



AYURVEDA • WELLNESS • LEISURE
KERALA • SOUTH INDIA • INDIA



YOUR TRUSTED INDIA DMC

CIELGO

BON VOYAGE TOURS & TRAVELS LLP

Ayurveda Wellness Programmes & Leisure Tour Operator



KERALA • SOUTH INDIA • INDIA

DESTINATION MANAGEMENT COMPANY

AUTHENTIC WELLNESS | CURATED EXPERIENCES | SEAMLESS JOURNEYS

Your Gateway to Ayurveda, Leisure & Experiential Travel in India



AUTHENTIC AYURVEDA

Rooted in tradition. Curated for modern travellers.

WELLNESS • CULTURE • NATURE • EXPERIENCES





ABOUT US

ABOUT CIELGO

Your Trusted Gateway to India

Cielgo Bon Voyage Tours & Travels LLP is an India-based **Destination Management Company (DMC)** specialising in **Ayurveda Wellness Programmes, Leisure Holidays** and **Experiential Travel** across Kerala, South India and destinations throughout India.

We collaborate with carefully selected **Ayurveda & Wellness Retreats, Resorts, Hotels** and **experience partners** to create seamless, personalised and professionally managed journeys for international travellers and travel partners.

Our expertise combines **India's rich wellness traditions with curated leisure experiences**, creating journeys that go beyond conventional tourism.



YOUR TRUSTED INDIA DMC
KERALA • SOUTH INDIA • INDIA



KERALA • BACKWATERS • WELLNESS RETREATS

OUR SPECIALISATION

-  Ayurveda & Wellness Programmes
-  Leisure & Experiential Holidays
-  India & South India Tours
-  Luxury & Tailor-Made Journeys
-  FIT, Groups & MICE
-  Resort & Hotel Experiences
-  Wellness Retreats



AUTHENTIC AYURVEDA

Traditional wellness



CURATED EXPERIENCES

Thoughtfully designed



TRUSTED PARTNERSHIPS

Professionally managed



GLOBAL STANDARDS

Seamless journeys



LET'S CREATE YOUR INDIA JOURNEY

Whether you are looking for an authentic Ayurveda Wellness Retreat, a relaxing leisure holiday, a luxury escape or a tailor-made India experience, our team is ready to create and manage the journey for you.

CONNECT WITH CIELGO

We work with travel partners and international travellers to create seamless, personalised and professionally managed experiences across Kerala, South India and India.

CIELGO BON VOYAGE TOURS & TRAVELS LLP

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24 x 7 LIVE SUPPORT
*Always Connected.
Always Here for You.*

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Professional English-Speaking Support
from our Cielgo Executives
Available throughout your guest's
journey in India.



AUTHENTIC
AYURVEDA



CURATED
JOURNEYS



24 x 7
SUPPORT



GLOBAL
CONNECTION



WHY CHOOSE CIELGO?

WHY OUR TEAM?

Experience That Makes Every Journey Better

With a team backed by **approximately 20 years of combined experience in the travel industry**, Cielgo brings destination expertise, strong industry relationships and professional on-ground support to every journey we create.

EXPERIENCE • PARTNERS • PEOPLE • SERVICE



YOUR TRUSTED INDIA DMC

KERALA • SOUTH INDIA • INDIA



20+ YEARS OF TRAVEL INDUSTRY EXPERIENCE

Our experienced team understands the finer details of travel — from planning and operations to guest handling and destination management.



OUR OWN FLEET FOR HOLIDAY & LEISURE MANAGEMENT

Dedicated vehicle resources for airport transfers, sightseeing, excursions and leisure programmes, helping us maintain better control over guest comfort and service quality.



STRONG B2B HOTEL PARTNERSHIPS ACROSS INDIA

Established B2B relationships with leading hotel groups and properties across India enable us to curate accommodation and experiences suited to different markets and traveller profiles.



AUTHENTIC AYURVEDA EXPERTISE

Our retreat partners work with experienced traditional practitioners and wellness professionals, ensuring guests experience authentic Ayurvedic practices in a professionally managed environment.



MULTILINGUAL GUIDE SUPPORT

Language should never be a barrier. Optional professional guides in the guest's preferred language can be arranged, subject to availability.

English • Arabic • French
• German • Spanish
• Italian • Other languages on request



24 × 7 PROFESSIONAL GUEST SUPPORT

Our English-speaking Cielgo executives remain connected throughout the guest's journey, providing assistance whenever required.



