



Where the balance of mind, body, and spirit is restored
through the ancient and time-tested tenets of Ayurveda.
Begin your healing journey with us and become an Amal Yatri



AMAL
TAMARA

Ayurvedic Journey for Life

Become an Amal Yatri

Ayurveda at Amal Tamara is focused on the body's natural ability to heal – helping the body to renew and rejuvenate from the inside out.



Here, you will embark on a journey as an Amal Yatri. We prioritise offering you a holistic healing experience while you are with us. In addition, we care deeply about ensuring that you can carry Ayurveda's best practices home with you. We hope to help our patients absorb the principles of this time-tested school of medicine, allowing for lifestyle changes that will extend far beyond their stay with us.

As Amal Yattris, you become a part of a community with long-term access to our space and experts. We are committed to doing all we can to help you achieve long-term healing and wellness

Our Legacy

The Shibulal family is best known in the Hospitality Industry for establishing Tamara Leisure Experiences; a world-class organisation, specialising in providing luxury experiences with responsible and sustainable business practices at their core.



What is perhaps less well-known, is that the Shibulals also come from a long line of Ayurvedic practitioners, dating back to the 1920s. A deep belief in the power of Ayurveda, and a generations-old relationship with the region of Alleppey, led to the birth of Amal Tamara – a unique and beautiful coming together of a passion for Ayurveda and for offering unforgettable travel experiences.

A team of experts in the time-tested practice of Ayurvedic healing has come together to carry this legacy forward, allowing Amal to offer an unparalleled healing experience to our patients; one that will get to the root of long-term ailments, providing a meaningful change in their quality of life.

The Amal Approach

Your experience with us extends to before you arrive and after you leave the property. Holistic in the true sense, we hope to equip you with meaningful lifestyle changes, to retain wellness wisdom into your life at home.



Before (Pre-Arrival Assessment)

A detailed pre-arrival assessment and consultation will allow our team of medical experts to understand your needs, health concerns, wellness goals, and special needs before you arrive at Amal.

During (While at Amal)

From Agnihothram to evening Deepam, your days at Amal are filled with a balanced melody of cure cuisine, concoction, and culture. It will include daily consultations, therapies, delicious meals customised for your health, calming yoga and meditation sessions, as well as cultural experiences that will keep your mind engaged and hearts full. All this, in the breath-taking surroundings of Alleppey backwaters to experience healing through all 5 senses.



After (Lifestyle Correction)

Meaningful change is only so if it is long-term and sustainable. It is important to us that your experience at Amal will equip you to make changes in your lifestyle at home, integrated into your personal and professional lives, to ensure changes towards wellness that will last well beyond your stay with us.

Signature Programmes

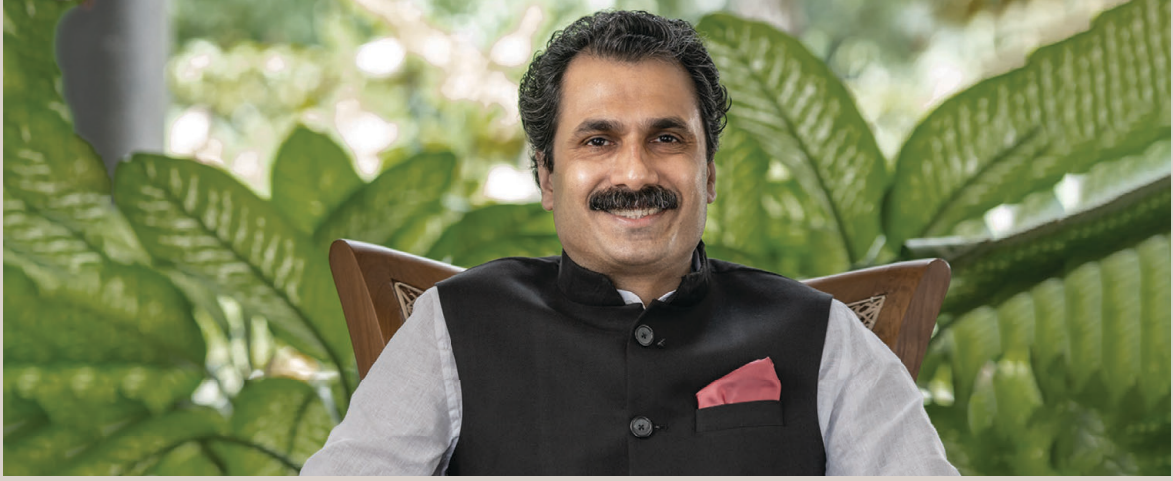
The Ayurvedic school of medicine promotes the idea that no single set of principles can be applied to everyone. To cure each individual effectively, an Ayurvedic practitioner will consider several unique factors, including season, geography, state of mind, and body constitution.

And as a result, will require a unique set of assessments and cures to offer a completely balanced and healthy life. At Amal Tamara, we promise our patients completely personalised curative programmes, that serve their needs, their concerns, and their goals.



All our curative programmes leave room for our patients to shape, focus, and customise their experiences to suit their specific needs:

- Anti-Aging and Rejuvenation
- De-Stress Programme
- Weight Management
- Panchakarma Programme
- Immunity Booster
- Eye Care Programme
- Ortho Care Programme
- Derma Care Programme



Our Medical Team

Our Ayurvedic physicians and caregivers carry forward a legacy of the ancient wisdom of natural medicine from the Indian subcontinent. Our team of physicians has diverse and decades of experience to evaluate one's needs and personalise a seamless healing experience for each patient. At Tamara we believe in service from the heart, we ensure that our physicians radiate empathy, humility, and are accessible for your care and comfort at all times

Our team of physicians will personally design a day to day wellness programme based on a detailed diagnosis of the unique condition of every patient with the focus on helping them achieve desired health goals..

