



# Kadumane Hills Resorts & Ayur Wellness Center

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# ENHANCE YOUR HEALTH IN A HEAVEN AMIDST NATURE

The unprecedented worldwide pandemic has turned the spotlight on health like never before. Urban denizens are committed to consciously make choices towards a healthy and fulfilling life.

ENHANCE YOUR HEALTH  
IN A HEAVEN AMIDST NATURE

# Educate **more** Medicate **less** & **are our mantra to one's wellness**

One can continue to live enjoy modern lifestyle - It's all about how we can reinforce our Traditions to adopt to modern lifestyle.



Kadumane Hills Ayur Wellness Center

# Benefits

- ☀ Serene and tranquil location for therapy in the heart of nature surrounded by untouched forests
- ☀ Use of “Nadi Pariksha” for diagnosis
- ☀ Targeted Therapy for our clients to achieve maximum benefits
- ☀ Evidence based therapy
- ☀ Handpicked herbs and cold pressed oils used to make authentic ayurveda medicines
- ☀ No use of chemicals and preservatives or synthetic processing
- ☀ Benefits achieved by experience of our doctors with proven objective diagnosis
- ☀ After therapy follow-up tele-consultations with prescriptions for diet and exercise



# We understand what wellness means



Right Weight  
with good  
immunity and  
fitness



Right Routine in  
tune with our  
profession



Right amount of  
sleep & stress  
management



Right lifestyle

Based on our experience, we have put together various treatment packages that have authentic approaches to best achieve intended results.

# Panchakarma

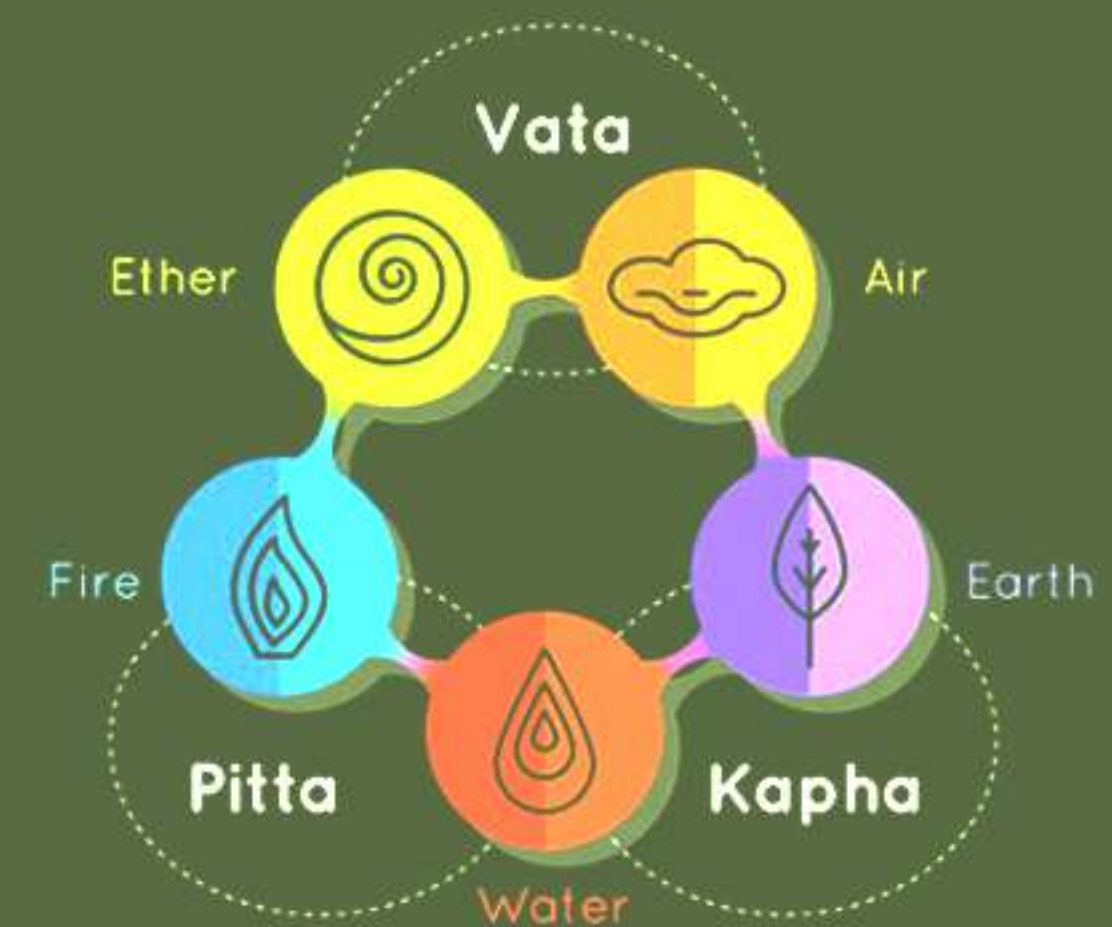
It's an ancient wisdom to cure ailments and illness. Panchakarma is an ancient branch of Ayurveda which is used to treat the root cause of the underlying illness and to re-establish the essential balance of Tridosha in our body.

