




LACURA

WELLNESS RETREAT

THE BESPOKE  
*Ayurvedic* Retreat

A carefully designed program led with the wisdom and expertise of Ayurvedic practitioner Dr. Harikrishnan, merging traditional teachings with practical lifestyle applications

Space limited. Reserve your place now.

A photograph of a wooden bowl filled with a vibrant green soup, garnished with fresh basil leaves. A silver spoon is placed in the soup. The bowl sits on a woven placemat on a light-colored wooden table. In the foreground, a white menu card is partially visible. The background is softly blurred, showing a wooden cutting board and a green cloth. The overall scene is warm and inviting, suggesting a healthy and traditional meal.

Rooted in ancient  
wisdom, renewed for  
modern living



## THE AYURVEDIC RETREAT

Step away from the pace of modern life and into a space of genuine healing. Rooted in centuries of Ayurvedic tradition and guided by Dr. Harikrishnan's clinical expertise across India and Europe, this retreat offers a carefully curated journey through classical therapies.



## YOUR AYURVEDIC GUIDE

Under the expert guidance of Dr. Harikrishnan BAMS, FAGE — Co-Founder of Ritu Ayurveda and a specialist in Nadi Pareeksha pulse diagnosis, this retreat offers a rare opportunity to experience classical Ayurvedic therapies at their most authentic.



From deeply nourishing Abhyanga massage to targeted treatments like Basti and Nasya, every protocol is specifically prescribed to restore harmony to body and mind.

## THE AYURVEDIC RETREAT

6 nights accommodation in one of our beautiful king rooms

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Daily private consultations with Dr. Harikrishnan

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Ayurvedic vegetarian cuisine with options for different doshas  
rebalance

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Daily workshops

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A daily complimentary holistic therapy (1 Hour)

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Daily morning yoga practice and evening meditation

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Open access to our salt-based swimming pool, cold water  
therapy pod, sauna, and Ofuro Japanese hot-tub



# Pricing

Single room: 2800 EUR

Shared room: 2200 EUR

PRICE PER PERSON

# Additional therapies

Price upon enquiry