END-TO-END DMC MANAGEMENT

Our team coordinates every stage of the complete journey, from arrival through departure.

Airport Meet & Greet → Transfers → Ayurveda Retreat
Leisure Experiences → Sightseeing → Departure



PERSONALISED & FLEXIBLE

Every traveller is different. We create tailor-made wellness and leisure journeys based on the guest's interests, travel style, duration and requirements.



WHAT IS AYURVEDA?

An Ancient Science of Holistic Wellbeing

Ayurveda, meaning "The Science of Life," is India's traditional system of holistic wellbeing. It focuses on creating balance between the **body, mind and overall lifestyle** through personalised therapies, mindful practices, nutrition and daily routines.

Unlike a conventional holiday focused only on relaxation, an

Ayurveda Wellness Programme offers a structured wellness experience guided by an Ayurvedic physician and tailored to the individual guest.



WHAT DOES AN AYURVEDA WELLNESS PROGRAMME INCLUDE?



PERSONALISED AYURVEDIC CONSULTATION

01

The journey begins with a consultation to understand the guest's individual wellness needs and lifestyle.



TRADITIONAL AYURVEDIC THERAPIES

02

A range of traditional therapies and treatments are selected according to the guest's requirements and physician's recommendations.



YOGA & MEDITATION

03

Practices encourage relaxation, mindfulness and a harmonious mind-body connection.



AYURVEDIC NUTRITION

04

Thoughtfully prepared meals based on traditional Ayurvedic principles complement the wellness programme.



NATURAL & TRADITIONAL PRACTICES

05

Programmes incorporate traditional oils, herbs and Ayurvedic preparations as recommended by the practitioner.



REST, REJUVENATION & LIFESTYLE BALANCE

06

A peaceful retreat allows guests to slow down, reconnect with themselves and embrace healthier routines.

FROM A SHORT WELLNESS ESCAPE TO A DEEPER AYURVEDIC JOURNEY

Our programmes can be curated for different travel needs — from **short relaxation experiences** to **extended rejuvenation and specialised wellness programmes**.

RELAX • RESTORE • REJUVENATE • RECONNECT

All therapies and programmes are personalised and subject to consultation and recommendation by the Ayurvedic physician.





OUR 3 SIGNATURE PROGRAMMES

Traditional programmes. Personalised care.



MIN. 14 NIGHTS

PHYSICIAN RECOMMENDED

01 PANCHAKARMA PROGRAMME

A traditional and immersive Ayurvedic wellness programme centred around Panchakarma, a structured Ayurvedic approach traditionally used for purification, balance and rejuvenation. The programme begins with a consultation with the Ayurvedic physician, following which the treatment plan is personalised according to the guest's individual requirements.

PROGRAMME HIGHLIGHTS

- Ayurvedic physician consultation
- Personalised Panchakarma programme
- Traditional Ayurvedic therapies
- Daily yoga & meditation
- Ayurvedic diet and full-board meals
- Restorative wellness environment

IDEAL FOR

Guests looking for a deeper and more intensive traditional Ayurveda experience.



MIN. 7 NIGHTS

PHYSICIAN RECOMMENDED

02 STRESS RELIEF PROGRAMME

A restorative Ayurvedic wellness journey designed for guests seeking relief from the pressures of modern lifestyles and a renewed sense of relaxation and balance. The programme combines personalised Ayurvedic therapies with yoga, meditation and Ayurvedic nutrition to create a calming and restorative experience.

PROGRAMME HIGHLIGHTS

- Ayurvedic physician consultation
- Personalised Ayurvedic treatments
- Relaxation-focused therapies
- Daily yoga & meditation
- Ayurvedic diet and full-board meals
- Peaceful wellness environment

IDEAL FOR

Busy professionals, frequent travellers and wellness seekers looking for a short yet meaningful wellness retreat.



MIN. 14 NIGHTS

PHYSICIAN RECOMMENDED

03 REJUVENATION PROGRAMME

A comprehensive Ayurvedic wellness experience focused on rejuvenation, vitality and holistic wellbeing. The programme combines traditional Ayurvedic therapies, personalised care, yoga, meditation and Ayurvedic nutrition to help guests disconnect from their routine and dedicate time to their overall wellbeing.