## Benefits

- Purification of the Body by removal of accumulated toxins
- Balance the vitiated Doshas
- Basis of Wellbeing

## Procedure

- A customizable treatment for a three- and four-weeks
- Our Vaidyas will prescribe the period and treatment for every individual
- Five cleansing procedures are Vaman, Virechan, Basti, Nasya, and Raktamokshana



## Benefits of Panchakarma

- ☀ Rebuilding body tissues, promoting rejuvenation and longevity
- ☀ Eliminated years of toxins
- ☀ Reduces dependence on drugs and medications
- ☀ Eliminates excess Doshas and toxins from cells
- ☀ Enhances digestion and metabolism
- ☀ Slows aging process
- ☀ Releases fatigue
- ☀ Increases strength, nourishes the body  
Revitalizes the nervous system



## Who Can Undergo Panchakarma?

All adults between 18-70 years of age can undergo Panchakarma.

## How Often Should We Go for Panchakarma Treatment?

Panchakarma is usually recommended during a change of season. Generally, we can take 2-3 complete Panchakarma sessions in one year

# Our most sought-after Wellness Packages



**Panchakarma**



**Rejuvenation**



**Stress  
Management**



**Weight  
Management**



**Detox and  
Purification**

## Tele-consultations and Wellness Education

We also arrange special Health Tours/Events thrice a year on specific conditions like – Sexual Health, Professional Health Hazards, Anxiety/Depression.