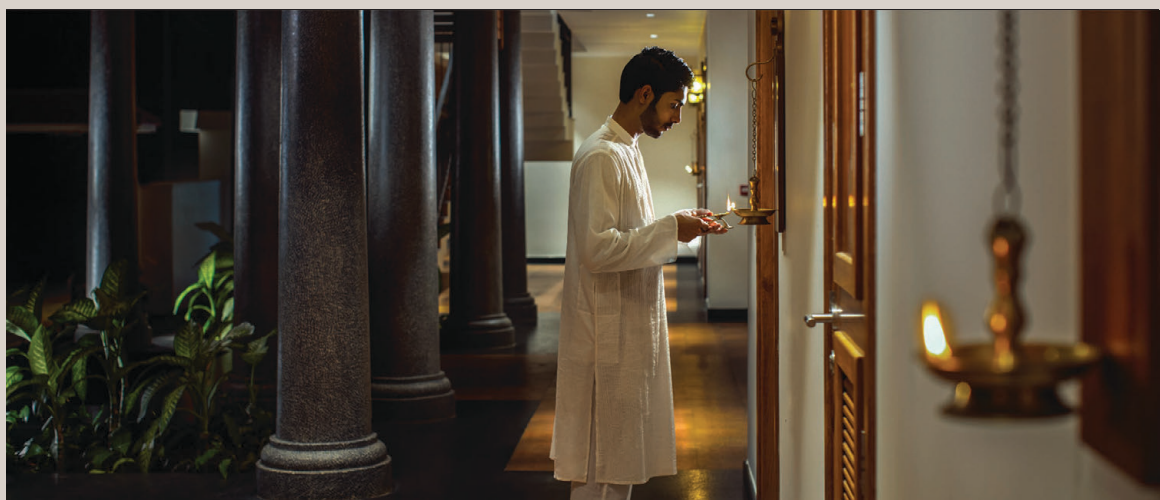




The Amal Way of Life

Amal Tamara's wellness philosophy is Chikitsa Chatushpada - a unique Ayurvedic concept, referring to the idea that four limbs of curative programme, namely, the physician, the patient, the therapist, and the medicine itself, must work in synergy. Our approach bridges this traditional ayurvedic concept with modern-day luxury to create a perfect symphony of contemporary Ayurveda for your comfort and wellness. The moment you begin your journey with Amal Tamara, you become an Amal Yatri - embarking on a journey of wellness and wellbeing.

Rest all your senses and immerse yourself in the peace and quiet of Alleppey, while our team of physicians ensures you receive the care and comfort to achieve your wellness goals. Amal offers guests 3 categories of rooms to choose from: Astha, Ekta, and Idha Rooms





Cure Cuisine

“Pathye sathi gatharthasya kim Oushadha nishevanam”

When a diet is correct, there is no need for medicine

From the Vaidya Jeevanam

At Amal, an expert Ayurvedic physician and an expert chef will design the perfect diet for your needs. A personalised wellness menu, suiting your curative plan, body type, and health conditions, will be offered to you. Our menu, devoid of sea salt, refined sugar, preservatives, or refined flour, encompasses the wisdom of Ayurvedic cooking. All recipes are focused on regularising the body's natural defenses, and are freshly made, with care, every day by our chef.





Activities & Rituals

Wellness activities are an essential part of the Ayurvedic way of living. These activities can reduce stress, engage in positive social interaction and achieve optimal wellness through the stimulation of the mind and spirit.

CULTURAL EXPERIENCES

- Kashayapura Experience
- Agnihotra Ritual
- Raga Therapy
- Dhyanam (Guided Meditation)
- Culinary Session
- Therapeutic Yoga
- ...and more

CULTURAL EXPERIENCES

- Dance Performances
- Martial Arts Performances
- Veena and Mridangam Concerts
- Backwater Cruise and Village Tour
- Dhanwanthari Temple Visit
- Coir-Making
- ...and more.



The Amal Advantage

Amal Tamara was created by the synergy of the many threads that must come together for an authentic wellness experience. Set in the tranquil backwaters of Alleppey, patients will be able to embark on a journey of healing in an environment conducive to calmness, peace, and renewal.



Medical experts will guide cures and diets, curated specially for each individual and their unique goals and concerns. All of this, in addition to meditation, yoga, and cultural experiences. A true healing experience for body, mind, and soul.

Holistic Healing

Amal Tamara harnesses the wisdom of Ayurvedic medicine and offers a healing experience in the serene backwaters of Kerala- an environment that will still the mind, calm the nerves, and promote healing from inside out. It is not only about the symptom on the surface- the blemish on the skin, the ache in the stomach, or the loss of hair.



Unlike the Western systems of medicine and healing, Ayurveda places emphasis on prevention and maintenance rather than the treatment of symptoms and external indication of disease. Ayurvedic practitioners believe in holistic healing and wellness, rooted in the absolute balance of lifestyle, diet, manner of thinking, spiritual practices, and the use of herbs in everyday life. When the energies of the body are balanced and in sync, the body is more equipped to use its natural defense systems to fight disease.





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