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BESPOKE LUXURY EXPERIENCES

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KARKIDAKAM

THE GOAT OF WELLNESS SEASONS

South India's OG tradition of healing and rejuvenation.



THE WELLNESS SEASON AYURVEDA HAS SWORN BY FOR CENTURIES

17 July to 16 August 2026

Before wellness influencers, green juices, digital detoxes, and “healing journeys” took over our feeds, South India already had a tried-and-tested recipe for feeling good.

It was called Karkidakam.

This year, from 17 July to 16 August 2026, Kerala slips into what might just be the world’s oldest annual wellness programme. As the monsoon rolls in with dramatic skies, lush landscapes, and plenty of rain-soaked charm, Karkidakam marks a season devoted to restoration, reflection, and renewal.

Traditionally, this is the month for slowing down, eating well, resting deeply, and giving both body and mind a much-needed tune-up. Think of it as nature’s version of a reset button—minus the subscription fee.

For centuries, households across Kerala have observed Karkidakam through Ayurvedic therapies, seasonal foods, spiritual practices, and rituals designed to strengthen the body and support overall wellbeing. Long before wellness became a billion-dollar industry, Karkidakam was quietly getting the job done.

And honestly? The timing couldn't be better. According to Ayurveda, the monsoon creates ideal conditions for healing. The cooler weather, increased humidity, and refreshed environment are believed to make the body more receptive to therapeutic treatments. In simple terms: when the rains arrive, your body is ready to soak up the good stuff too. No wonder Karkidakam has earned a reputation as Ayurveda's favourite season.

But here's the interesting part: while Karkidakam is deeply woven into Kerala's cultural fabric, the spirit behind it travels far beyond the state's borders. At its heart, Karkidakam isn't really about a place. It's about a mindset. A gentle invitation to swap burnout for balance, hustle for healing, and endless notifications for a little peace and quiet.

Which is why travellers today can embrace this monsoon-inspired reset across South India. From rain-drenched hills and ancient forests to tranquil coastlines and nature-led wellness sanctuaries, the setting may vary, but the philosophy stays unchanged: pause, restore, and reconnect—with yourself and the world around you.

Perhaps that's why Karkidakam feels surprisingly modern despite being centuries old. In a world that celebrates being busy, it quietly champions something far more radical: rest. Suddenly, wellness doesn't feel like a trend. It feels like common sense.

So this monsoon, instead of chasing another packed itinerary, maybe take a cue from South India's oldest wellness tradition. Book that retreat. Embrace the slower pace. Let the rain do its thing.

