

The Haven of Luxury from the Ayurveda People



TARIFF IN EURO

Valid up to
30th September 2024



AyurSoma

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AyurSoma is an absolute marvel from **Somatheeram Ayurveda Group**, the foremost Ayurveda resort group in the world for authentic Ayurvedic treatments, Yoga and Meditation. The group was founded by Mr. Baby Mathew in 1985 with the then novel concept of an “Ayurveda hospital in resort ambience”.

Designed as the flagship of the group, Ayur Soma provides you with a good reason to explore the ever-rising Luxury standard in holistic health care, progressing in the footsteps of ancient knowledge and tradition that has withstood the tests of time. Come, experience yourself!



AYURSOMA

AyurSoma follows the general principles expounded by the **Somatheeram Ayurveda Group** for the upkeep of mental and physical health. Here you can experience the traditional Ayurvedic therapies, wellness packages and Yoga-Meditation practises while enjoying world-class luxurious amenities at the breath-taking sceneries. The practice of Ayurveda, Yoga and Meditation are offered here as the first line in the pursuit of curative and well-being treatments for the body as well as mind.

DREAM LOCATION

AyurSoma nestles between a stretching hillock reflecting rich greenery and coconut palms and the glittering Chowara beach alongside the splendidly calm Arabian Sea, besides **Somatheeram**, the first resort is upon the hillock.

Restful days loll by in the backdrop of fishermen engaged in their daily chores. The brilliant sunset marks the close of the day in luxurious spectacle. In the night, the sky is filled with stars and the sea is dotted in the distance with soft lights

gleaming from traditional fishing rafts.

ARCHITECTURE, ROOMS & OTHER FACILITIES AT AYURSOMA

Kerala Temple and Palace Architecture: Dominated by the stamp of Kerala style of architecture, AyurSoma showcases ancient craftsmanship and aesthetic beauty that has been slowly receding from public life in Kerala. The style of exquisite details displayed here is discernible only in few ancient temples and palaces spread out in the region.

Each room in this building has been carefully appointed through able craftsmanship and aesthetic sense to make day to day experience luxuriously as worthwhile and memorable. The ornate pieces would take you back through the centuries and transport you to a romantic period in Kerala's golden history and culture.

The rooms are luxuriously appointed combining modern amenities with the charm of traditional architecture. You can select from a number of luxurious accommodation facilities according to your needs.

TYPE/CATEGORY OF ROOMS

Dhanwanthari Heritage Pool Villa with Treatment Room:

Sea view Traditional Kerala house villa with private verandah offers stunning views of the sea & beach. Spacious bedroom with separate living room and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private pool, additional open air bathroom, private Ayurveda treatment room & steam bathroom attached.

Dhanwanthari Heritage Deluxe Room with Treatment Room:

Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach. Private Ayurveda treatment room & Steam bathroom.

Maharaja Royal Suite:

Sea view Traditional style rooms mostly built in wood, provides spacious bedroom, separate Living room & bath room with ceramic coated steel bathtub for herbal relaxing soak, Private balcony offers stunning views of the sea & beach.

Yuvaraja Royal Junior suite:

Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.

Palace Deluxe Room:

Sea view Traditional style rooms mostly built in wood, provides spacious bedroom and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.

Hill View Palace Deluxe Room:

Traditional Style Rooms mostly built in wood, provides spacious bedroom, bath room with ceramic coated steel bathtub for herbal relaxing soak and private balcony.

Special features: • Ayurveda hospital with 20 treatment rooms • 03 Yoga and meditation halls facing the beach • Ceramic coated steel bathtub in every room to provide herbal bathing facility • 24 hour coffee shop • Restaurant with sea view • Infinity Swimming pool with sea view • All rooms with balcony facing the sea & beach • Directly connected to Somatheeram by elevator • Seminar hall.