PROGRAMME HIGHLIGHTS

- Ayurvedic physician consultation
- Personalised rejuvenation therapies
- Traditional Ayurvedic treatments
- Daily yoga & meditation
- Ayurvedic diet and full-board meals
- Rest, relaxation & wellness practices

IDEAL FOR

Travellers seeking an extended Ayurvedic retreat focused on rejuvenation and overall wellbeing.



PERSONALISED AYURVEDA

All treatments and therapies are recommended after consultation with the Ayurvedic physician and may vary according to the individual guest's requirements.

TRADITION • CARE • WELLBEING

Every programme is tailored after physician consultation.



OTHER AYURVEDA WELLNESS PROGRAMMES

SPECIALISED WELLNESS JOURNEYS

Alongside our three signature programmes, we offer a range of specialised Ayurvedic programmes designed around specific wellness needs.



ciel90
bon voyage

YOUR TRUSTED INDIA DMC
KERALA • SOUTH INDIA • INDIA



HERBS • OILS • TRADITIONAL PREPARATIONS



PERSONALISED CARE FOR EVERY STAGE OF LIFE



RELAXATION PROGRAMME

01

A gentle Ayurvedic wellness experience focused on deep relaxation, rest, stress reduction and overall mind-body wellbeing.



REJUVENATION FOR OLD AGE DISORDERS

03

A specialised programme designed around the wellness needs of mature guests, with personalised Ayurvedic therapies focused on comfort, vitality and overall wellbeing.



SPINE & NECK CARE PROGRAMME

05

A focused Ayurvedic wellness programme designed to support spine, neck and musculoskeletal wellbeing through personalised therapies.



ARTHRITIS TREATMENT

07

An Ayurvedic wellness programme focused on joint comfort, mobility and overall musculoskeletal wellbeing through personalised therapies.



MENOPAUSAL WELLNESS PROGRAMME

09

A specialised women's wellness programme designed to support wellbeing and lifestyle balance during the menopausal transition.



REJUVENATION WITH PANCHAKARMA & DAILY REGIMENS

02

An intensive wellness journey combining rejuvenation therapies with traditional Panchakarma practices and personalised daily Ayurvedic regimens.



PANCHENDRIYA SHODANA

Purification of Sense Organs

04

A specialised traditional Ayurvedic programme focused on the wellbeing and purification of the five sensory organs.



PSORIASIS TREATMENT

06

A specialised programme incorporating traditional therapies and personalised care for guests seeking Ayurvedic approaches to psoriasis and skin wellness.



SLIMMING PROGRAMME

08

A structured Ayurvedic wellness journey combining traditional therapies, Ayurvedic nutrition and lifestyle practices to support body rebalancing and healthy living.



CUSTOMISED IMMUNITY PROGRAMME

10

A personalised Ayurvedic wellness programme designed around individual lifestyle, vitality and overall wellbeing requirements.



NEW



PERSONALISED FOR EVERY GUEST

The duration, therapies and treatment plan for each programme are determined following consultation with the Ayurvedic physician and may vary according to individual requirements.

PHYSICIAN GUIDED • INDIVIDUAL CARE

Authentic therapies. Personalised wellness journeys.



TRADITIONAL THERAPIES. PERSONALISED WELLNESS.

Four signature treatments with thoughtfully managed journey inclusions.



01 ABHYANGAM

Deep relaxation.

Traditional full-body Ayurvedic massage using specially selected medicated oils. It helps nourish the body, improve circulation and promote deep relaxation.

PERSONALISED AFTER CONSULTATION



02 SHIRODHARA

Mental calmness and restful sleep.

Warm herbal oil is gently poured over the forehead in a rhythmic flow. Traditionally used to promote relaxation, mental calmness and restful sleep.

PERSONALISED AFTER CONSULTATION



03 PIZHICHIL

Muscular comfort and rejuvenation.

Warm medicated oil is continuously poured over the body in a soothing rhythmic manner. A traditional therapy for relaxation, muscular comfort and overall rejuvenation.

PERSONALISED AFTER CONSULTATION



04 PODIKIZHI

Joint-related concerns.

Warm herbal powder bundles are applied over the body with rhythmic movements. Traditionally used for stiffness, muscular discomfort and joint-related concerns.

PERSONALISED AFTER CONSULTATION



GENERAL INCLUSIONS

Seamless services coordinated by the Cielgo team throughout the guest journey.