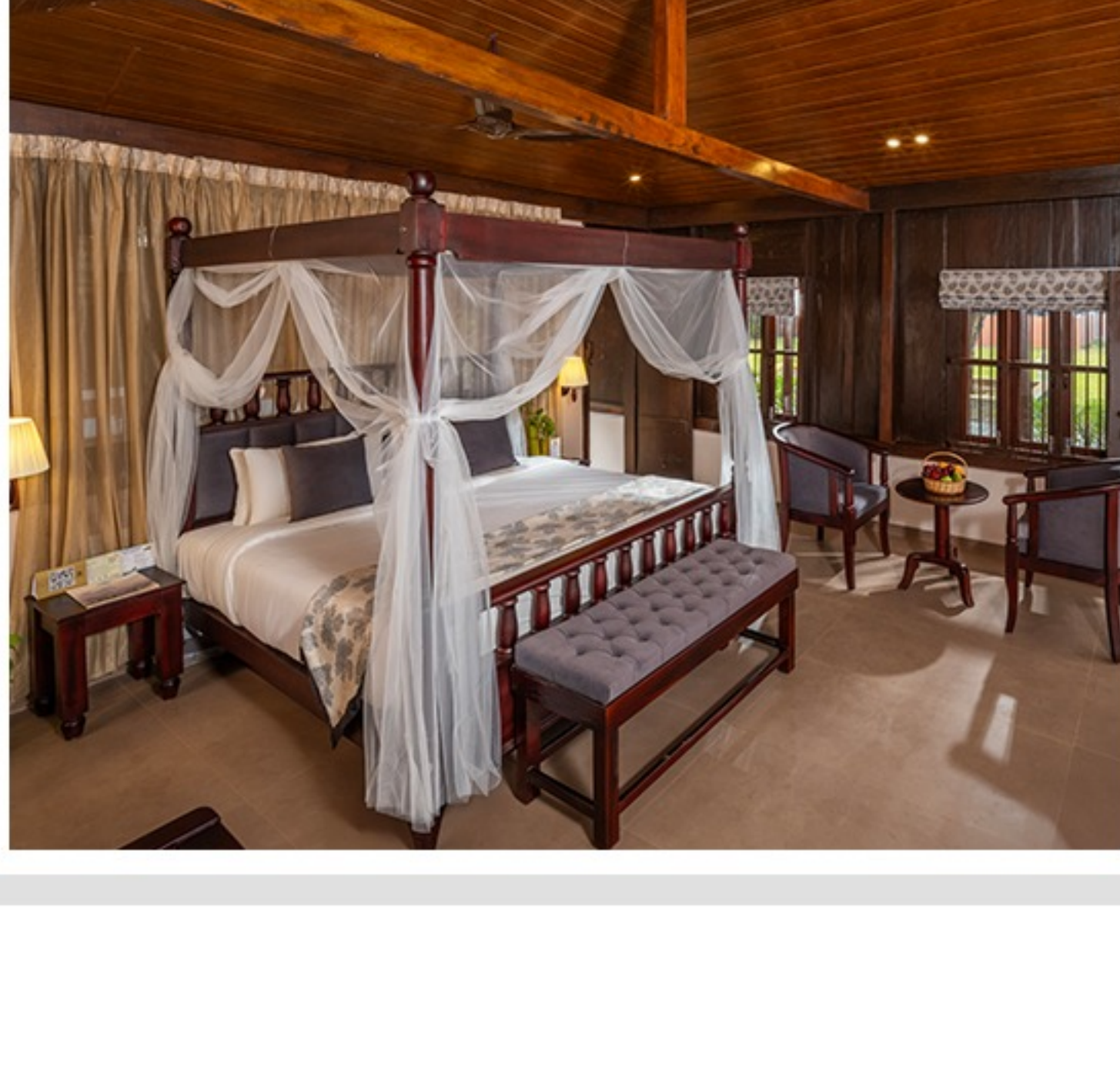
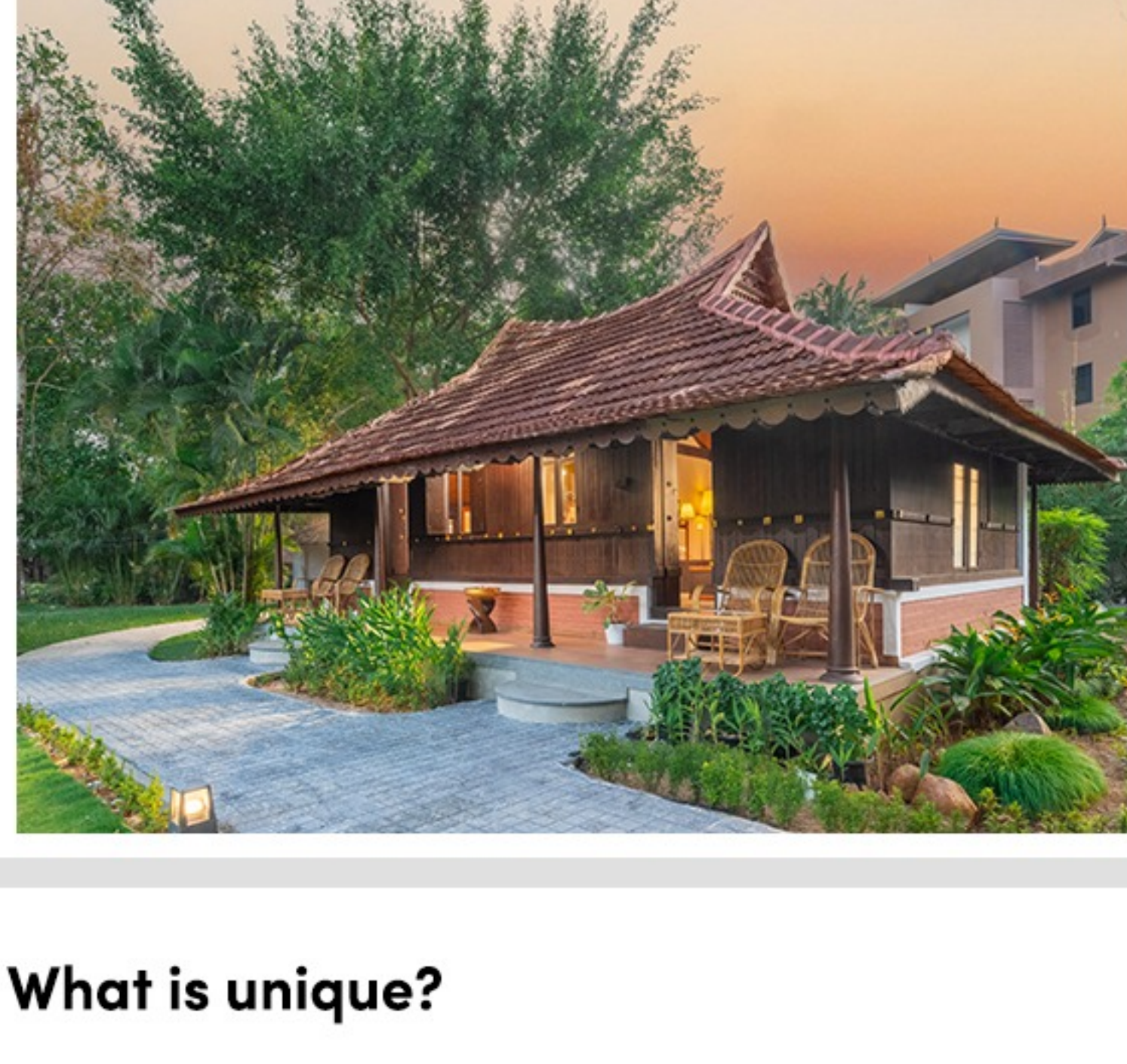
Because before wellness was branded, packaged, and hashtagged, there was Karkidakam. And centuries later, it's still setting the standard.



NEW HOTEL OPENINGS

Kayaloram Ayurveda Retreat by UDS, Alleppey

Where? Alleppey, Kerala



What is unique?

Kayaloram Ayurveda Retreat is one of Alleppey's earliest heritage wellness retreats, beautifully set along the tranquil backwaters of Punnamada Lake. Reimagined under UDS Hotels & Resorts, the retreat embraces Ayurveda as a way of life rather than a standalone therapy. Healing is woven into every aspect of the experience—from vernacular architecture and therapeutic cuisine to mindful daily rituals and the calming embrace of nature. Guests follow a gentle rhythm of wellness with experiences such as Go-Seva (feeding the cows), guided walks through medicinal plant and therapeutic vegetable gardens, yoga overlooking the backwaters, and moments of quiet reflection at the traditional Sarpakāvu (serpent grove). The retreat also features four thoughtfully designed wellness wings—Sāhya, Vaidhya, Rishya, and Dhāra—each inspired by a distinct Indian healing tradition, creating a holistic environment that celebrates the country's diverse wellness heritage.