Ayurveda Panchakarma & Rasayana Package - 1

Rejuvenation Therapy/Body Purification Therapy/ Body Immunization Therapy

May to September

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	4375	5950	8750	11900
Dhanwanthari Heritage Deluxe Room with Treatment Room	2625	3850	5250	7700
Maharaja Royal Suite	2240	3255	4480	6510
Yuvaraja Royal Junior suite	2065	3080	4130	6160
Palace Deluxe Room	1995	2975	3990	5950
Hill View Palace Deluxe Room	1785	2765	3570	5530

01st Oct to 19th Dec & March to April

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	6125	7700	12250	15400
Dhanwanthari Heritage Deluxe Room with Treatment Room	3500	4725	7000	9450
Maharaja Royal Suite	2835	3920	5670	7840
Yuvaraja Royal Junior suite	2625	3710	5250	7420
Palace Deluxe Room	2450	3500	4900	7000
Hill View Palace Deluxe Room	2065	3080	4130	6160

20th December to February

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	7175	8750	14350	17500
Dhanwanthari Heritage Deluxe Room with Treatment Room	4025	5250	8050	10500
Maharaja Royal Suite	3115	4235	6230	8470
Yuvaraja Royal Junior suite	2905	3990	5810	7980
Palace Deluxe Room	2695	3780	5390	7560
Hill View Palace Deluxe Room	2240	3255	4480	6510

- **Package Includes:** - Accommodation, Ayurveda Treatments as per package and Full-board Ayurveda vegetarian meals.
- **Requested Room :-** 5% additional on the room tariff.
- **Complimentary Offers:-** Airport transfers (Thiruvananthapuram), Daily Yoga and Meditation, Interpreter for German, Italian, French and Russian language, One half-day backwater tour in a country boat (only for package booking of 14 days or more).

Ayurveda Panchakarma & Rasayana Package - 2

**Slimming Programme / Beauty Care Programme/Spine & Neck Care Programme/
Psoriasis Treatment Programme**

May to September

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	9030	12460	13545	18690
Dhanwanthari Heritage Deluxe Room with Treatment Room	5530	8260	8295	12390
Maharaja Royal Suite	4760	7070	7140	10605
Yuvaraja Royal Junior suite	4410	6720	6615	10080
Palace Deluxe Room	4270	6510	6405	9765
Hill View Palace Deluxe Room	3850	6090	5775	9135

01st Oct to 19th Dec & March to April

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	12530	15960	18795	23940
Dhanwanthari Heritage Deluxe Room with Treatment Room	7280	10010	10920	15015
Maharaja Royal Suite	5950	8400	8925	12600
Yuvaraja Royal Junior suite	5530	7980	8295	11970
Palace Deluxe Room	5180	7560	7770	11340
Hill View Palace Deluxe Room	4410	6720	6615	10080

20th December to February

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	14630	18060	21945	27090
Dhanwanthari Heritage Deluxe Room with Treatment Room	8330	11060	12495	16590
Maharaja Royal Suite	6510	9030	9765	13545
Yuvaraja Royal Junior suite	6090	8540	9135	12810
Palace Deluxe Room	5670	8120	8505	12180
Hill View Palace Deluxe Room	4760	7070	7140	10605



Ayurveda Panchakarma & Rasayana Package - 3

Stress Management Programme/ Anti-Ageing Programme

May to September

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	9170	12740	13755	19110
Dhanwanthari Heritage Deluxe Room with Treatment Room	5670	8540	8505	12810
Maharaja Royal Suite	4900	7350	7350	11025
Yuvaraja Royal Junior suite	4550	7000	6825	10500
Palace Deluxe Room	4410	6790	6615	10185
Hill View Palace Deluxe Room	3990	6370	5985	9555

01st Oct to 19th Dec & March to April

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	12670	16240	19005	24360
Dhanwanthari Heritage Deluxe Room with Treatment Room	7420	10290	11130	15435
Maharaja Royal Suite	6090	8680	9135	13020
Yuvaraja Royal Junior suite	5670	8260	8505	12390
Palace Deluxe Room	5320	7840	7980	11760
Hill View Palace Deluxe Room	4550	7000	6825	10500

20th December to February

Room Category	14 Nights Package		21 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	14770	18340	22155	27510
Dhanwanthari Heritage Deluxe Room with Treatment Room	8470	11340	12705	17010
Maharaja Royal Suite	6650	9310	9975	13965
Yuvaraja Royal Junior suite	6230	8820	9345	13230
Palace Deluxe Room	5810	8400	8715	12600
Hill View Palace Deluxe Room	4900	7350	7350	11025



Shanti Yoga Retreat

Classic Hatha Yoga Retreat Package (Excluding Ayurveda Treatment)