### Facials

**Women**



Nourishing, Deep Cleaning, Soothing, Massage

**Men**



Nourishing, Deep Cleaning, Soothing, Massage



# Therapies



Abhyanga



Mukha Abhyanga



Padabhyanga

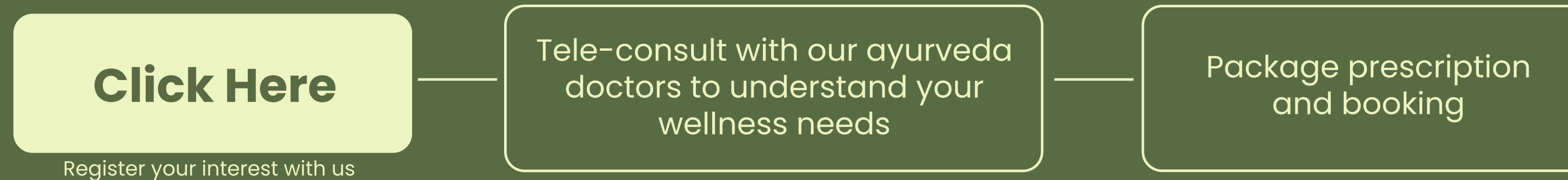


Shirodhara

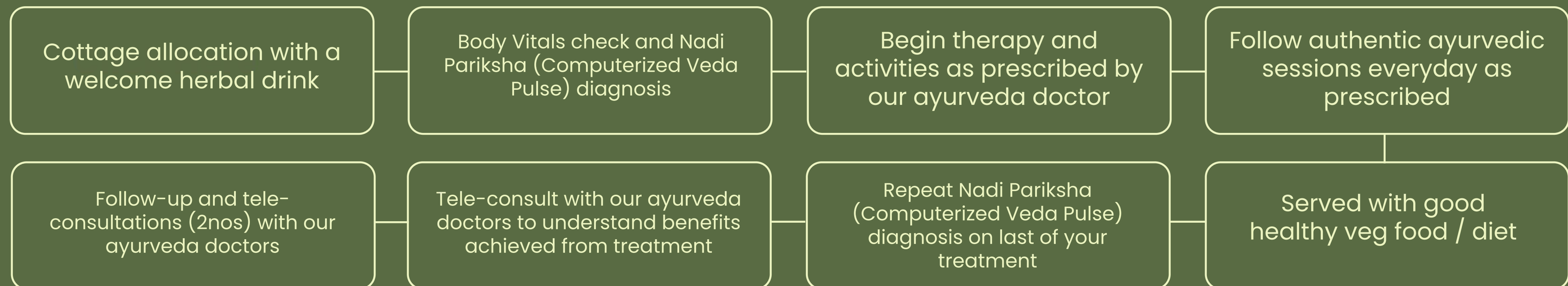
# Location Benefits

- ☀ Nature stay with serenity and tranquility, Kadumane Hills Wellness Centre is located at heart of South India's Western Ghat mountain ranges
- ☀ Elevation 956 MSL – our centre is built on top of a hill with nature views all around
- ☀ Wooden Cottages perched on a hill top with valley views (non-AC)
- ☀ Get welcomed by fresh air from surrounding forests and chirping birds.
- ☀ Views – Stunning views of valley and surrounding Kadumane forests and coffee plantations
- ☀ Climate – Salubrious temperate climate all year around 14°C to 31°C (57° F to 87° F)
- ☀ Distances – Nearest airport is Mangalore International Airport 129km away. Distance to Bangalore city is 5 hrs 30 mins.