Why Choose Kayaloram Ayurveda Retreat by UDS, Alleppey?

Kayaloram Ayurveda Retreat is ideal for travellers seeking an authentic, medically guided Ayurvedic experience in a peaceful natural setting. Every wellness journey begins with a detailed consultation, allowing therapies, diet, and daily routines to be tailored to each guest's constitution and health goals. Curated programmes ranging from one to three weeks focus on rejuvenation, deep renewal, and transformational healing while encouraging sustainable lifestyle practices beyond the stay. Complementing the wellness philosophy are nourishing Ayurvedic meals, personalised care, serene backwater surroundings, and unhurried hospitality that encourages complete physical and mental restoration. More than a wellness holiday, Kayaloram offers an immersive journey into Kerala's timeless healing traditions, leaving guests with lasting habits that extend well beyond their time at the retreat.



Ataraxia by Alivaa, Mussoorie Foothills, Dehradun

Where? Dehradun, Uttarakhand



What is unique?

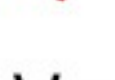
True to its name, Ataraxia by Alivaa offers an experience centred around tranquillity, balance, and connection with nature. Nestled amidst lush greenery on the outskirts of Dehradun, the resort combines the charm of village surroundings with contemporary comforts, creating a retreat that feels both secluded and accessible. Surrounded by forested landscapes and fresh mountain air, every corner of the property is designed to encourage guests to slow down and embrace a more relaxed pace of life.

What makes Ataraxia truly distinctive is its immersive natural setting. Guests wake up to jungle views, unwind beside the swimming pool, practise yoga amidst serene surroundings, and enjoy moments of quiet reflection away from the bustle of everyday life. Whether relaxing in thoughtfully designed rooms with private balconies, rejuvenating at the spa, or dining amidst scenic landscapes, every experience is crafted to bring a sense of calm and comfort.

Why Choose Ataraxia by Alivaa, Mussoorie Foothills, Dehradun?

