

Sitaram Beach Retreat

Sitaram Beach Retreat - Ayurvedic Resort in Thrissur
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Company logo

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WELCOME TO SITARAM BEACH RETREAT AN NABH ACCREDITED

AYURVEDIC RETREAT BY THE BEACH

At Sitaram, our purpose is to show you the path to connect to your Highest Self and transform on a physical, emotional, and spiritual level. While our treatments help you cleanse and rejuvenate on a physical level, our way of life helps you take a break from your normal and experience an ayurvedic way of life to reach your breakthrough. We strive to help people realise that health is a necessary choice which needs a conscious effort to achieve and maintain. Located on the shores of the Arabian Sea, Sitaram Beach Retreat is a destination for holistic healing experience. Our 100 years of legacy, tradition and diving healing also separates us from the other Ayurveda resorts in Kerala.