01 AC ACCOMMODATION

Choice of Standard, Deluxe, Premium, Luxury, Executive, Superior, Suite or Private Pool Villa, according to guest preference and availability.

05 DAILY YOGA & MEDITATION

Daily wellness activities conducted by professional trainers.

02 ON-ARRIVAL MEET & ASSISTANCE

Personalised arrival meeting and assistance from our Cielgo team.

06 FULL BOARD MEALS

Full-board meal plan including Ayurvedic diet meals.

03 ROUND-TRIP AIRPORT TRANSFERS

Airport - Ayurveda Retreat - Airport transfers arranged according to guest numbers and vehicle requirements, starting from AC Toyota Innova Crysta.

07 CULTURAL ACTIVITIES

Selected Kathakali, Classical Dance, Folk Dance, Kalaripayattu, Theyyam and more.

04 AYURVEDA TREATMENTS

Personalised treatment programme based on consultation and recommendation of the Ayurvedic physician.

08 24 x 7 ENGLISH-SPEAKING SUPPORT

Dedicated professional support from our Cielgo team throughout the guest's journey.

OPTIONAL SERVICES

Additional travel services can be arranged according to the guest's itinerary.

Indian Visa Assistance

Air Ticketing

Leisure Trips

Horse Riding / Horse Experiences

Pilgrimage Tours

Adventure Tours

Nature Tours

Heritage Tours

Cab Rental Services

Other Tailor-Made Travel Services



YOUR WELLNESS. YOUR WAY.

Choose your Ayurveda programme, preferred accommodation and the experiences that make your journey uniquely yours. All treatments remain subject to Ayurvedic physician consultation and recommendation.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





NOURISHING KIZHI & DHARA THERAPIES

Traditional therapies. Personalised wellness.



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01 NJAVARAKIZHI

Strength, relaxation and rejuvenation.

Warm boluses prepared with specially cooked Njavara rice are applied over the body. A nourishing therapy traditionally used to support strength, relaxation and rejuvenation.

✓ PHYSICIAN RECOMMENDED



02 ELAKIZHI

For stiffness, backache and body pain.

Warm herbal leaf bundles are applied with rhythmic massage. Traditionally used for joint stiffness, muscular discomfort, backache and general body pain.

✓ PERSONALISED AFTER CONSULTATION



03 MUTHIRA KIZHI

Joint comfort and muscular ease.

Warm bundles containing horse gram are applied over the body. Traditionally used for joint discomfort, stiffness and muscular aches.

✓ PHYSICIAN RECOMMENDED



04 KSHEERADHARA

Relaxation and skin nourishment.

Medicated milk combined with herbal preparations is gently poured over the body or head. Traditionally used for relaxation, skin nourishment and soothing tension.

✓ PERSONALISED AFTER CONSULTATION



PHYSICIAN-LED PERSONALISATION

All therapies are personalised and selected after consultation with the Ayurvedic physician. Treatment selection, preparation and duration may vary according to each guest's requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED
Traditional therapies. Seamlessly managed journeys.





FOCUSED OIL & HERBAL THERAPIES

Traditional therapies. Personalised wellness.



01 KATIVASTHI

Lower-back support and ease.

Warm medicated oil is retained over the lower back within a herbal paste boundary. Traditionally used to support the lower back and ease stiffness.

PHYSICIAN RECOMMENDED



02 UDVARTHANAM

Invigoration, circulation and body toning.

A herbal powder massage performed using upward strokes. Traditionally included in wellness and body-toning programmes to invigorate the skin and improve circulation.

PERSONALISED AFTER CONSULTATION



03 UROVASTHI

Chest support and muscular relaxation.

Warm medicated oil is retained over the chest within a herbal paste boundary. Traditionally used to support the chest region and promote muscular relaxation.

PHYSICIAN RECOMMENDED



04 SHIROVASTHI

Relaxation, stress and sleep support.

Warm herbal oil is retained over the head using a specially fitted cap. Traditionally used for relaxation and included in programmes addressing stress and sleep concerns.

PHYSICIAN RECOMMENDED



PHYSICIAN-LED PERSONALISATION

All therapies are personalised and selected after consultation with the Ayurvedic physician. Treatment selection, preparation and duration may vary according to each guest's requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





HEAD, HERBAL & RESTORATIVE CARE

Traditional therapies. Personalised wellness.