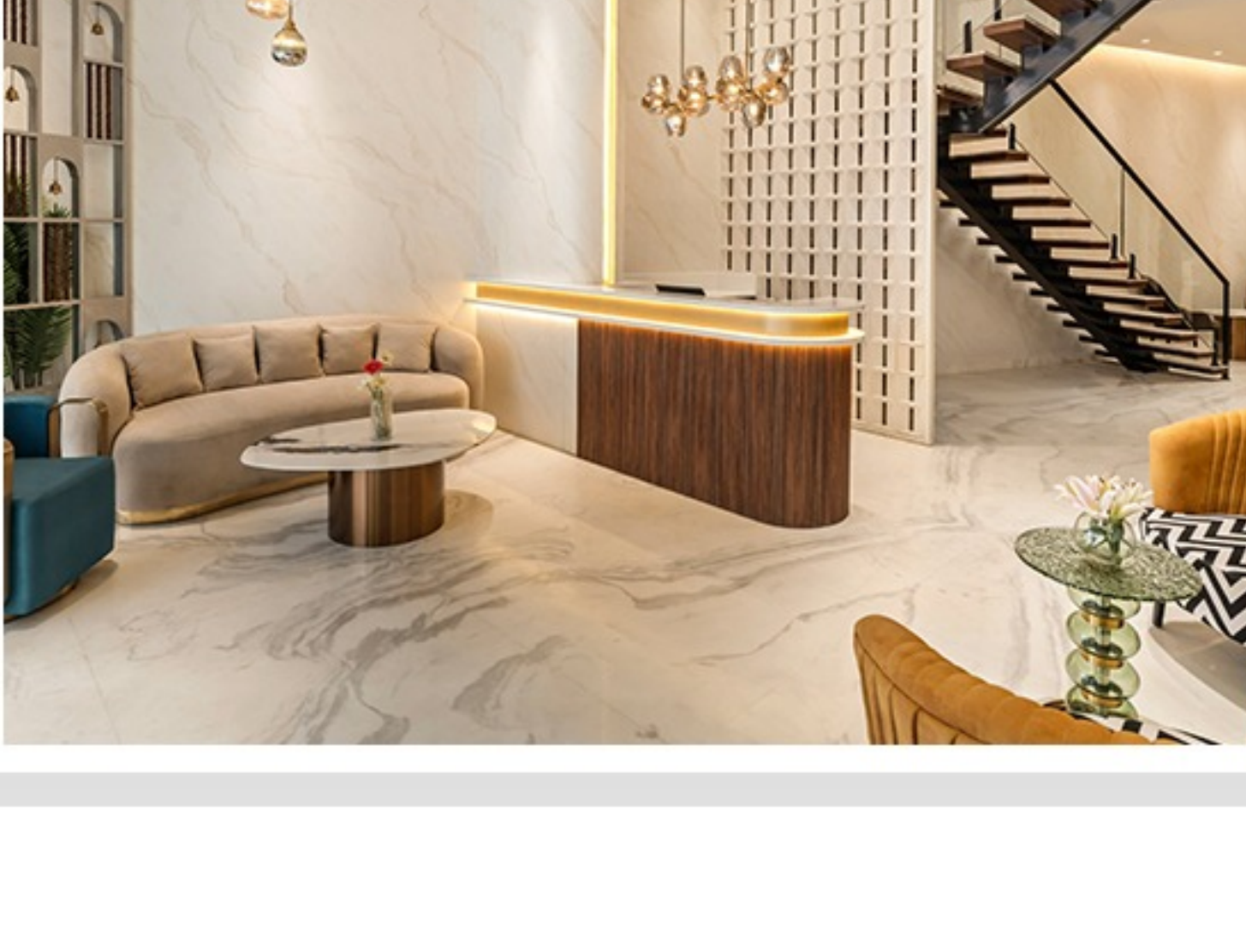
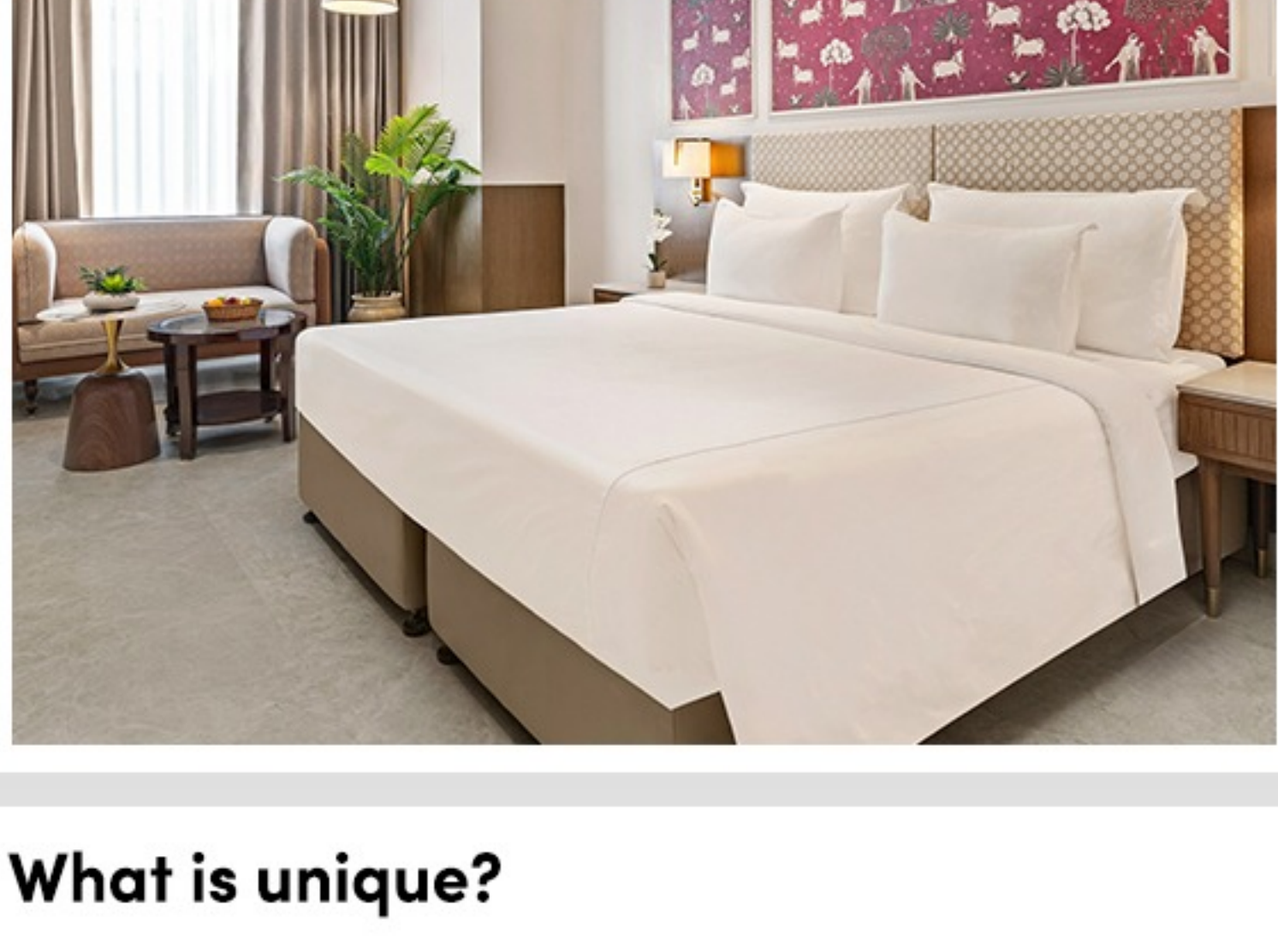
Ataraxia by Alivaa offers a refreshing escape for travellers seeking more than just a place to stay. Its peaceful location provides easy access to popular attractions such as Robber's Cave and Malsi Deer Park while maintaining the privacy and serenity of a countryside retreat.

The resort caters equally well to leisure travellers, wellness seekers, families, and event guests. Spacious accommodations, wellness facilities, indoor and outdoor recreational activities, and picturesque event venues create an experience that feels versatile yet deeply connected to its surroundings. Whether you're planning a weekend getaway, a destination wedding, a corporate retreat, or an extended stay amidst nature, Ataraxia by Alivaa offers a setting where every moment feels unhurried, memorable, and effortlessly relaxing.



Country Inn, Varanasi

Where? Varanasi



What is unique?

At Country Inn, Varanasi, every stay is thoughtfully designed to connect guests with the soul of one of the world's oldest living cities while surrounding them with contemporary comfort. What makes this hotel truly unique is its ability to blend the timeless energy of Varanasi with the heartfelt hospitality that Country Inn brand is known for. Located just minutes away from the revered Kashi Vishwanath Temple, the iconic ghats, and the bustling lanes of the old city, the hotel serves as a gateway to authentic Banaras experiences. Beyond the city's vibrant energy, guests are welcomed into a peaceful space where contemporary comforts and heartfelt hospitality create an atmosphere of relaxation. From tastefully designed rooms that offer a relaxing space after a day of exploration to 'Sutra by Banaras', where local flavours meet global favourites in inviting indoor and refreshing outdoor settings, every experience is thoughtfully curated to create lasting memories. Combined with its prime location, contemporary comforts, and the heartfelt hospitality synonymous with the Country Inn brand, Country Inn, Varanasi emerges as a distinctive new address in the spiritual capital of India.