May to September

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	4165	5530	8330	11060
Dhanwanthari Heritage Deluxe Room with Treatment Room	2415	3430	4830	6860
Maharaja Royal Suite	2030	2835	4060	5670
Yuvaraja Royal Junior suite	1855	2660	3710	5320
Palace Deluxe Room	1785	2555	3570	5110
Hill View Palace Deluxe Room	1575	2345	3150	4690

01st Oct to 19th Dec & March to April

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	5915	7280	11830	14560
Dhanwanthari Heritage Deluxe Room with Treatment Room	3290	4305	6580	8610
Maharaja Royal Suite	2625	3500	5250	7000
Yuvaraja Royal Junior suite	2415	3290	4830	6580
Palace Deluxe Room	2240	3080	4480	6160
Hill View Palace Deluxe Room	1855	2660	3710	5320

20th December to February

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	6965	8330	13930	16660
Dhanwanthari Heritage Deluxe Room with Treatment Room	3815	4830	7630	9660
Maharaja Royal Suite	2905	3815	5810	7630
Yuvaraja Royal Junior suite	2695	3570	5390	7140
Palace Deluxe Room	2485	3360	4970	6720
Hill View Palace Deluxe Room	2030	2835	4060	5670

- **Package Includes:** Accommodation, Yoga & Meditation retreat programme and Full-board Ayurveda vegetarian meals.
- **Complimentary Offers:** Airport transfers (Thiruvananthapuram), Interpreter for German, Italian, French and Russian language, One half-day backwater tour in a country boat (only for package booking of 14 days or more).

Ayur Yoga Retreat

Classic Hatha Yoga Retreat with Ayurveda Package (Rejuvenation Therapy / Body Purification)

May to September

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	4725	6650	9450	13300
Dhanwanthari Heritage Deluxe Room with Treatment Room	2975	4550	5950	9100
Maharaja Royal Suite	2590	3955	5180	7910
Yuvaraja Royal Junior suite	2415	3780	4830	7560
Palace Deluxe Room	2345	3675	4690	7350
Hill View Palace Deluxe Room	2135	3465	4270	6930

01st Oct to 19th Dec & March to April

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	6475	8400	12950	16800
Dhanwanthari Heritage Deluxe Room with Treatment Room	3850	5425	7700	10850
Maharaja Royal Suite	3185	4620	6370	9240
Yuvaraja Royal Junior suite	2975	4410	5950	8820
Palace Deluxe Room	2800	4200	5600	8400
Hill View Palace Deluxe Room	2415	3780	4830	7560

20th December to February

Room Category	07 Nights Package		14 Nights Package	
	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room	7525	9450	15050	18900
Dhanwanthari Heritage Deluxe Room with Treatment Room	4375	5950	8750	11900
Maharaja Royal Suite	3465	4935	6930	9870
Yuvaraja Royal Junior suite	3255	4690	6510	9380
Palace Deluxe Room	3045	4480	6090	8960
Hill View Palace Deluxe Room	2590	3955	5180	7910

- **Package Includes:** Accommodation, Ayurveda Treatments as per package, Yoga & Meditation retreat programme and Full-board Ayurveda vegetarian meals.
- **Complimentary Offers:** Airport transfers (Thiruvananthapuram), Daily Yoga and Meditation, Interpreter for German, Italian, French and Russian language, One half-day backwater tour in a country boat (only for package booking of 14 days or more).

Rates per day for Accommodation & Ayurveda Doctor's Consultation only

Room Category	May to September		01st Oct to 19th Dec & March to April		20th December to February	
	Single	Double	Single	Double	Single	Double
Dhanwanthari Heritage Pool Villa with Treatment Room: Sea view Traditional Kerala house villa with private verandah offers stunning views of the sea & beach. Spacious bedroom with separate living room and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private pool, additional open air bathroom, private Ayurveda treatment room & steam bathroom attached.	500	600	750	850	900	1000
Dhanwanthari Heritage Deluxe Room with Treatment Room: Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach. Private Ayurveda treatment room & steam bathroom.	250	300	375	425	450	500
Maharaja Royal Suite: Sea view Traditional style rooms mostly built in wood, provides spacious bedroom, separate Living room & bath room with ceramic coated steel bathtub for herbal relaxing soak, Private balcony offers stunning views of the sea & beach.	195	215	280	310	320	355
Yuvaraja Royal Junior suite: Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.	170	190	250	280	290	320
Palace Deluxe Room: Sea view Traditional style rooms mostly built in wood, provides spacious bedroom and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.	160	175	225	250	260	290
Hill View Palace Deluxe Room: Traditional Style Rooms mostly built in wood, provides spacious bedroom, bath room with ceramic coated steel bathtub for herbal relaxing soak and private balcony.	130	145	170	190	195	215