# Your journey to wellness begins

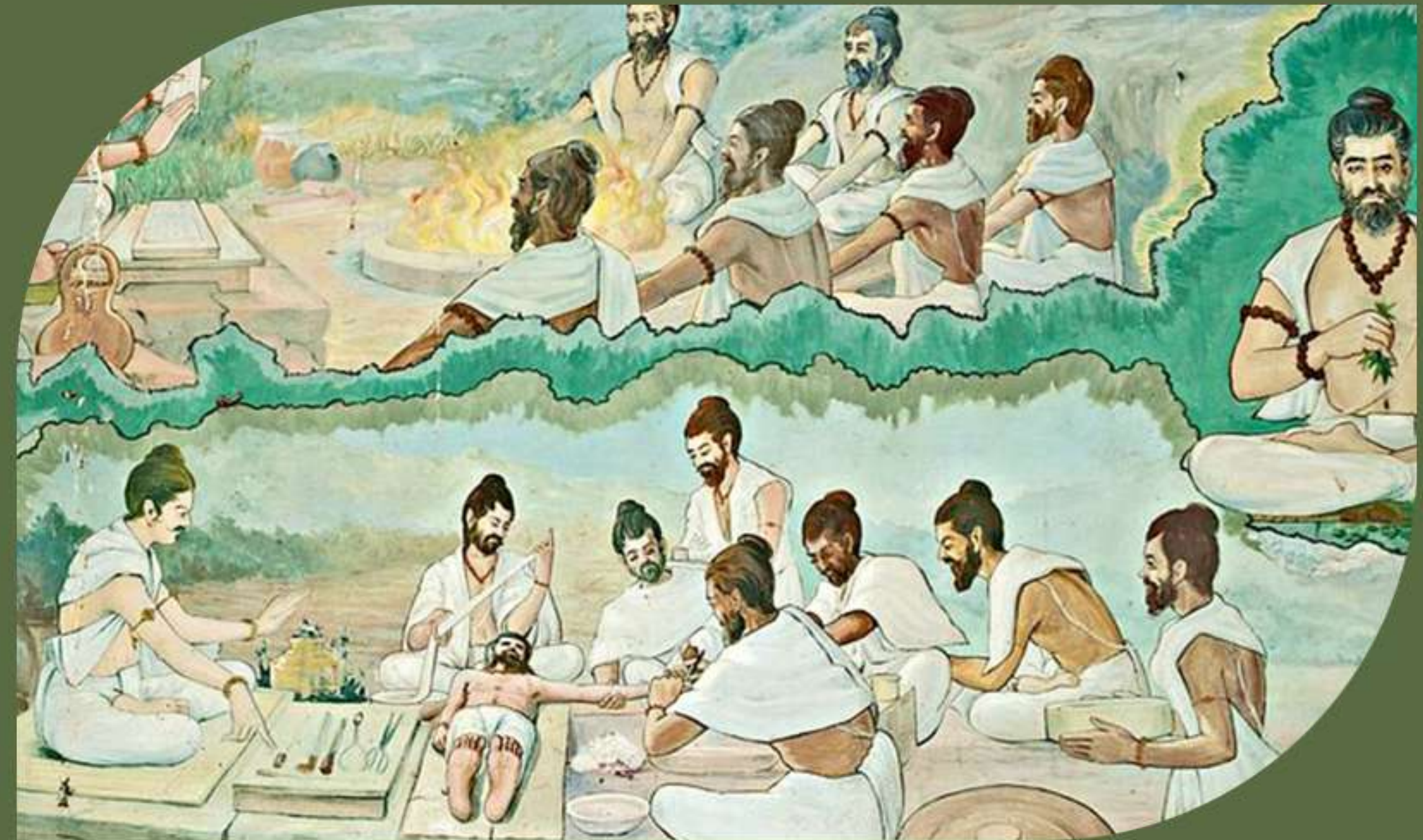


## On arrival

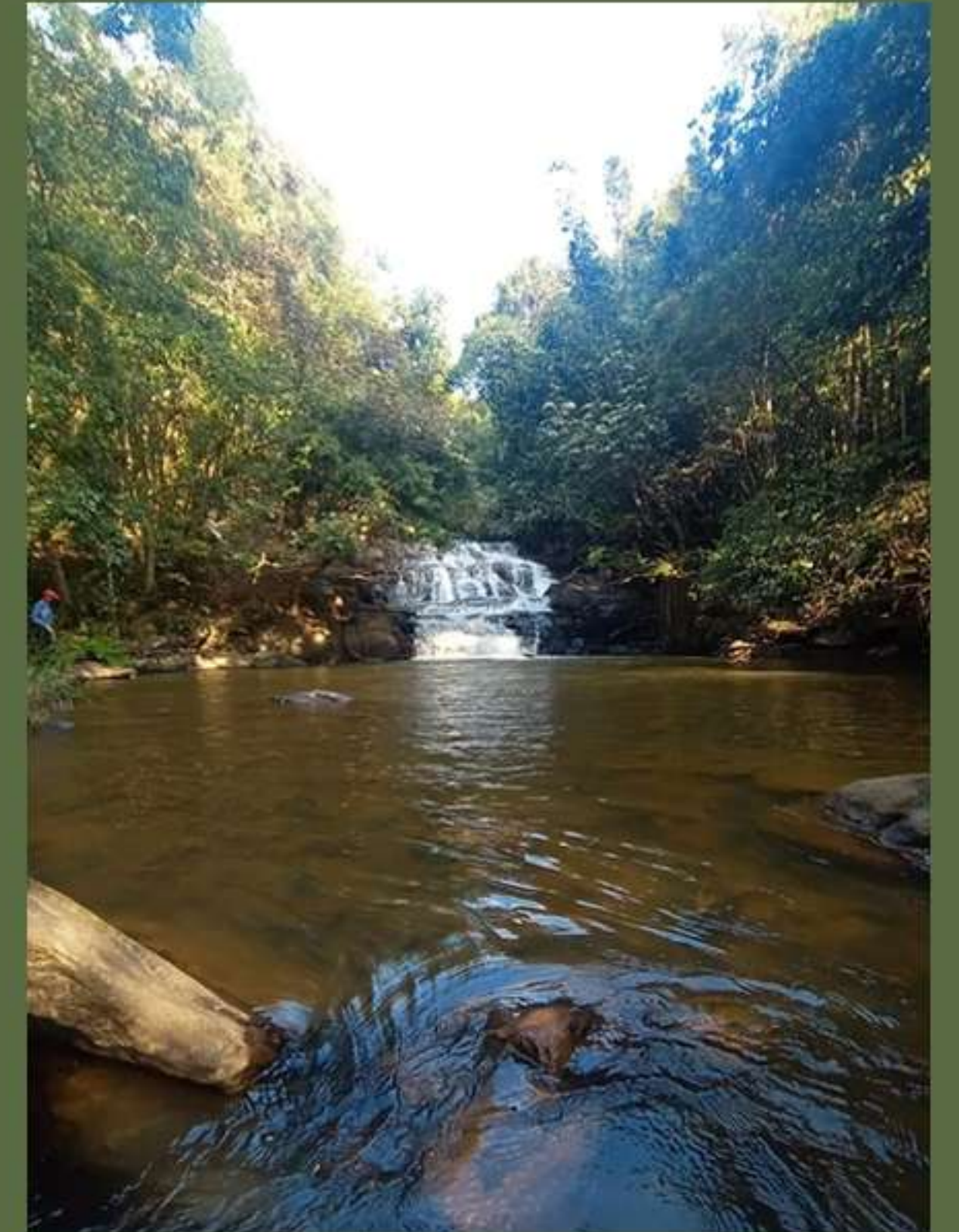


# Wellness Team

- Our ayurveda Doctor and Researcher has 20 years of practice in ayurveda medicine treatments and shastras
- Aply supported by other ayurveda doctors and trained consultants
- Qualified therapists from Kerala
- Best Malnad hospitality and service



# Our Resort





# See you Soon

Please register your interest by e-mail  
**info@kadumanehills.com**  
to know more about various Ayurvedic treatments.

[www.kadumanehills.com](http://www.kadumanehills.com)

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