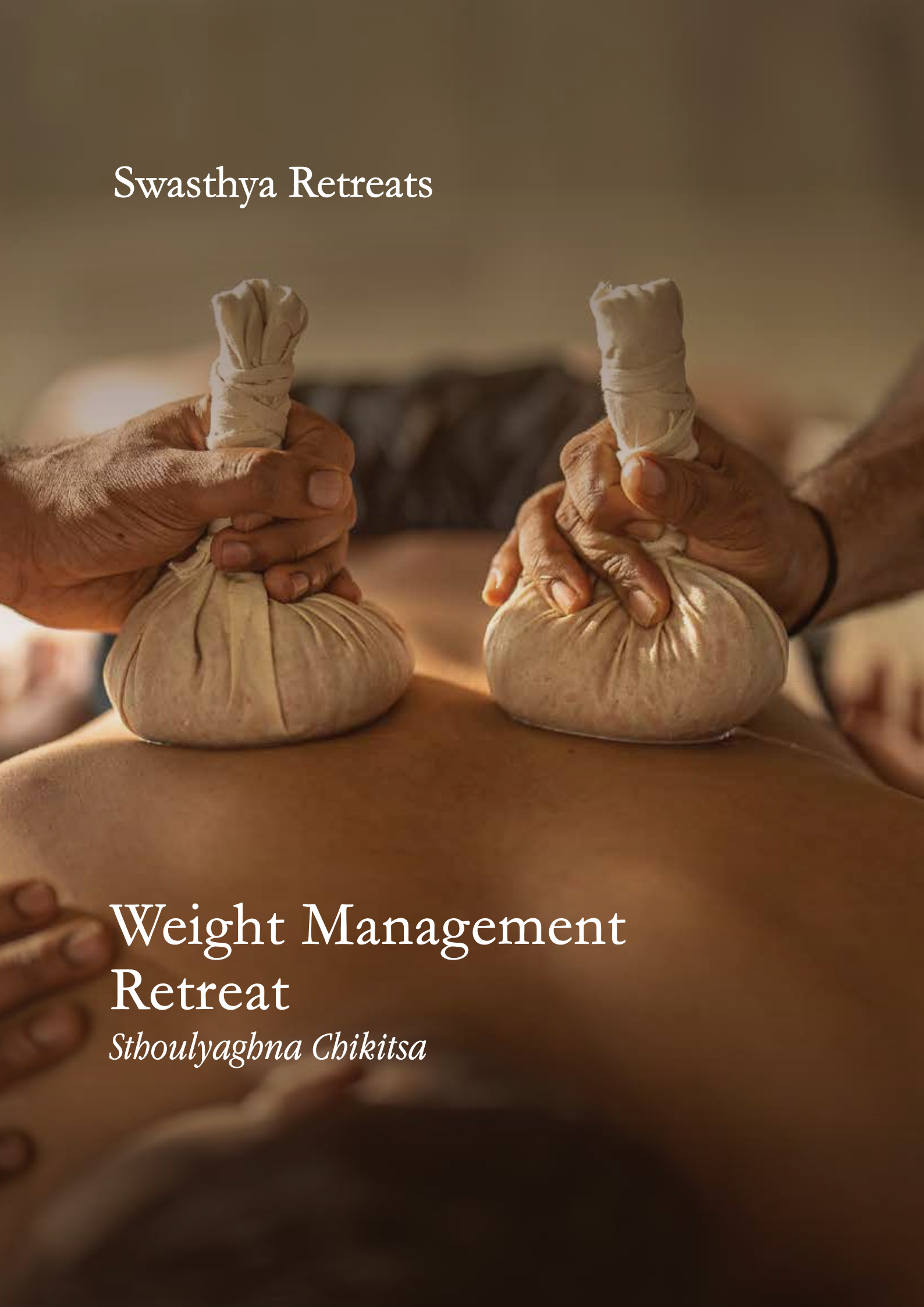
- Health management for arthritis, degenerative disorders, post-paralysis recovery, constipation, insomnia, and stress
- Counselling and emotional support for challenges such as anxiety and empty-nest syndrome
- Rasayana treatments to promote cellular regeneration, strengthen immunity, and slow the effects of ageing

Benefits you can expect:

- Renewed energy and resilience
- Emotional balance and peace of mind
- Enhanced longevity and quality of life

(Available as 7, 14, or 21-day programmes, personalised after physician consultation.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	Daily	Daily	Daily	Daily
90-min Ayurvedic therapies	7	14	21	28
60-min Ayurvedic therapies	7	14	21	28
Yoga sessions (60 min)	3	4	7	10
Meditation sessions (60 min)	4	10	14	18
Diet & lifestyle consultations	2	4	4	6
Activities / cultural sessions	As scheduled	As scheduled	As scheduled	As scheduled
Pre-arrival consultation	☒	☒	☒	☒
Post-departure follow-up	☒	☒	☒	☒

A close-up photograph of a person's back being massaged. Two large, round, white cloth-bound weights are being pressed against the back by two hands. The background is softly blurred, showing a person lying down. The lighting is warm and golden, creating a serene and therapeutic atmosphere.