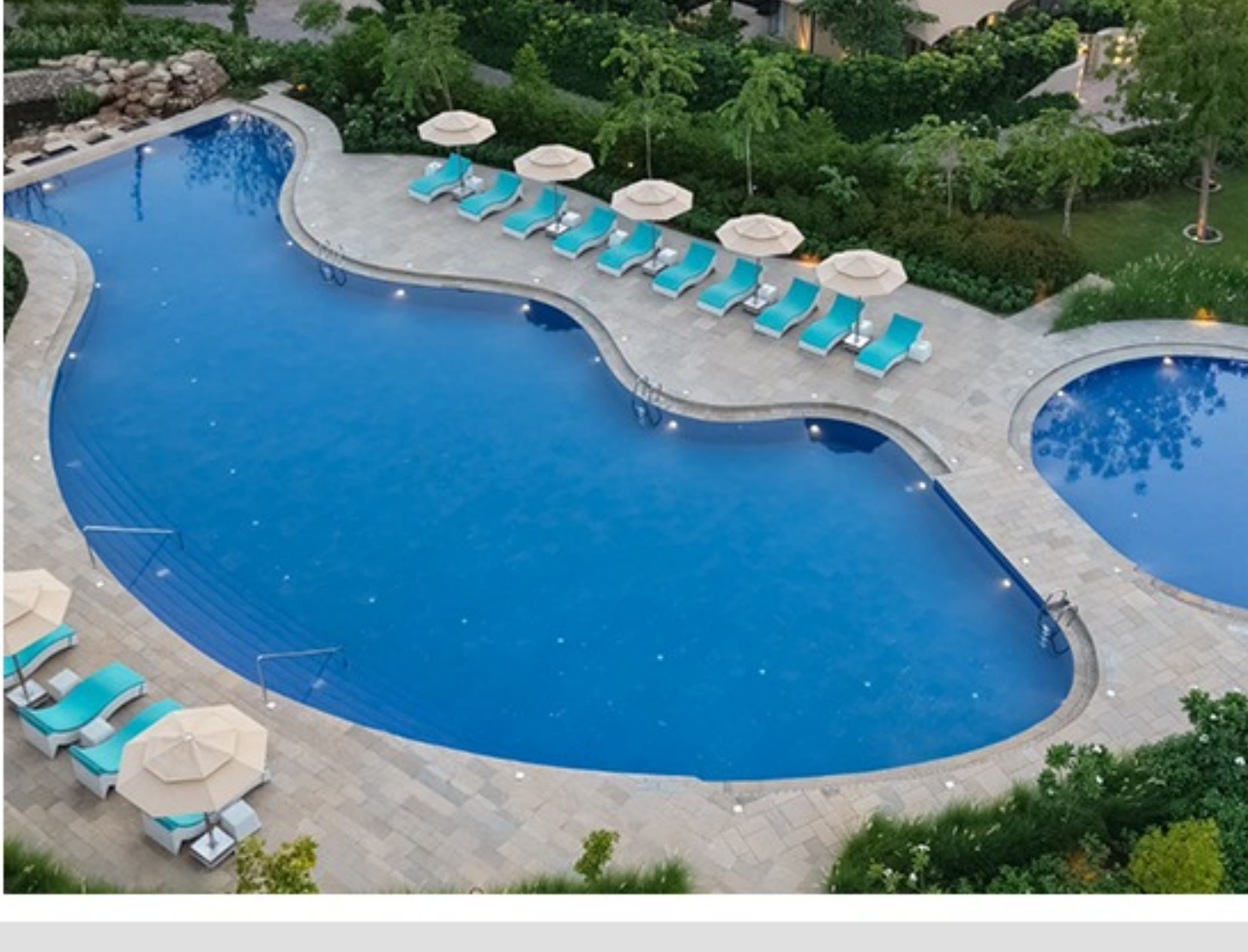
Why Choose Country Inn, Varanasi ?

Because discovering Varanasi is best done when everything is within reach. Located close to the city's revered ghats, bustling markets, and spiritual landmarks, Country Inn, Varanasi allows guests to spend less time commuting and more time experiencing the city itself. From early morning walks along the ghats to evening Ganga Aarti ceremonies, the best of Varanasi is never far away from this modern and the freshest hotel in the city. Aesthetically designed guestrooms, high-speed connectivity, warm hospitality, and personalized service ensure that every stay at this hotel feels effortless and enriching.



JW Marriott Ranthambore Resort and Spa, Ranthambore

Where? Ranthambore, Rajasthan



What is unique?

There is a particular kind of luxury that does not announce itself. It settles quietly around you – in the quality of light through a tented suite at dusk, in the unhurried pace of a meal where the menu draws from the land just beyond the table, in the moment a naturalist pauses mid-trail because something extraordinary is about to happen. This is JW Marriott Ranthambore Resort and Spa, newly opened at the edge of one of India's most ancient and celebrated wildlife reserves.

A refined retreat just 10 minutes from Ranthambore National Park, the resort is inspired by the region's safari heritage. Across 127 keys, including Luxury Tented Suites with private pools, family tents, villas and an expansive Presidential Villa, the experience extends well beyond game drives. Guests can enjoy curated nature and art walks, stargazing sessions and immersive cultural experiences rooted in the land.