• **Extra bed:** 20% additional charge on the double occupancy. • **Requested Room:** 5% additional charge on the room tariff.
 • **New Year Gala Dinner Mandatory supplement charge on December 31:** Euro 90 per person for room only/Euro 60 per person for packages • **Check in:** 12.00 noon & **Check out:** 10 a.m. • **Ayurvedic Vegetarian Food:** Breakfast Euro 12, Lunch/Dinner Euro 19 or a la Carte. • **Non Vegetarian Food:** Breakfast Euro 13, Lunch/Dinner Euro 21 or A la Carte. • **Credit/Debit Cards Accepted:** Visa, Master, American Express (AMEX) & Maestro. • **Reservation:** Will be confirmed against advance payment of the total booking amount. • **Cancellation:** Free cancellation is permitted only if it is made before 30 days prior to the date of arrival. If not, the full amount of reservation will be charged.

AMENITIES: Ayurveda Hospital, Yoga & Meditation, Ayurveda Treatments, Swimming Pool, Ayurveda Beauty Clinic, Ayurveda Shop, Internet Café, Wifi, Telephone & Fax, Mail & Message Handling, Tailoring Shop, Gift/Antique Shop, Souvenir Counter, Safe Locker, Cloak Room, Doctor on Call, Currency Exchange, Tour & Travel Assistance, Airport Transfer, Car Parking, Conference Hall, Multi Cuisine Restaurant, 24 Hour Room Dining, Laundry, Beach Umbrella, Beach Deck, Beach Game, Beach Towel, Indoor Games, Boating, Cultural Performances etc. Sea-Facing Restaurant serves multi-cuisine & Ayurveda specialities.

PRIME TREATMENTS IN AYURVEDA

PIZHICHIL - 14Days - 1190 EURO (1 TIME, 85 EURO)

In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is very useful for Rheumatic diseases like Arthritis, Paralysis, Hemiplegia, Paralysis-Agitanus, Sexual Weakness, Nervous Weakness and Nervous Disorders etc.

NJAVARAKIZHI - 14 Days - 1120 EURO (1 TIME, 80 EURO)

It is a process by which the whole body or any specific part thereof is made to perspire by the external application of certain medical packs in the form of boluses tied up in muslin bags. This is applied by two to four masseurs for about 60 to 90 minutes per day for a period of 14 days. This treatment is for all types of rheumatism, pain in the joints, emaciation of limbs, high blood pressure, cholesterol and certain kinds of skin diseases.

DHARA - 14 Days - (THAKRA DHARA & KSHEERA DHARA - 420 EURO, 1 time - 30 EURO.

THYLADHARA - 630 EURO 1 time - 45 EURO)

In this process, some herbal oils, medicated milk, medicated butter milk etc., are poured on the forehead in a special method for about 45 minutes in a day for a period of 7 to 21 days. This treatment is mainly for Insomnia, Vatha predominated diseases, mental tension and certain skin diseases.

DASHAMoola KSHEERA DHARA (1 TIME - 45 EURO)

Medicated milk is poured all over the body and head with a special vessel from a certain height in a rhythmic manner. This treatment is good for insomnia, mental tensions, headache due to Pitha dominance, menopause problems etc.

SARVANGA KASHAYA DHARA (1 TIME - 45 EURO)

This treatment is a kind of sudation therapy using herbal decoction. This is a process by which the body is made to perspire by means of pouring warm decoction from special herbs with a special vessel from a certain height in a rhythmic manner and is rubbed into the body. This method removes 'ama' or toxins from the tissues and promotes fat metabolism, removes tension from muscles and also alleviates pain and stiffness of the joints and muscles, Fibromyalgia etc.

VASTHI - 14 Days - (MATRA VASTHI -210 EURO - 1 TIME - 15 EURO, SNEHA VASTHI - 350 EURO - 1 TIME - 25 EURO, KASHAYA VASTHI - 1050 EURO - 1 Time - 75 EURO)

Certain herbal oils, herbal extracts etc., are applied through the rectum daily for a period of 5 to 25 days. This treatment is for Arthritis, Paralysis, Hemiplegia, Numbness, Gastric complaints associated with Rheumatism and constant Constipation.

