



***PROFILE***

***OF***

***KAIRALI AYURVEDIC***

***TREATMENT CENTRE***

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## **INTRODUCTION TO KAIRALI AYURVEDIC GROUP:**

**Kairali Ayurvedic Group** has been helping amalgamate Ancient Ayurveda with contemporary wellness needs and healing mankind worldwide through Kairali – The Ayurvedic Healing Village (formerly known as “Kairali Ayurvedic Health Resort”), at Palakkad - Kerala and Kairali Ayurvedic Centers (Worldwide). Kairali extended its reach to people across the globe through Om Beach Ayurvedic Resort (formerly Om Beach Resort), Gokarna and Estuary View Resort, Karwar located in Karnataka. Now with over 700 employees and presence in 9 Countries, we truly have become one of the largest Global Operators in the field of Ayurveda.

## **HISTORY OF KAIRALI GROUP:**

Kairali Ayurvedic Group is a pioneering venture of Mr. K. V. Ramesh and Mrs. Gita Ramesh. The couple hails from a family of Traditional Ayurvedic Physicians like Late. Dr. Sankunny Vaidiar (Grandfather of Mr. K.V. Ramesh) and Late Dr. K. S. Vasudevan (father of Mr. K. V. Ramesh), the family over the past three generations devoted themselves to the research and development of Ayurvedic Medicines like Lipidex for Obesity, Durance for Sexual Disorders, Duravin Forte for Aphrodisiac properties and Spaliv for Liver Disorders. These products are in great demand in India and across the world.

## **KAIRALI'S AYURVEDIC TREATMENTS:**

Treatments at ‘Kairali’ are designed to uplift your spirit by strengthening your body and mind. They are based on 5000-year-old Ayurvedic health principles of India to help you realize the best balance of physical, emotional and spiritual energies. We incorporate a holistic ancient approach, therapeutic methodology that encompasses noninvasive herbal infusion and therapies. A variety of therapy techniques are employed following the consultation with our Ayurvedic doctors or Technicians. Certain body treatments when taken in combination can provide greater results. We have specially designed these packages for optimum ayurvedic experience results and a fantastic experience.

## **OPERATION MODELS OF KAIRALI AYURVEDIC CENTRE:**

**WELLNESS SPA:** It is a place which is devoted for the overall well being through the traditional Ayurvedic way. Relax Revive, Rejuvenate the body, mind and soul. The philosophy of our spa is to treat one's ailments by balancing the doshas namely - Vata(Ether & Air), Pita(Fire) & Kapha(Water & Earth). Treatments offered in this type of Spa are - Abhyangam (Full Body Massage), Siroabhyangam (Head Massage), Sirodhara (Dhara), Facial and Face Pack for Relaxation, Rejuvenation, Removing Stress and Strain & Toning Up of the Whole Body.

**AYURVEDIC CLINICAL SPA:** The Clinical Spa can be run as a day Spa or also as a Spa with accommodation facilities. In a day Spa clients can come every day and spend time for treatments or could stay in the Spa which has the accommodation facilities and get treatments done. Treatments duration usually varies from 7 days & up to 28 days depending upon the type of ailment. Treatments offered in this type of Spa - Panchkarma, Elakizhi, Kadikizhi, Pizhichil, Talapothichil, Nasyam, Eye Care, Weight Loss, Post Pregnancy Programme, Udwarthanam, Vasti etc... for Arthritis and Spondylitis, Slip-Disc, Sinusitis & Migraine Etc.

## **A FEW SPA THERAPIES AT KAIRALI:**

**SIROABHYANGAM (Kairali's Special Head Massage):** Used in conjunction with herbs, spices and various oils, does not only strengthens muscles and firms the skin but also encourages the body's natural healing abilities.

**ABHYANGAM (Kairali's Special Body Massage):** It has been found very effective for improving eyesight, longevity, sound sleep, vitality and propagates a glowing skin. These massages are also considered as a preventive method for keeping healthy. In short it rejuvenates the body and maintains the physique.

**DHARA:** This therapy could be for specific body parts or for the whole body, depending upon the type of ailment. It promotes rejuvenation and revitalization of the human mind & body and lessens the effect of ageing. It is a special massage therapy for removing stress and strain.

**FACIAL AND FACE PACK (BEAUTY CARE):** Under this therapy Kaircin oil is applied on the face. This oil nourishes, cleanses and beautifies the tissues and brings in a smooth youthful glow to the complexion by reducing wrinkles. After the facial massage kairali's face pack is applied. This makes the skin softer and gives it a natural glow.

## **OUR TREATMENT CENTRES & FRANCHISES:**

### **INDIA:**

New Delhi | Mumbai | Trivandrum, Kerala | Palakkad, Kerala | Gokarna, Karnataka | Karwar, Karnataka (2) | Rajkot, Gujarat | Chail, Himachal Pradesh | Ooty, Tamil Nadu | Gwalior, M.P. | Gulbarga, Karnataka | Dibrugarh, Assam | Ahmadabad, Gujarat | Hyderabad (3) | Kovalam, Kerala | Goa | Ludhiana, Punjab(2) | Bhopal | Kolkata

### **INTERNATIONAL:**

Dubai | Abu Dhabi | Yokohama, Japan | Chiba, Japan | Tokyo, Japan | Jiyeh, Lebanon | Byblos, Lebanon | Mauritius | Poland | New Zealand | Malaysia

## **ACCREDITATIONS & CERTIFICATIONS:**

- We are happy & proud to mention that **Kairali – The Ayurvedic Healing Village** (formerly known as Kairali Ayurvedic Health Resort), Palakkad, Kerala (India) has been selected as **one of the best Wellness Mecca's in the World among the top 10 in Asia and top 50 in the world** by **National Geographic Traveler**.
- We are pleased and proud to inform that we have been nominated under **“India's Leading Resort”** category in **World Travel Awards in 2009 as well as in 2010**, being one of the most prestigious, comprehensive and sought after awards programme in our travel & tourism industry.
- Received **World Luxury Spa Award 2012** under **“Best Luxury Destination Spa”** Category.
- We are pleased to inform you that our Managing Director Mrs. Gita Ramesh has been awarded **“Safari India National Tourism Award”** for **“Best Woman Entrepreneur for Promoting Wellness”**.
- We are proud to mention that our **KAIRALI – The Ayurvedic Healing Village** has been awarded as **“Best Ayurvedic Health Resort”** by **India Travel Awards on August 26, 2010**.
- We are proud to inform you that we have been awarded the prestigious **Patwa Award (Pacific Area Travel Writers Association Award)** for pioneering & promoting Ayurveda at the ITB, 2007 in Berlin, Germany.
- We have also been awarded **Spa Asia Crystal Award for Best Ayurvedic Center**.
- Government of Kerala, India has awarded us with **Green Leaf Certification** (The Highest Level of Classification for Ayurveda Centers). The Government of Kerala also considers our resort as the model for an Ayurvedic Health Resort.
- **KAIRALI – The Ayurvedic Healing Village** is also the only property to have a hospital license to provide Ayurvedic Treatments. Hence the name change, we are no longer just a Resort but a true healing & wellness Center, a Mecca for Ayurveda.