Wellness is equally integral, with Spa by JW understanding restoration as something far deeper than a treatment menu. Dining is another highlight, ranging from Roar's contemporary interpretation of regional cuisine and botanical zero-waste cocktails to India's first JW Market; Skyloft, a rooftop bar, set to earn its place among the region's most coveted addresses

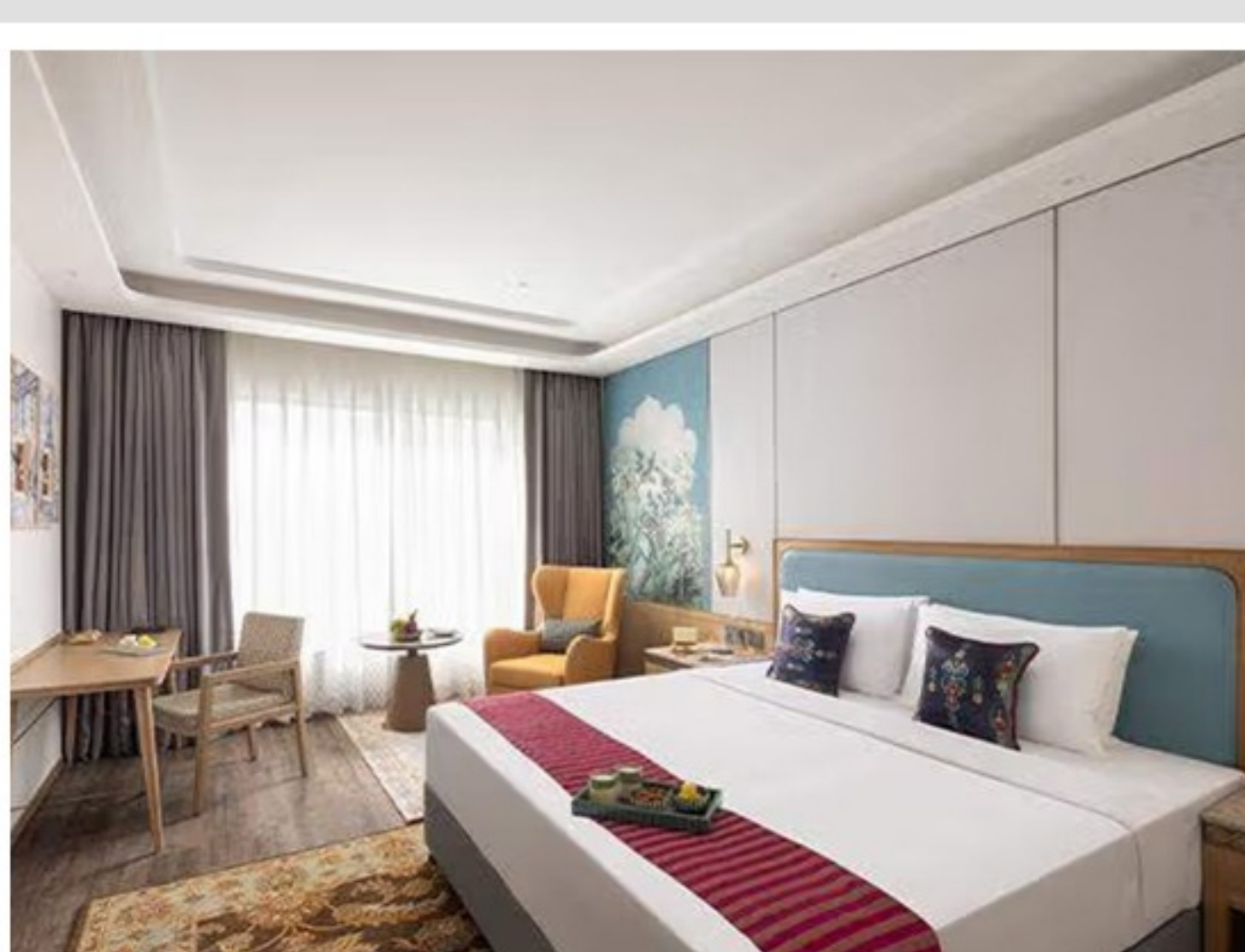
Why Choose JW Marriott Ranthambore Resort and Spa?

For those who travel with intention and want the wilderness close but comfort closer, Ranthambore's finest address has arrived. Its proximity to Ranthambore National Park allows easy access to tiger safaris, while nearby attractions such as the UNESCO-listed Ranthambore Fort and the revered Trinetra Ganesh Temple add cultural depth to the journey. The resort caters equally well to couples, families and celebration groups with spacious accommodations, engaging recreational activities and thoughtfully designed indoor and outdoor venues. Whether enjoying bespoke culinary experiences, relaxing with holistic spa rituals after a safari, or hosting an intimate celebration or destination wedding, every aspect of the stay is curated to deliver comfort, personalized service and memorable experiences in the heart of Rajasthan's wilderness.



Ayodhyām, Ayodhya – IHCL SeleQtions

Where? Ayodhya, Uttar Pradesh

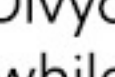


What is unique?

Ayodhyām, Ayodhya – IHCL SeleQtions draws inspiration from the spiritual legacy of one of India's most sacred cities, offering a stay that is deeply rooted in culture and faith. Located just minutes from Maharishi Valmiki International Airport and within easy reach of the Ram Janmabhoomi temple, the hotel combines contemporary elegance with the timeless traditions of Ayodhya. Sunlit interiors, handcrafted details, and serene spaces create an atmosphere of quiet reflection while retaining the signature warmth of the SeleQtions brand. The hotel stands apart through immersive experiences that connect guests with Ayodhya's living heritage. These include the Morning Aarti, Sacred Sarayu River & Aarti experience, Ayodhya Tales by Kathavachaks, heritage walks, food and prasad trails, Sattvic dining, personalised spiritual services, and curated spiritual trails—offering a meaningful way to experience the city's culture beyond its landmarks.

Why Choose Ayodhyām, Ayodhya – IHCL SeleQtions?