Swasthya Retreats

Weight Management
Retreat

Sthoulyaghna Chikitsa

De-Stress & Burnout Recovery Retreat

Manashanthi Chikitsa

Reclaim Your Calm

In today's fast-paced world, stress and burnout are constant challenges. This retreat is designed to dissolve physical fatigue, emotional exhaustion, and mental restlessness—helping you find balance and clarity again.

What It involves

- Detoxifying Ayurvedic therapies to relieve the impact of stress on the body
- Yoga and meditation sessions for mindfulness and inner calm
- Burnout-specific interventions including herbal medicines and counselling
- Lifestyle and diet guidance to restore sustainable daily rhythms

Benefits you can expect:

- Restful sleep and improved focus
- Reduced anxiety, fatigue, and irritability
- Renewed energy and emotional resilience

(Available as 7, 14, or 21-day programmes, adapted to individual needs.)

Inclusions	7 Days	14 Days	21 Days	28 Days
Ayurveda consultations	Daily	Daily	Daily	Daily
90-min Ayurvedic therapies	7	14	21	28
60-min Ayurvedic therapies	7	14	21	28
Yoga sessions (60 min)	3	7	11	15
Meditation sessions (60 min)	4	7	10	13
Diet & lifestyle consultations	Included	Included	Included	Included
Activities / cultural sessions	As scheduled	As scheduled	As scheduled	As scheduled
Pre-arrival consultation	☒	☒	☒	☒
Post-departure follow-up	☒	☒	☒	☒

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The Spiceology Journey – Your Path to Renewal

Every retreat is more than a stay—it is a guided journey of transformation, carefully designed in three phases:

1. Before You Arrive

A personalised consultation with our Ayurvedic physicians to understand your health history, goals, and expectations. Carry latest blood reports (list of required tests shared at booking) This ensures your programme begins the moment you commit.

2. During Your Stay

Each day unfolds in harmony with nature: therapeutic Ayurvedic treatments, sattvik meals tailored to your dosha, yoga and meditation in serene backwater settings, and meaningful cultural experiences.

3. After You Return

Our physicians provide post-retreat guidance—dietary advice, lifestyle practices, and follow-up consultations—to help you sustain your new balance and continue your healing journey at home.



*With Spiceology, your
journey doesn't end
when you check out—it
becomes a way of life.*



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A rough idea of how your day goes at the Retreat.

6:30 am – Gentle Wake-Up

A soft wake-up call from reception to start your day in harmony with nature.

7:00 – 7:30 am – Morning Stroll

A refreshing walk through the resort's gardens and pathways. Gentle movements are recommended if you have back, knee, or spine sensitivities.

7:30 am – Herbal Tonic

Enjoy a warm, doctor-recommended herbal infusion at the Spa to awaken your system.

7:30 – 8:30 am – Yoga Session

An energising yoga class guided by our instructor or Ayurvedic physician, tailored to your dosha and health goals.

8:30 am – Wellness Supplements

Personalised Ayurvedic medicines or tonics as prescribed by your doctor.

8:30 – 9:00 am – Rest & Reflection

A short pause for relaxation, journaling, or simply soaking in the calm.

9:00 – 9:30 am – Nourishing Breakfast

A sattvik meal at the Swasthya Lounge, customised to your dietary plan. A gentle 10-minute walk is suggested afterwards.

9:30 – 11:00 am – Signature Ayurvedic Therapy

Your personalised 90-minute treatment to restore balance and vitality.

11:00 am – Mid-Morning Refresher

A light herbal soup or juice prepared to support your detox and hydration.

11:30 am – 1:30 pm – Rest & Integration

Time for quiet relaxation, meditation, or simply letting the therapies settle.

1:30 – 2:00 pm – Balanced Lunch

A wholesome Ayurvedic meal at the Swasthya Lounge, curated by our chef. Followed by a short digestive walk if recommended.