01 NASYAM

Head and neck support. Clear nasal passages.

Medicated herbal oils or extracts are administered through the nostrils after suitable preparation. Traditionally used to support the head and neck region and maintain clear nasal passages.

✓ PHYSICIAN RECOMMENDED



02 HEAD MASSAGE

Relaxation, circulation and stress relief.

A specialised head and scalp massage using suitable oils. It promotes relaxation, supports circulation and helps relieve everyday stress and tension.

✓ SUITABLE AYURVEDIC OILS



03 LEPANAM

Targeted herbal care for muscles and joints.

A therapeutic herbal paste is applied to selected areas of the body. Traditionally used for muscular and joint discomfort, inflammation and certain skin concerns.

✓ THERAPEUTIC HERBAL PASTE



04 HERBAL STEAM BATH

Gentle sweating, relaxation and refreshed skin.

The body is exposed to gentle steam infused with aromatic herbs. It promotes sweating, relaxes the body and leaves the skin feeling refreshed.

✓ AROMATIC HERBAL STEAM



PHYSICIAN-LED PERSONALISATION

All therapies are personalised and selected after consultation with the Ayurvedic physician. Treatment selection, preparation and duration may vary according to each guest's requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





BEAUTY, HEAD & KALARI WELLNESS

Traditional therapies. Personalised wellness.



01 HERBAL FACIAL

A soothing herbal facial using oils, preparations and creams to cleanse, nourish and refresh the skin.

PERSONALISED AFTER CONSULTATION



02 THALAM

A specially prepared herbal paste is applied to the scalp for a prescribed period. Traditionally used for relaxation and head care.

PHYSICIAN RECOMMENDED



03 THALA POTHICHIL

A herbal paste prepared according to individual requirements is applied over the head and scalp to promote relaxation and wellbeing.

PERSONALISED AFTER CONSULTATION



04 CHAVUTTI THIRUMMU

A traditional Kerala massage performed using the therapist's foot with controlled pressure. Traditionally used for muscular tension, stiffness and body aches.

PHYSICIAN RECOMMENDED



05 KALARI MASSAGE

A specialised Kerala massage inspired by Kalaripayattu, focusing on selected Marma points to promote flexibility, relaxation and overall body wellness.

PERSONALISED AFTER CONSULTATION



PHYSICIAN-LED PERSONALISATION

All therapies are personalised and selected after consultation with the Ayurvedic physician. Treatment selection, preparation and duration may vary according to each guest's requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





TRADITIONAL THERAPIES & PHYSICIAN CARE

Traditional therapies. Personalised wellness.



01 PICHU

Cloth pieces soaked in warm medicated oil are placed over selected joints or body areas. Traditionally used for joint and muscular discomfort.

PERSONALISED AFTER CONSULTATION



02 SNEHAPANAM

A traditional internal oleation therapy in which specially prepared ghee is administered under physician supervision, often as preparation for selected Ayurvedic cleansing therapies.

PHYSICIAN SUPERVISED



03 RAKTHAMOKSHA

A specialised traditional Ayurvedic procedure performed under medical supervision when specifically indicated by the physician.

PHYSICIAN INDICATED



04 ANJANAM

A traditional herbal application to the eyelids, used as part of selected Ayurvedic eye-care therapies.

PHYSICIAN RECOMMENDED



05 GANDOOSHAM / KABALAM

Medicated oil or herbal preparations are retained in the mouth for a prescribed period. Traditionally used to support oral hygiene and healthy gums.

PERSONALISED AFTER CONSULTATION



PHYSICIAN-LED PERSONALISATION

All therapies are personalised and selected after consultation with the Ayurvedic physician. Treatment selection, preparation and duration may vary according to each guest's requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED
Traditional therapies. Seamlessly managed journeys.





EYE, EAR & SENSORY CARE

Traditional therapies. Personalised wellness.



01 ASCHOTHANAM

Herbal preparations are gently administered to the eyes as prescribed, forming part of traditional Ayurvedic eye-care therapies.

✓ PHYSICIAN PRESCRIBED



02 NETRA SEKAM

A specially prepared herbal decoction is used to gently wash the eyes, helping soothe and refresh them.