Ayodhyām is ideal for pilgrims, families, and leisure travellers seeking a stay that blends spiritual discovery with modern comfort. Spacious rooms and suites, an outdoor pool, fitness centre, and thoughtful hospitality provide a relaxing retreat after a day of exploration. Dining at Divyam showcases Ayodhya's culinary traditions through authentic regional flavours and nourishing recipes, while the signature Sattvic dining experience adds a distinctive cultural touch. Whether visiting for pilgrimage, a family holiday, or a special celebration, the hotel offers elegant event spaces, personalised service, and curated experiences that create a stay which feels peaceful, enriching, and authentically connected to the spirit of Ayodhya.



Kshemavana: The Wellness Sanctuary Reimagining the Future of Healing



Just beyond the fast-paced rhythm of Bengaluru lies Kshemavana, a 23-acre forest sanctuary where wellness is not a luxury, but a transformative way of life. Conceived by the SDM Institute of Naturopathy & Yogic Sciences, it represents a new generation of wellness destinations where ancient Indian healing traditions, sustainable design, and modern scientific diagnostics come together in a holistic ecosystem of restoration.

Rooted in the global LOHAS (Lifestyle of Health and Sustainability) philosophy, Kshemavana views healing as more than a temporary escape. It encourages a conscious realignment of lifestyle, environment, energy, and emotional well-being, fostering sustainable habits and preventive healthcare practices that extend well beyond the stay.

At the core of the experience are its Five Pillars of Healing — Aahar, Dipan, Nidra, Smriti, and Urja. Therapeutic nutrition transforms food into medicine, while Dipan focuses on gut health and microbiome restoration through naturopathy and emerging scientific insights. Nidra emphasizes restorative sleep and circadian balance, Smriti strengthens the mind-body connection through meditation and mindfulness, and Urja explores subtle energy systems through light, sound, and vibrational therapies.

What truly sets Kshemavana apart is its healing-centric architecture. Designed according to Vastu and biophilic principles, the campus unfolds as a symbolic journey through the elements. The Kurma Block houses yoga, hydrotherapy, meditation spaces, and a therapeutic pool; the Nandi Block is dedicated to nourishment and naturopathy therapies; while the Garuda Block welcomes guests into consultation, physiotherapy, and wellness education spaces. Reclaimed temple wood, heritage carvings, courtyards, and natural materials create an atmosphere that feels both sacred and contemporary.

Accommodation continues this philosophy, with nature-inspired categories such as Vana, Pushpa, Taru, and Lata & Fala. From expansive suites featuring private wellness facilities to thoughtfully designed rooms immersed in nature, every space is crafted to support rest, simplicity, and renewal.

What makes Kshemavana particularly significant is its seamless integration of traditional healing systems with evidence-based wellness. Naturopathy, yoga, hydrotherapy, acupuncture, and meditation are complemented by stress analytics, microbiome testing, circadian rhythm tracking, and personalized assessments. In a world defined by overstimulation and chronic imbalance, Kshemavana offers something quietly radical: a return to rhythm, nature, and inner equilibrium.



Contact Your Relationship Manager For Bookings!

Wellness may be having a moment, but at CGH Earth Wellness, it has been a way of life long before it became a global buzzword. From pioneering authentic Ayurvedic retreats to championing preventive health and mindful living, the brand has remained rooted in timeless healing traditions. **Mr. Siddharth Dominic, CEO of CGH Earth Wellness**, takes us on a fascinating journey through the wisdom of Ayurveda, the rejuvenating charm of the monsoon season, and the secrets to embracing wellbeing as an adventure for life rather than a fleeting quick fix.

The Timeless Pursuit of Wellness

(Mr. Siddharth Dominic, CEO, CGH Earth Wellness)



Wellness has always been about depth and sincerity. At CGH Earth, our philosophy has been shaped over decades by a commitment to authenticity, clinical excellence, and the timeless sciences of Ayurveda, naturopathy, yoga, and mindfulness. These practices endure, guiding people toward longevity and preventive health in ways that are disciplined and transformative. Kerala's monsoon is often spoken of with reverence. The rains arrive with grandeur, turning the land into a lush, emerald expanse, slowing the rhythm of daily life, and creating an atmosphere that feels naturally aligned with healing. In this season, Ayurveda acquires a sensory richness: the sound of rain accompanying therapies, the scent of wet earth grounding the mind, and the cool air inviting rest and reflection. Our doctors remind us that Ayurveda's efficacy is constant. Healing continues with the same depth in every season. What the monsoon offers is an environment that enhances the experience, a backdrop that makes therapies feel deeper and more contemplative. This is where Karkidaka Chikitsa, the traditional Ayurvedic practice observed during the monsoon, finds its cultural meaning. It is a time when nature itself encourages pause, care, and renewal.

For nearly three decades, I have seen wellness evolve from a niche pursuit into a global movement. Long before wellness became a buzzword, CGH Earth was introducing international travellers to the transformative potential of Ayurveda through immersive, medically led experiences rooted in India's traditional healing systems. Through collective effort, our wellness arm has evolved into a portfolio of acclaimed retreats, Kalari Kovilakom, Kalari Rasayana, Prakriti Shakti, and SwaSwara. Each dedicated to personalised healing through Ayurveda, naturopathy, yoga, and mindfulness.