2:30 – 3:00 pm – Quiet Time

Space for reading, journaling, or mindful rest.

3:00 – 4:00 pm – Secondary Therapy

A 60-minute Ayurvedic treatment or supportive therapy as advised by your physician.

4:00 – 5:00 pm – Tea & Reflection

Herbal tea with light Ayurvedic snacks served at the Swasthya Lounge.

5:00 – 6:00 pm – Evening Wellness Activity

Options include meditation, water exercises, a guided walk, gentle gym session, or swimming – based on your doctor's guidance.

6:00 pm – Evening Wellness Supplements

Doctor-prescribed Ayurvedic tonics or medicines.

7:30 – 8:30 pm – Healing Dinner

A light and restorative Ayurvedic dinner at the Swasthya Lounge, followed by a gentle stroll if advised.

Meet our team of experts



Dr. Sreejesh. T
Senior Ayurveda Physician

Dr. Sreejesh holds a B.A.M.S. degree from Rajiv Gandhi University of Health Sciences and a Postgraduate Diploma in Geriatric Medicine. In addition, he has completed a Master's degree in Counseling Psychology.

Dr. Sreejesh has also pursued specialized certificate courses in:

- Ayurvedic Management of Neurological Diseases
- Management of Ano-rectal Diseases
- Basic Varmology (Marma Therapy)

He brings to the Spiceology team over 12 years of experience working in wellness centers and hospitals across South India, combining traditional Ayurvedic knowledge with modern therapeutic approaches.



Dr. Ganavi KB
Naturopathy physician & Yoga consultant.

Dr. Ganavi K.B is a Naturopathic Doctor and wellness professional with a Bachelor's degree in Naturopathy & Yogic Sciences from SDM College, Ujire, under Rajiv Gandhi University of Health Sciences. She also holds an Advanced Certificate in Diabetes Mellitus and has additional expertise in Functional Medicine.

With extensive experience across reputed wellness centres and hospitals, Dr. Ganavi brings to Spiceology a deep passion for holistic healing, preventive care, and integrative wellness.

Guest Guidelines



Eligibility:

- Guests must be 15 years or older.
- Ages 15–18 require mandatory Ayurvedic doctor consultation before medical treatments.

Medical Reports Requirement:

Guests are requested to carry their latest blood reports (specific tests will be mentioned at the time of booking).

If unavailable, the tests can be conveniently arranged at a local partner laboratory.

The cost of such tests will be borne directly by the guest.

Treatment Duration:

- Length of programme varies depending on personal health.
- A preliminary assessment form is required before arrival.
- Daily consultations ensure therapies are tailored to progress.
- Experiences will be curated and offered based on an expert Ayurvedic physician's assessment of the guest and clinical conditions. Specifics may vary from case to case.

Safety & Hygiene:

- Your well-being is our highest priority. Spiceology Bekal follows international wellness and hygiene benchmarks.

Emergency Medical Assistance: In case of emergencies or the need for advanced medical care, the following hospitals are available nearby: Uduma Speciality Nursing Home – 3.3 km away / Truemed Healthcare – 4.8 km away / Wintouch Multi-Speciality Hospital – 13 km away

Seamless Arrival:

- Complimentary airport transfers from Mangalore International Airport (1 hr 30 mins).
- Our Holiday Host ensures a smooth welcome into your retreat.

Booking & Cancellation:

- 50% advance required 60 days prior to arrival.
- 100% payment required 30 days prior to arrival.

Packing List

Travel Light, We've Got You Covered

Every guest at Spiceology Bekal is provided with two complimentary sets of fine cotton pyjamas for daily use during treatments and relaxation.

What We Provide:

- Comfortable garments for therapies
- Slippers and spa wear during stay

What You May Bring:

- Light shawl, scarf, and cotton socks (evenings can be cool)
- Sunglasses and a hat
- Non-leather footwear
- Medical reports and prescribed medications (for prior consultation)
- Valid ID / Passport & Visa (as per Government regulations)

With most essentials provided, you only need to bring yourself and a few personal comforts.

How to Reach Bekal

By Air

Mangalore International Airport (IXE), about 50 km away (1.5 hours by car).

International direct flight to/ from Mangalore (IXE)

Dubai (~3h 45m) / Abu Dhabi (~3h 50m) / Doha (~4h 5m) / Jeddah (~6h 10m)

Mangalore is also well connected to major Indian cities including: Bangalore, Mumbai, Delhi, Chennai, Hyderabad, and Kochi, making international-to-domestic connections simple.