✓ PHYSICIAN RECOMMENDED



03 NETRA THARPANAM

Medicated oil, ghee or suitable herbal preparations are retained around the eyes. Traditionally used for nourishment and relaxation of the eyes.

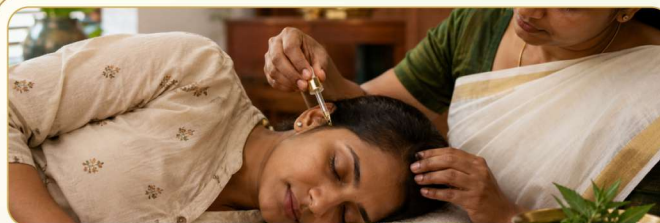
✓ PHYSICIAN RECOMMENDED



04 DHOOMAPANAM

A traditional herbal fumigation therapy performed under professional supervision as part of selected respiratory wellness treatments.

✓ PROFESSIONAL SUPERVISION



05 KARNAPOORANAM

Warm medicated oil is gently instilled into the ears as part of traditional Ayurvedic ear-care practices.

✓ PHYSICIAN RECOMMENDED



06 KARNADHOOPANAM

A traditional herbal fumigation treatment for the ear region, performed under professional supervision.

✓ PROFESSIONAL SUPERVISION



PHYSICIAN-GUIDED EYE & EAR CARE

Eye, ear and fumigation therapies are selected, prepared and administered after physician consultation. Treatment choice and duration may vary according to each guest's individual requirements.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





RELAX • RESTORE • REJUVENATE

Three thoughtfully structured journeys for different wellness goals.



01 RELAXATION PROGRAMME

PROGRAMME DURATION

3 / 5 / 7 NIGHTS

Designed for guests seeking a short wellness escape combining traditional Ayurveda and yoga. Treatments are provided according to the physician's advice.

POSSIBLE PHYSICIAN-SELECTED THERAPIES

- Body Massage
- Shirodhara
- Herbal Scrub Bath
- Njavarakizhi
- Podikizhi
- Ksheeradhara

PERSONALISED AFTER CONSULTATION



02 STRESS RELIEF PROGRAMME

PROGRAMME DURATION

7 NIGHTS

Aimed at guests experiencing physical and mental stress, fatigue, poor sleep or lack of concentration. Treatments are selected by the physician based on individual requirements.

WELLNESS FOCUS

- Physical Stress
- Mental Stress
- Restful Sleep
- Concentration

PHYSICIAN RECOMMENDED



03 REJUVENATION PROGRAMME

PROGRAMME DURATION

14 / 21 / 28 / 35 NIGHTS

A comprehensive Ayurvedic wellness programme designed to promote vitality, relaxation and overall rejuvenation through a personalised combination of traditional therapies.

PROGRAMME FOCUS

- Vitality
- Relaxation
- Rejuvenation
- Traditional Therapies

PERSONALISED AFTER CONSULTATION



PERSONALISED AYURVEDA PROGRAMMES

All treatments are selected after consultation and may vary according to the guest's individual requirements.

Programme duration and treatment combinations can be curated to support different wellness goals and travel plans.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





DEEPER AYURVEDIC JOURNEYS

Traditional programmes. Physician supervision. Personalised care.



01

REJUVENATION WITH PANCHAKARMA

PROGRAMME DURATION

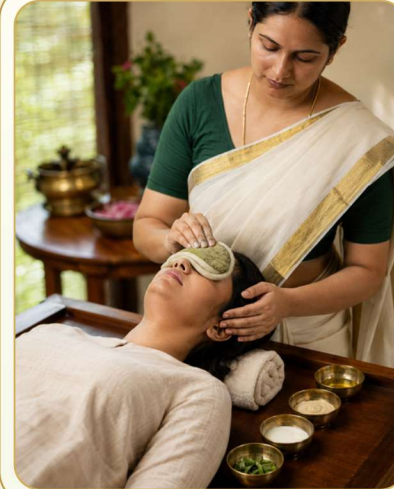
14 / 21 / 28 / 35 NIGHTS

An intensive wellness programme combining rejuvenation therapies with traditional Panchakarma procedures and daily Ayurvedic routines under physician supervision.

PROGRAMME FOCUS

- Rejuvenation
- Panchakarma
- Daily Routines
- Intensive Wellness

PHYSICIAN SUPERVISED



02

PANCHENDRIYA SHODHANA

PROGRAMME DURATION

14 NIGHTS

A specialised programme focusing on traditional cleansing and rejuvenation of the five sense organs through selected Ayurvedic therapies.