SIROVASTHI - 14 Days - 490 EURO (1 time - 35 EURO)

Certain lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's condition for a period of 7 days. This treatment is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches and other Vatha originated diseases.



PRIME TREATMENTS IN AYURVEDA

UDVARTHANAM - 14 Days - 420 EURO (1 time - 30 EURO)

This is a typical massage with herbal powders for about 30 to 45 minutes daily for a period of 14 to 28 days. This treatment is for diseases like Hemiplegia, Paralysis, Obesity (excess fat) and certain Rheumatic ailments.

ABHYANGAM - 14 Days - 280 EURO (1 time - 20 EURO)

Special type of oil massage with strokes given according to the diseases for 45 minutes per day for 14 days. This treatment is very useful for obesity, especially for diabetic gangrene etc.

NASYAM - 14 Days - 140 EURO (1 time - 10 EURO)

Herbal juices, medicated oils etc., are applied through the nose for 7 to 14 days. This treatment is highly effective for certain kinds of headaches, paralysis, mental disorders, certain skin diseases etc.

SNEHAPANAM - 14 Days - 280 EURO (1 Time - 20 EURO)

Medicated ghee is given internally in a proportionally increased quantity for a period of 8 to 12 days. This treatment is for osteoarthritis, psoriasis, leukemia etc.

KIZHI - 14 Days - (KIZHI - PART, 1 TIME - 20 EURO. KIZHI - FULL, 1 TIME - 45 EURO)

Herbal leaves and herbs or herbal powders are applied to the whole body in boluses with hot medicated oils for 45 minutes per day for a period of 7 to 14 days. This treatment is for osteoarthritis, arthritis with swelling, spondilosis, sports Injuries etc.

DHANYAMLA DHARA -14 Days - 730 EURO

Warm herbal liquid is poured all over the body in a rhythmic way through a special vessel for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia, paralysis, rheumatic complaints etc.

YONI PRAKSHALANAM - 1 Time - 15 EURO

Herbal oils and decoctions are applied through the vaginal route. This treatment is good for gynecological disorders. It is also a purification process for genital organs.

KATIVASTHI - 1 time - 30 EURO

In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary. This treatment lasts for 45 minutes to 1 hour and it is good for any type of back pain and spinal disorders.

UROVASTHI - 1 TIME - 40 EURO

Like Kativasthi warm medicated oil is kept over the chest for 45 minutes. This is an effective treatment for asthma, certain respiratory problems, heart diseases and muscular chest pain.

KSHEERADHOOMAM - 1 time - 10 EURO

This is fomentation with medicated cow's milk. This treatment is good for facial paralysis, Bell's palsy, speech disorders and certain nervous disorders of the face.



PRIME TREATMENTS IN AYURVEDA

THALAM - 1 time - 7 EURO

Special powder mixed with medicated oil applied on top of the head for 20 to 45 minutes. This treatment is helpful for ENT problems, insomnia, migraine etc.

LEPANAM - 1 TIME - 20 EURO

This is a process by which medicated herbal paste is applied on the affected part. It is useful for various types of inflammatory conditions.

MARMA MASSAGE (1 TIME - 40 EURO)

This massage stimulates all the vital points called "Marma" of the body. It helps to attain the equilibrium of Vatha, Pitha and Kapha. This massage is helpful for old trauma and injuries from activities like sports, dance and martial arts. This also helps to strengthen the inner muscles and ligaments.

LEKHANEYAM - PART (1 TIME 25 EURO) LEKHANEYAM FULL (1 TIME 45 EURO)

It is a special treatment for obesity. A very special herbal paste is massaged on the body in an upward direction. It is also good for obesity, cellulites and to tone up the muscles and skin.

KARNAPOORNAM (1 TIME - 10 EURO)

In this process, medicated fumes are directed into the ears for 5 to 10 minutes. This process clears the ears and prevents ailments associated with the ear.

THARPANAM (1 TIME - 10 EURO)

This process helps clean the eyes, giving them a cooling effect, prevents eye diseases and strengthens the optic nerves.

MUKHALEPAM (1 TIME- 10 EURO)

This is herbal face pack is made up of specially made herbal powder and fresh cream. This prevents wrinkles and improves the skin tone. This is also good for the eyes.

