

The Postcard Hotel opens its Ayurveda Retreat in Goa with 104-year healing legacy

The Postcard Hotel has announced the opening of The Postcard Ayurveda Retreat, Old Goa – A Sitaram Ayurveda Experience, set within a UNESCO-recognised enclave of history and heritage in Old Goa. Conceived as an exclusive, private sanctuary, the retreat is entirely dedicated to wellness, overlooking hundreds of acres of tranquil reserve forests.

This pioneering retreat marks a first-of-its-kind collaboration with Sitaram Ayurveda, bringing together over 104 years of Ayurvedic knowledge with The Postcard Hotel's understated experiential luxury to create a deeply restorative healing environment.

A personalised, medical-led approach to healing

“With The Postcard Ayurveda Retreat, we have created a pioneering wellness sanctuary in India that addresses the individual lifestyle needs and health concerns of every guest,” said Kapil Chopra, Founder and Chief Executive Officer, The Postcard Hotel.

“Stays here begin at a minimum of seven nights and are designed as all-inclusive, medical-led healing journeys rather than recreational escapes. The retreat seamlessly blends transformative experiential luxury with authentic Ayurveda to enable deep and lasting restoration.”

Highlighting the collaboration, Chopra added that the intimate retreat integrates Sitaram’s century-old healing legacy with nature, thoughtful design, nourishing cuisine and perceptive service—supporting long-term balance and wellbeing.

Ayurveda as a path to balance and renewal

Dr Vignesh Devraj, MD (Ay), Founder and Chief Physician, Sitaram Retreats, said the retreat reflects a meaningful convergence of place, purpose and healing. “At its core, Ayurveda is about restoring balance and awakening the body’s innate potential to heal. Through guided consultations, personalised therapies

and ongoing medical insight, we offer guests a holistic pathway to recovery and renewal—experienced in complete privacy and at a pace that allows true reconnection with self.”

Architecture of stillness and seclusion

Anchored by a majestic 300-year-old banyan tree, the estate has been designed to embody stillness and calm. With just six thoughtfully designed rooms, the retreat offers complete seclusion, where healing unfolds unhurriedly. Sun-filled rooms sit beneath a natural canopy, each opening onto a private balcony overlooking lush gardens and the surrounding valley.

“The stillness and seclusion of Old Goa shaped every aspect of this retreat,” said Kapil Chopra. “Surrounded by forests and open to light and air, the spaces are intentionally designed to slow the senses and allow guests to turn inward—discovering healing on their own terms.”

Wellness journeys for deep restoration

Each wellness journey spans 7, 14 or 21 nights, beginning with grounding Ayurvedic rituals, nature walks and yoga, followed by in-depth consultations and personalised therapeutic treatments.

Dining is an integral part of the healing process, with dosha-specific, physician-guided meals prepared using seasonal produce and served in serene pavilions overlooking the Mandovi River, completing a holistic experience of balance, renewal and inner calm.