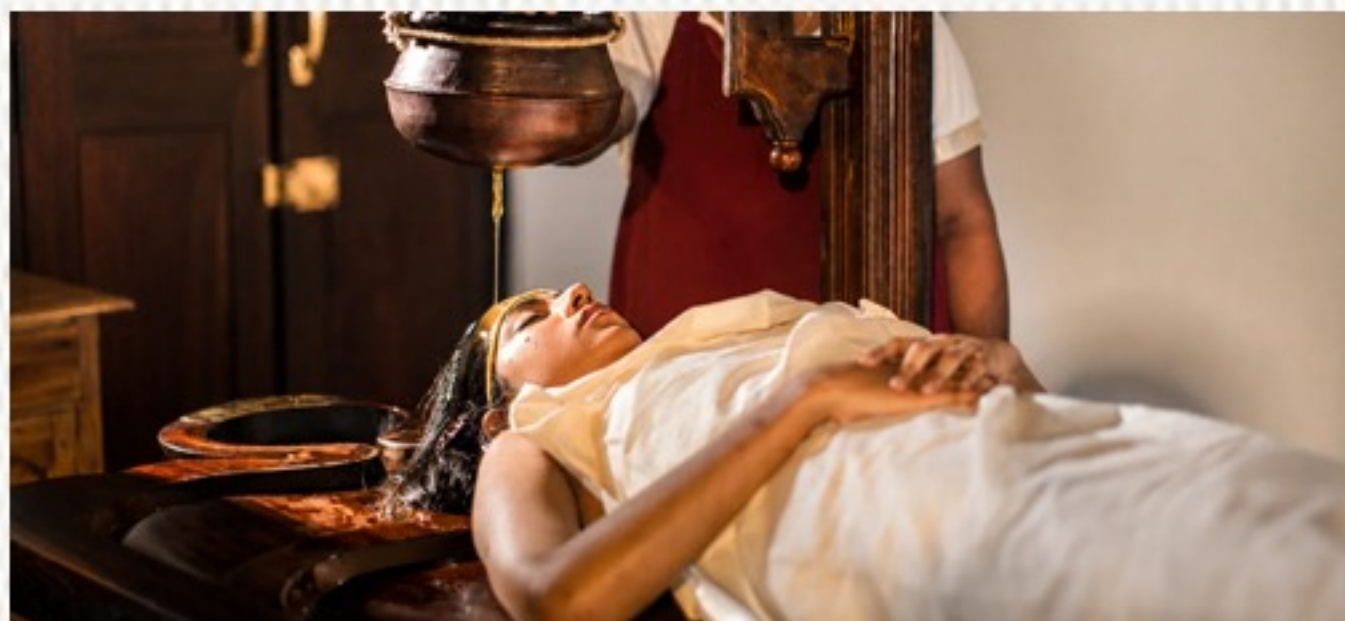
As conversations around longevity and preventive healthcare gain momentum worldwide, the belief that wellness is a lifelong practice feels increasingly relevant. True longevity comes from addressing root causes, changing unhealthy patterns, and embracing a sustainable lifestyle. Guests today understand that health cannot be achieved overnight. Just as a car requires regular servicing, the human body needs periodic care and maintenance. An Ayurvedic centre provides that care with precision and depth.

We have chosen to remain focused on clinical excellence. Our retreats limit guest numbers to ensure personalisation, offering the luxury of time and the density of medical professionals per patient. This exclusivity is not about scale but about quality.

In a hospitality industry where wellness risks becoming aesthetic, our path remains clear. We stay true to the science of Ayurveda, integrating modern diagnostic tools where they support assessment, while keeping treatment rooted in classical methodologies.

The modern traveller arrives seeking time for themselves. Many come alone, drawn by the need to reclaim balance from fast paced lives. They are informed, curious, and often experienced in diverse healing traditions. This keeps our doctors engaged and continuously learning, while reinforcing their conviction in the relevance of Ayurveda.

India's wellness landscape is expanding, and we are proud to open our first retreat in North India. Prakriti Shakti Tanmatra in Almora, Uttarakhand, overlooking the Himalayas, continues our naturopathy led philosophy, offering a sanctuary for preventive health and mindful living.



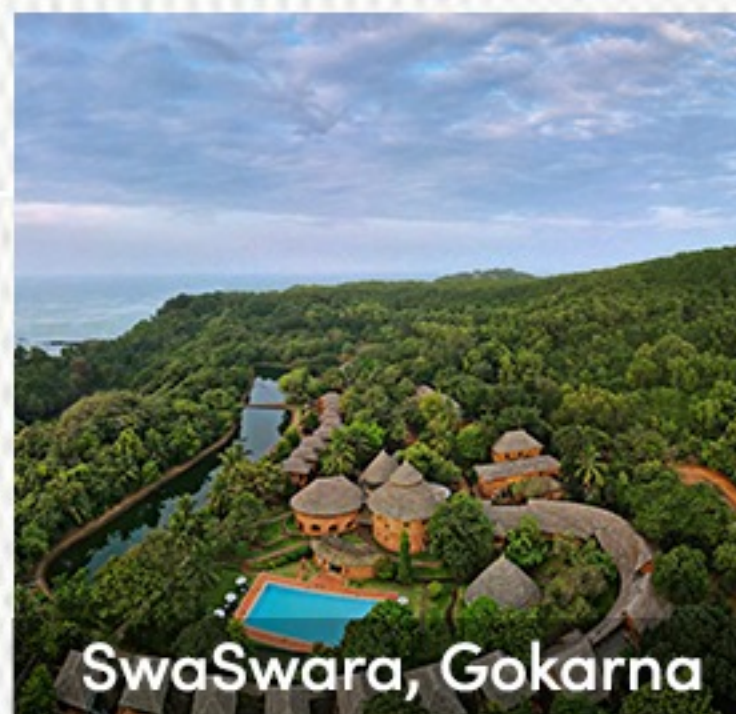
Kalari Kovilakom



Kalari Rasayana



Prakriti Shakti



SwaSwara, Gokarna

Contact Your Relationship Manager For Bookings!