

**TIGRIS**  
VALLEY  
WELLNESS RETREAT

Markaz Knowledge City, Calicut, Kerala, India  
Mob: +91 9856 040 040 | reservation@tigrisvalley.com  
www.tigrisvalley.com

# Immune Strengthening Package

**Rebuild Your Natural Defences at Tigris Valley Wellness Retreat**

## Introduction: A Sanctuary for Your Health

Your immune system is your body's natural shield against illness. At Tigris Valley, nestled in the tranquil mountains near Wayanad, Kerala, we've curated a unique **Immune Strengthening Program** to help you achieve optimal health and vitality. Combining ancient wisdom with modern wellness practices, this retreat focuses on rebuilding your immunity, rejuvenating your energy, and bringing your body and mind into harmony.

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## Who Is This Package For?

- **Individuals Seeking Preventive Care:** Strengthen your immunity to ward off illnesses and seasonal infections.
  - **Recovery from Illness:** Ideal for those recovering from chronic health challenges or prolonged sickness.
  - **Professionals and High-Stress Individuals:** Combat the immune decline caused by stress and fatigue.
  - **Health-Conscious Individuals:** Those looking for a natural, holistic way to maintain long-term wellness.
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## Why Choose Tigris Valley's Immune Strengthening Program?

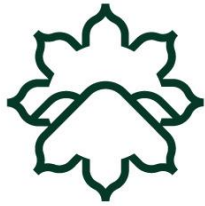
**A Unique Blend of Therapies:** Combining **Ayurveda, Unani Medicine, Functional Medicine,** and **Nature-Based Therapies**, our program delivers a powerful, holistic approach to health.

**Luxurious Mountain Retreat:** Experience wellness in a serene environment surrounded by lush forests and mountains.

**Personalized Care:** While this package follows a structured program, therapies can be finetuned to individual needs to maximize results.

**Experienced Practitioners:** Our experts blend ancient healing systems with modern techniques for a comprehensive health experience.





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**Relaxation Meets Rejuvenation:** Enjoy spa treatments, detox therapies, and nourishing meals designed to boost your immunity and overall health.

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## What Are the Benefits?

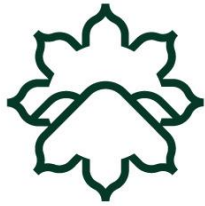
- **Strengthened Immunity:** Boost your body's natural defence mechanisms against infections and diseases.
  - **Detoxified Body:** Eliminate toxins to enhance overall health and vitality.
  - **Stress Relief:** Reduce mental and physical stress, which are known to weaken immunity.
  - **Improved Energy Levels:** Replenish and rejuvenate your body for sustained vitality.
  - **Holistic Healing:** Address not just physical immunity but also mental, emotional, and spiritual well-being.
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## Program Overview

### Core Therapies:

1. **Ayurvedic Interventions:**
    - *Rasayana Therapy:* Traditional rejuvenation therapy to restore vitality.
    - *Medicated Steam Baths:* Open pores and detoxify through herbal steam.
    - *Shirodhara:* A calming oil therapy to relax the nervous system.
  2. **Unani Therapies:**
    - Herbal formulations with immune-modulating properties.
    - *Hijama (Cupping Therapy):* Detoxify and balance the body's systems.
  3. **Functional Medicine Support:**
    - Ozone therapy to enhance oxygen levels and immune response.
    - Nutritional supplements for cell regeneration and recovery.
  4. **Nature-Based Therapies:**
    - Forest bathing and guided mountain walks to reconnect with nature.
    - Waterfall visits and eco-friendly activities to rejuvenate the senses.
  5. **Spa & Massage Therapies:**
    - Detox massages to stimulate lymphatic drainage.
    - *Aroma Therapy* and *Tigris Touch Massage* for relaxation.
    - Full-body scrubs and herbal baths for complete rejuvenation.
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## Lifestyle and Nutrition Integration

### Customized Immune-Boosting Diet:

Designed to enhance digestion and metabolism, your meals will include:

- Sattvic (pure and wholesome) food.
- Herbal teas tailored to support detox and immunity.
- Fresh, organic, and locally sourced ingredients.

### Physical and Mental Wellness Activities:

- Daily yoga and pranayama to boost oxygenation and energy flow.
- Evening mindfulness and meditation sessions for mental clarity.

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## Program Options and Duration

**7-Day Program:** A focused reset to detoxify and rejuvenate your immune system.

**14-Day Program:** For a deeper detox and immune strengthening, addressing long-term vitality.

**21-Day Program:** Comprehensive rejuvenation targeting immunity, detox, and holistic wellbeing.

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## A Day in the Program

- Herbal detox drink to start the day.
- Sunrise yoga session in the valley of mountains.
- Meditation and deep breathing exercises.
- Relaxation therapies like medicated steam baths or a massage.
- Immune-boosting therapies such as *Rasayana* or *Hijama*.
- Tailored Sattvic meals for lunch.
- Forest walk or mindfulness session in nature.

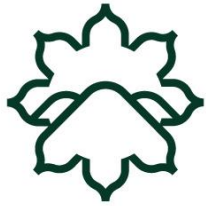
(Note: Every itinerary is flexible and adapted to individual needs.)

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## Additional Amenities

- Access to **Jacuzzi, Sauna, and Swimming Pool** for relaxation.
  - Exclusive spa treatments for complete rejuvenation.
  - Optional visits to nearby **Wayanad attractions** for an immersive experience.
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## **Why Tigris Valley Is Your Ideal Retreat?**

Located near **Wayanad**, Kerala, Tigris Valley combines the healing powers of nature with luxurious wellness amenities. Imagine starting your day with yoga overlooking serene mountains and ending it with a calming massage—all while nourishing your body with healthy, organic meals.

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## **Book Your Retreat Today**

Don't wait to build a stronger, healthier, and more resilient you. Reserve your spot now and embark on a journey toward a revitalized immune system and a rejuvenated life.