MEDICATED STEAM BATH (1 TIME - 20 EURO)

Certain precious herbal leaves and herbs are boiled and the steam is passed over the whole body for 10 to 20 minutes. This is good for certain skin diseases, to eliminate impurities from the body, to improve the tone of the body, to reduce fat etc.

REJUVENATION MASSAGE - 1 Time - 35 EURO

This massage includes whole body massage with herbal oil or herbal powder by hand and foot, head massage, face massage for one and half hours. This is good for rejuvenating the body, to reduce mental tension, sexual weakness, to improve vitality etc.

BODY UZHICHIL - 30 EURO

Body massage with herbal oil or herbal powder by hand to tone up the body and to improve the blood circulation etc.



PRIME BODY CARE IN AYURVEDA

REJUVENATION THERAPY (RASAYANA CHIKILSA) - 14 Days - 1260 EURO

This treatment includes body massage with medicated oil and cream by two masseurs using hand and foot, internal rejuvenation medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day for 7 to 14 days. This therapy is to rejuvenate the mind, body and soul, to tone up the skin, and to strengthen all systems so as to achieve ideal health and longevity.

BODY PURIFICATION THERAPY (SHODHANA CHIKILSA) - 15 Days - 1350 EURO

It is a process of purifying the whole body to attain proper balance of Vatha, Pitha and Kapha based on the Panchakarma and Swethakarma Treatment. The 15 day package process includes Body Massage, Snehapanam, Nasyam, Virachanam (Medicated purgative), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, Steam Bath, and internal herbal medicines.

PRADHANAKARMA: FIVE THERAPEUTIC MEASURES

- | | | |
|-----------------|---|--|
| 1. Vamana | - | Therapeutic Vomiting (emesis) |
| 2. Virechana | - | Purgation |
| 3. Nasyam | - | Elimination of toxins through nose (nasal purging) |
| 4. Vasthy | - | Enema |
| 5. Rekthamoksha | - | Blood letting |

BODY IMMUNIZATION /LONGEVITY TREATMENT (KAYAKALPA CHIKILSA) - 28 Days - 2520 EURO

This is the prime treatment in Ayurveda for reducing the ageing process, arresting the degeneration of the body cells and immunization of the system. Giving RASAYANA (very special Ayurvedic medicine) internally is the main part of this programme, based on the Panchakarma and Swethakarma treatment. The 28-day package process includes Body massage, Snehapanam, Virechanam, Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and Medicated Steam Bath. This treatment is best effective if taken before the age of 60, for either sex.

SLIMMING PROGRAMME - 14 Days - 1540 EURO

This includes two types of massages (1) Medicated Herbal Powder Massage (2) Medicated Herbal Oil Massage. These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A very special Ayurvedic diet is advised during the treatment period.



PRIME BODY CARE IN AYURVEDA

BEAUTY CARE PROGRAMME - 10 Days - 1100 EURO

One looks beautiful and radiant only when beauty of the inner body surfaces. Inner beauty can be achieved through Yoga, Meditation and use of beauty enhancers. Outer beauty includes the obvious traits such as contours of the body, texture of the skin and the quality of the hair and nails.

Massage is the easy method for the proper circulation of vital fluids to give a beautiful luster to the skin. In this programme herbal face pack, herbal cream massage, massage with special oils, fruit juices, herbal juices, body pack, head pack, steam bath or herbal bath and intake of herbal juices are included.

This treatment improves the skin complexion, skin tone and muscle tone.

SPINE AND NECK CARE PROGRAMME - 14 Days - 1540 EURO

This special treatment keeps your spine and neck healthy and cures problems related to neck and spine. This programme includes Special Massages, Kativasthi, Snehavasthi, Kashayavasthi, Pizhichil, Njavarakizhi, special Exercises etc.

PSORIASIS TREATMENT PROGRAMME. (SIDHMA CHIKILSA) - 21 Days - 2310 EURO

This is an effective treatment for all types of psoriasis. This special Ayurvedic treatment programme lasts for 21 to 28 days. This programme includes special Lapanam, Abhyangam, Snehapanam, Pizhichil, Medicated Steam Bath and Sirovasthi along with exclusively prepared internal herbal medicines.