PROGRAMME FOCUS

- Five Sense Organs
- Traditional Cleansing
- Rejuvenation
- Selected Therapies

PHYSICIAN RECOMMENDED



03

RHEUMATIC ARTHRITIS CARE

PROGRAMME DURATION

14 / 21 NIGHTS

A personalised programme incorporating traditional therapies such as massage, Kizhi, Pizhichil, Lepam and Vasthi according to the physician's recommendation.

PROGRAMME FOCUS

- Massage
- Kizhi & Pizhichil
- Lepam
- Vasthi

PHYSICIAN RECOMMENDED



04

PSORIASIS CARE

PROGRAMME DURATION

14 / 21 NIGHTS

A specialised Ayurvedic wellness programme incorporating external therapies, internal medication and a recommended Ayurvedic diet under physician supervision.

PROGRAMME FOCUS

- External Therapies
- Internal Medication
- Ayurvedic Diet
- Skin Wellness

PHYSICIAN SUPERVISED



PHYSICIAN-SUPERVISED PROGRAMME DESIGN

Programme procedures, internal medicines, diet and duration are determined after consultation with the Ayurvedic physician. Programme selection and therapy combinations may vary according to each guest's requirements and physician recommendation.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





SPECIALISED WELLNESS

Focused programmes. Traditional care. Individual guidance.



01 SPINE & NECK CARE

PROGRAMME DURATION

7 / 14 NIGHTS

A specialised programme combining massage, Kizhi, Pizhichil, Kativasthi, Greevavasthi, Pichu, Lepanam and other therapies as advised by the physician to support spinal and neck wellness.

PROGRAMME FOCUS

- Massage & Kizhi
- Kativasthi
- Greevavasthi
- Pichu & Lepanam

PHYSICIAN RECOMMENDED



02 BEAUTY CARE PROGRAMME

PROGRAMME DURATION

3 / 5 / 7 / 14 NIGHTS

A natural Ayurvedic beauty programme combining massages, herbal applications, Dhara, herbal steam and nourishing treatments to promote healthy-looking skin and hair.

PROGRAMME FOCUS

- Massage
- Herbal Applications
- Dhara & Steam
- Skin & Hair Care

PERSONALISED AFTER CONSULTATION



03 REJUVENATION FOR OLD AGE WELLNESS

PROGRAMME DURATION

14 / 21 / 28 NIGHTS

A personalised Ayurvedic wellness programme designed to support mobility, relaxation, vitality and overall wellbeing during the ageing process.

PROGRAMME FOCUS

- Mobility
- Relaxation
- Vitality
- Ageing Wellness

PHYSICIAN RECOMMENDED



04 SLIMMING PROGRAMME

PROGRAMME DURATION

14 / 21 NIGHTS

A traditional Ayurvedic body wellness programme combining Abhyanga Sweda, Udvartanam, foot massage, Podikizhi and Narangakizhi along with personalised dietary guidance.

PROGRAMME FOCUS

- Abhyanga Sweda
- Udvartanam
- Kizhi Therapies
- Dietary Guidance

PERSONALISED AFTER CONSULTATION



PERSONALISED SPECIALISED CARE

All therapies and programme durations are determined after Ayurvedic physician consultation and individual assessment. Treatment selection and dietary guidance may vary according to the guest's wellness needs and physician recommendation.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.





YOGA & HOLISTIC WELLNESS

Movement. Breath. Mindfulness. Balance.



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BODY • MIND • BREATH

BEGIN GENTLY. PROGRESS MINDFULLY.



YOGA

Yoga is a holistic practice that develops greater awareness of the body, mind and breath. It combines physical postures, breathing techniques, relaxation and meditation to support overall wellbeing.

BEGINNERS' YOGA COURSE

INTRODUCTORY HATHA YOGA

7 / 14 NIGHTS

An introductory Hatha Yoga programme focusing on basic Asanas, Surya Namaskar, Pranayama, meditation and relaxation techniques. The programme is personalised according to the guest's needs and physician's advice.

