

# Ayurveda & Wellness Retreat Prep Guide

What to know before booking an Ayurvedic or wellness retreat in India — from choosing a credible center to what the days actually involve.

## WHY THIS GUIDE

Ayurveda retreat marketing tends to sell the destination, not the day-to-day reality — the dietary restrictions, the treatment intensity, or how to tell a credible center from one trading on the word "Ayurveda" loosely. This guide focuses on what to ask before you book and what to actually expect once you arrive.

## CHOOSING A CREDIBLE CENTER

Quality and authenticity vary widely across self-described Ayurveda retreats.

- Look for centers with qualified Ayurvedic physicians (BAMS-qualified or equivalent) on staff, not just wellness therapists
- Ask specifically what an initial consultation involves — a real Ayurvedic program starts with an assessment of your constitution (dosha), not a generic spa menu
- Kerala is the most established region for traditional Ayurveda specifically; other regions offer wellness retreats with an Ayurvedic component
- Read recent reviews focused on the medical program, not just the resort experience
- Ask whether treatments use traditional herbal preparations and oils, and how they're sourced
- Confirm program length recommendations — meaningful Ayurvedic treatment courses are often one to three weeks, not a couple of days

Verify credentials and current accreditation directly with the center — quality and certification standards vary and change over time.

## WHAT TO EXPECT DAY-TO-DAY

Retreat days are typically structured and fairly disciplined.

- Expect an early start, often with yoga or meditation before treatments begin
- Treatments may include oil massages, herbal steam, and other therapies specific to your consultation — some can leave you feeling tired, not energized, especially in the first few days
- Strict dietary guidelines are common — expect simple, often vegetarian, sattvic meals with restrictions on caffeine, alcohol, and sometimes spice
- Detox programs can involve mild digestive effects as part of the process — ask your physician what's normal versus a concern
- Quiet hours, limited screen time, and no-alcohol policies are standard at serious wellness centers — check the house rules before booking if this matters to you

## WHAT TO PACK & ARRANGE

- Loose, comfortable, washable clothing — oil treatments can stain fabric
- A few sets you don't mind retiring afterward, since oils are difficult to fully wash out
- Any current medications, with your physician informed before the retreat in case of interactions with herbal treatments
- A journal or book — many retreats deliberately limit entertainment and connectivity
- Confirmation of what's included (consultations, all treatments, meals) versus billed separately before you arrive