



## 5N/6D Wellness Tour

### Description

Refresh your body and mind with our **5N/6D Wellness Tour**, a journey designed for relaxation, rejuvenation, and holistic well-being. This tour combines calming environments with a range of wellness therapies, including yoga sessions, spa treatments, and guided meditation, all set amidst serene natural landscapes. Perfect for those seeking a revitalizing retreat from daily stress, the **5N/6D Wellness Tour** promises a balanced blend of tranquility, health, and harmony to help you reconnect with yourself.

#### Day 1: Arrival and Orientation

Arrive in Mysore, where you'll be welcomed and transferred to the IVAC campus. Upon arrival, check in to your accommodation and enjoy lunch. In the afternoon, take a guided tour of the IVAC campus to familiarize yourself with the facilities and serene surroundings. Later, meet with the on-site doctor for a personal consultation to tailor your wellness journey. Evening at leisure. Overnight stay at IVAC campus.

#### Day 2: Abhyanga Sweda and Yoga

Begin your day with a nutritious breakfast followed by a rejuvenating Abhyanga Sweda session, a traditional Ayurvedic massage therapy. After lunch, participate in a guided Yoga session designed to improve flexibility, balance, and mindfulness. In the evening, unwind with Yoga Nidra, a guided relaxation technique. Overnight stay at IVAC campus.

#### Day 3: Beauty Therapy and Laghu Abhyanga

After breakfast, enjoy a Beauty Therapy session for natural rejuvenation. Later in the day, experience a Laghu Abhyanga session, a gentle, relaxing massage that promotes circulation and relaxation. End the day with another session of Yoga Nidra. Overnight stay at IVAC campus.

#### Day 4: Laghu Dhara and Netratarpana

Today's therapy includes Laghu Dhara, a soothing oil treatment that helps alleviate stress and tension. Afterward, treat your eyes to Netratarpana, an Ayurvedic eye treatment that nourishes and relaxes the eyes. Attend your daily Yoga session and conclude with Yoga Nidra in the evening. Overnight stay at IVAC campus.

#### Day 5: Basti Therapy and Abhyanga Sweda

Enjoy a Basti Therapy session after breakfast, a unique therapy aimed at detoxifying and balancing the body. After lunch, experience a second Abhyanga Sweda session to further relax and rejuvenate. Participate in the final Yoga and Yoga Nidra sessions of the retreat. Overnight stay at IVAC campus.

### Day 6: Departure

Conclude your wellness retreat with a nourishing breakfast. Check out from the IVAC campus at 11:00 AM. Transfer to Mysore for your onward journey, taking with you the benefits of a deeply restorative experience.

### Tour Highlights

Abhyanga Sweda – 4 sessions, Laghu Abhyanga – 2 sessions, Laghu Dhara – 1 session, Basti – 2 sessions, Beauty Therapies – 2 sessions, Netratarpana – 1 session, Yoga – 5 sessions, Yoga Nidra – 5 sessions.

### Tour Includes

- Ex. Mysore Airport/ Station
- Selected Category of Accommodation
- Stay in Double/ Triple Sharing AC Rooms
- All-inclusive (Breakfast, Lunch, and Dinner) at Accommodation
- AC Private Vehicles as per Pax
- All Programme Mentioned in Itinerary
- All Transfers Mentioned in Itinerary

### Tour Excludes

- 5% GST on Total Invoice Amount
- 3% Card Charges [If Applicable]
- Any Air Fare or Train Fare
- Any Entrance or Activities Fees
- Any Travel Insurance
- Any Contingency Expenses
- Whatever is Not Mentioned in Tour Includes

### 5N/6D Wellness Tour [Booking Price](#)

Number of Heads	Standard	Deluxe	Premium
2 Pax	₹	₹	₹
4 Pax	₹	₹	₹
6 Pax	₹	₹	₹
Extra Person with Bed	₹	₹	₹
Extra Kid with Bed (4 – 7.99 Yrs)	₹	₹	₹
Extra Kid without Bed (4 – 7.99 Yrs)	₹	₹	₹
Destination	Standard	Deluxe	Premium

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### Pricing Policy

1. All the prices can change without any notice due to fuel price hike, inflation, economy disruption.
2. All the prices mentioned are Per Person Rate, based upon minimum 2 Persons travelling together.
3. All the prices are not valid on long weekends, national holidays, blackout dates, any festival dates.
4. All the prices are based on base category double/ triple sharing bed room of the mentioned accommodations.
5. All the prices are based on Non AC accommodations in the hills & cold climate zones.
6. All the prices are based on AC accommodations in the plains & coastal zones.
7. All the prices given above are indicative & approximate, so price may exceed 10-15% during final quotation.
8. All the prices are based on Non-AC vehicles in the hills & cold climate zones.
9. All the prices will change with respect to the change in the number of Pax.
10. All the prices are valid as per the months mentioned above.
11. All the prices are valid for Residential Indian Citizens only.
12. The featured price mentioned in this tour is based on maximum number of pax.
13. Please call +91 9874284569/ 9874361951 for Group Booking, MICE Tours & Institutional Tours.

### Tour Customisation

1. This tour can be upgraded & customised as per your requirement.
2. You can share your preferred accommodation, we will try to get the best deal for you and customise the tour.
3. Please call +91 9874284569/ 9874361951 to upgrade your package.

### Accommodation Booking Policy

1. Ocean6 Holidays partners exclusively with accommodations rated 3.5 stars or higher on Trip Advisor or Google.
2. Exact Accommodation names can be told after advance payment to Ocean6 Holidays before booking.
3. All Accommodation rooms are volatile. No rooms are on hold.
4. Confirmation of Accommodation process starts upon guest payment receipt.
5. Accommodation confirms rooms after receiving payment from Ocean6 Holidays.
6. If promised Accommodation rooms are unavailable, refund or alternative accommodation will be proposed.
7. Ocean6 Holidays shall not be responsible for any consequences of Accommodation non-booking.
8. Please call +91 9874284569/ 9874361951 for any clarification.

### General Payment Policy

1. 50% Advance must be paid during Booking.
2. 50% Balance must be paid 21 days before Check-in Date.
3. 100% Payment must be made if the Check-in Date < 21 days.
4. Disruption in Payment Schedule will affect the Tour Confirmation.
5. Please call +91 9874284569/ 9874361951 for any clarification.

**General Cancellation & Refund Policy**

Percentage of Refund	Period	Deduction
100% Refund of Total Tour Amount	21 days before Check-in Date	0% Deduction
50% Refund of Total Tour Amount	15-20 days before Check-in Date	50% Deduction
No Refund of Total Tour Amount	0-14 days before Check-in Date	100% Deduction
Any cancellation or refund is subject to INR.1000 or 5% of Total Tour Amount whichever is higher as processing charge.		
Any cancellation or refund is prioritised on the time and policy of Third Party Accommodation & Transportation.		
Please call +91 9874284569/ 9874361951 for any clarification.		

**[Detail FAQs - Terms & Conditions](#)****Date**

03/05/2025

*Ocean6 Holidays*