By Train

The nearest major railway stations are Kasaragod (KGQ) and Kanhangad (KZE), both about 10–15 km from Bekal.

By Road

From Bangalore: 300–400 km (9–10 hours)

From Mangalore: 65 km (1.5–2 hours)

Pricing Information

All-inclusive rates for treatments are quoted in Indian Rupees Taxes extra as applicable.

Validity: These rates and policies are valid from 01/10/2025 to 30/09/2026.

7-15 days: The rate will be calculated on a pro-rata of 7 days.

15-20 days: The rate will be calculated on a pro-rata of 14 days.

22-27 days: The rate will be calculated on a pro-rata of 21 days.

29 days onwards: The rate will be calculated on a pro-rata of 28 days.

Swasthya Retreats Package The Lalit Spa & Resort, Bekal (October 25 till March 2026)

Room Type:- Premier Back Water View Suite

S. No	Treatments	7 Day SGL	7 Day DBL	14 Day SGL	14 Day DBL	21 Day SGL	21 Day DBL	28 Day SGL	28 Day DBL
1	Panchakarma	245,000.	385,000.	490,000	770,000	735,000	11,55,000	980,000	15,40,000
2	Pain Management and Joint Care	245,000.	385,000.	490,000	770,000	735,000	11,55,000	980,000	15,40,000
3	Anti-aging and Rejuvenation	245,000.	385,000.	490,000	770,000	735,000	11,55,000	980,000	15,40,000
4	Geriatric Care	245,000.	385,000.	490,000	770,000	735,000	11,55,000	980,000	15,40,000
5	De-Stress & Burn out Recovery	245,000.	385,000.	490,000	770,000	735,000	11,55,000	980,000	15,40,000
6	Weight Management	N/A	N/A	N/A	N/A	735,000	11,55,000	980,000	15,40,000

Swasthya Retreats Package The Lalit Spa & Resort, Bekal (April 26 till Sep 2026)

Room Type:- Premier Back Water View Suite

S. No	Treatments	7 Day SGL	7 Day DBL	14 Day SGL	14 Day DBL	21 Day SGL	21 Day DBL	28 Day SGL	28 Day DBL
1	Panchakarma	210,000	315,000	420,000	630,000	630,000	945,000	840,000	12,60,000
2	Pain Management and Joint Care	210,000	315,000	420,000	630,000	630,000	945,000	840,000	12,60,000
3	Anti-aging and Rejuvenation	210,000	315,000	420,000	630,000	630,000	945,000	840,000	12,60,000
4	Geriatric Care	210,000	315,000	420,000	630,000	630,000	945,000	840,000	12,60,000
5	De-Stress & Burn out Recovery	210,000	315,000	420,000	630,000	630,000	945,000	840,000	12,60,000
6	Weight Management	N/A	N/A	N/A	N/A	630,000	945,000	840,000	12,60,000

Contact

Mobile: +91 96333 02143 & +91 81380 01038

Email: spiceology.bekal@thelalit.com & resvbekal@thelalit.com

Cost Inclusions

Our all-inclusive pricing ensures a seamless and comprehensive experience:

Our pricing is designed to cover every aspect of your stay, so you can focus entirely on your healing journey.

1. Accommodation & Cuisine

- Stay in a luxury suite (double occupancy) with private garden and lagoon view
- Three tailored Ayurvedic meals daily
- Morning detoxifying herbal drink
- Evening herbal tea with snacks

2. Wellness & Therapies

- Pre-arrival consultation 7 days before arrival
- Daily doctor consultations and assessments
- Body constitution analysis on Day 1
- One 90-min Ayurvedic therapy daily per person
- Detox therapies as per doctor's prescription
- Internal Ayurvedic medications (as advised)
- Review consultation post programme

3. Yoga, Meditation & Activities

- Daily yoga & meditation sessions
- Personalised yoga consultations
- Health-club workouts and gentle exercises
- Swimming pool access (doctor's guidance)
- Access to Swasthya Lounge (Infusion & Wellness Booster Bar)

4. Experiences & Extras

- One cultural excursion to Bekal Fort
- 15 minutes kayaking (subject to conditions)
- A culinary session with our chef on Ayurvedic cooking

5. Conveniences & Services

- Complimentary airport transfers
- Comfortable garments provided
- Dedicated Holiday Host throughout your stay

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www.Spiceology.in

[@Spiceology.India](#)

www.TheLalit.com

[@TheLalitBekal](#)

Where timeless Ayurveda meets the quiet elegance of luxury.

THE 
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