COURSE FOCUS

- Basic Asanas
- Surya Namaskar
- Pranayama
- Meditation & Relaxation

PROGRAMME SUPPORT

May be included as recommended by the Ayurvedic physician:

- Special Ayurvedic Diet
- Internal Medication
- Health Drinks
- Yoga Support

PERSONALISED TO GUEST NEEDS & PHYSICIAN ADVICE



PERSONALISED YOGA & PROGRAMME SUPPORT

Yoga sessions and Ayurveda support are personalised according to the guest's needs and Ayurvedic physician advice. Diet, internal medication, health drinks and complementary practices may vary based on individual recommendations.

AUTHENTIC • PERSONALISED • PHYSICIAN GUIDED

Traditional therapies. Seamlessly managed journeys.



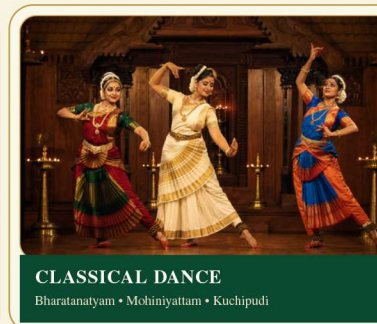


EXCLUSIVE CULTURAL ACTIVITIES

Culture. Heritage. Nature. Adventure.



KALARIPAYATTU
Traditional Martial Art



CLASSICAL DANCE
Bharatanatyam • Mohiniyattam • Kuchipudi



FOLK & RITUAL ARTS
Folk Dance • Ottan Thullal • Chakyar Koothu



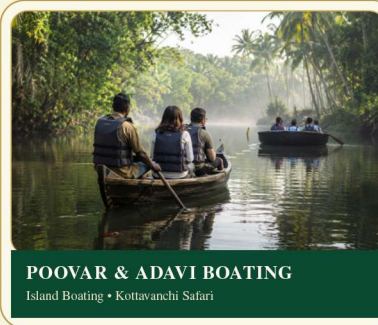
CHENDA MELAM
Traditional Temple Percussion



THEYYAM & PADAYANI
Ritual Arts of Kerala



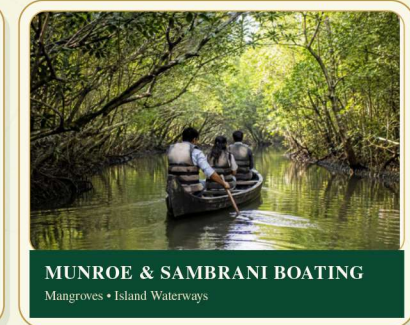
KHADI & CRAFT VILLAGES
Village Visit • Craft Shopping



POOVAR & ADAVI BOATING
Island Boating • Kottavanchi Safari



AGASTHYA TREK & HORSE RIDING
Mountain Trails • Horse Experiences



MUNROE & SAMBRANI BOATING
Mangroves • Island Waterways



CURATED EXPERIENCES ACROSS KERALA

TRADITIONAL & CULTURAL

Kalaripayattu • Kathakali • Bharatanatyam • Mohiniyattam
Kuchipudi • Folk Dance • Chenda Melam • Ottan Thullal
Chakyar Koothu • Theyyam • Padayani

LOCAL & HERITAGE

Khadi Village Visit & Shopping
Craft Village Visit

NATURE & ADVENTURE

Poovar Island Boating • Adavi Kottavanchi Safari
Agasthya Mountain Trekking • Horse Riding
Munroe Island Mangrove Boating • Sambrani Thuruth Boating



Our Sister Concern & Global Presence



Bringing Kerala's Ayurveda & Wellness Experiences to the World

OUR SISTER CONCERN & GLOBAL PRESENCE

Cielgo Bon Voyage Tours & Travels LLP and Arabian Kings, Dubai operate as sister concerns under the same business network, with Arabian Kings serving as our overseas office in Dubai, UAE.

Through our Dubai presence, we extend Cielgo's travel, wellness and hospitality services to international markets while maintaining a strong connection with our operations in Kerala, India.

Together, our India and Dubai offices facilitate seamless international travel experiences, connecting guests with authentic Ayurveda, wellness, cultural and leisure experiences in Kerala and across India.

From Kerala to the World — One Team, One Vision, Seamless Experiences.

ONE VISION • ONE EXPERIENCE • GLOBAL REACH

YOUR JOURNEY TO WELLNESS BEGINS HERE

AYURVEDA • WELLNESS • CULTURE • NATURE • EXPERIENCES

KERALA • INDIA

DUBAI • UAE