MANASANTHY/STRESS MANAGEMENT (10 Days - 1200 EURO)

The human mind is full of stress and strain which creates hormonal imbalance and psychosomatic disorders such as Hypertension, Ulcerative Colitis, Ischaemic Heart Disease, Peptic Ulcer, Diabetic Mellitus, Bronchial Asthma, Migraine, Rheumatoid Arthritis etc. This is a combination of Yoga-Meditation and Ayurveda Therapy with holistic method. This treatment is very effective for stress management as well as for the purification of your body and mind helping you to attain the right balance and temperament of the mind. This therapy includes Yoga, Meditation, Rejuvenation Therapy, Dhara, Njavarakizhi, Thalam, Herbal Steam Bath, Herbal Pack etc, with intake of Herbal Medicines.



PRIME BODY CARE IN AYURVEDA

AYURVEDA ANTI AGEING PROGRAMME - 21 Days - 2520 EURO

The various cells and tissues of the body undergo changes as age advances. So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Ayurveda prescribes treatment for repairing the wear and tear of the body due to ageing process. After proper purification by evacuating measures, one can increase the vital energy called 'ojas' which improves strength and vitality through the 'Rasayana' intake.

This process ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. The 28 day package process includes body massages with special oils and herbal juices, njavaratheppu (massage with rice pudding), narangakizhi, kayasekam with medicated oil or decoctions or milk, snehapanam, virechana, ksheeravasthy, snehavasthythalapothichil, sirodhara, head massage with special herbal juices, thalam, srubhath, herbal bath, steam bath and Rasayana intake with very special diet.

YOGA AND MEDITATION - PER SESSION/PER PERSON - 15 EURO

Daily 03 Yoga & 02 Meditation sessions

Morning:

Meditation: 30 minutes

Advanced Yoga: 90 minutes & **Beginners Yoga :** 90 minutes

Evening:

Meditation: 30 Minutes

Intermediate Yoga: 90 minutes

SOMATHEERAM INTERNATIONAL INSTITUTE OF YOGA

Institute is affiliated to Yoga Alliance International (YAI) & BSS (by Government of India)

Conducting HATHA YOGA TEACHER TRAINING COURSES: for 200 + hours, 300 + hours and 500 + hours.

Rate as per the course

SOMATHEERAM AYURVEDA ACADEMY

Institute is affiliated to BSS

(by Government of India).

Conducting Ayurveda massage and Panchakarma treatment courses.

Rate as per the course



AYURVEDA PANCHAKARMA & RASAYANA PACKAGES

SHANTI YOGA RETREAT & AYUR YOGA RETREAT

Rejuvenation Therapy | Body Purification Therapy | Body Immunization | Slimming Programme
| Beauty Care Programme | Spine & Neck Care Programme | Stress management Programme |
Ayurveda Anti-Ageing Programme.

&

Classic Hatha Yoga Retreat Package (Excluding Ayurveda Treatment) | Classic Hatha Yoga Retreat
with Ayurveda Package.

Each of the above packages includes the following services for the duration of stay

- Accommodation as per the category of booking
- Daily Ayurveda treatments as per the package selection
- Ayurveda vegetarian full board meal
- Initial, daily and final consultation by the doctor
- Free medicines during the treatment period as per the package selection
- Composition of an individual Ayurveda diet menu

The following services are provided complimentary along with every package booking

- Daily one Yoga session
- One half-day backwater tour in a country boat (only for package booking of 14 days or more)
- Airport transfer from Thiruvananthapuram
- German, Italian, French and Russian interpreters
- Any other services will be stated clearly along with the respective package.
- Duration of the treatments may vary according to the direction of the doctor and process may change depending upon the patient's body condition.
- Final decision of the programme will be taken by the consulting doctor.

Discounts

- Loyalty discount
- Repeated guest booking 5% discount against the following conditions:
 - a) Advance information of loyalty-status
 - b) Period of stay exceeds 6 overnights
 - c) The booking is handled through the same agency as before
 - d) Applicable on accommodation - & package-rates

5% discount on the room rent or package rate for any stay exceeding 28 days

The above discounts cannot be combined with any other special offers or other discounts unless specifically mentioned.

**Ayu kaamayamaanena dharmarthsukhsadhanam I
ayurvedopadesheshu vidheyah paramadarah II**
-Ashtang Hridayam, SU.1.2

*Ayurveda had bestowed a global message of health:
May all be happy, May all be free from the diseases
May all see good in everything, May none suffer from any grief!*