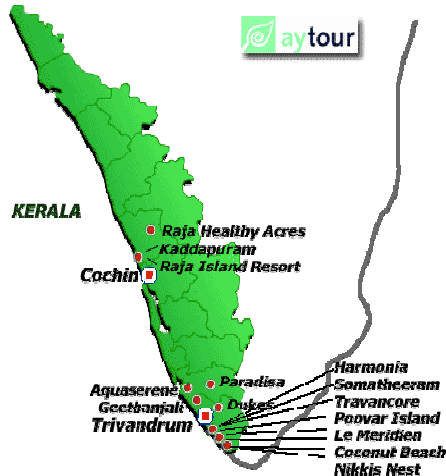


# Coconut Bay Beach Resort

...comfortable Ayurveda



## Ambience...

COCONUT BAY BEACH RESORT is 6 kilometres south of the world renowned Kovalam Beach and just 19 kilometres from Trivandrum, the state capital of Kerala. A pleasant 30 minute drive from the city's airport brings guests to the sylvan environs of the seaside resort. Beside the comfortable and familiar atmosphere you will find everything what you need for an unforgettable stay: sea view open air restaurant serving Kerala, North Indian, Continental, Chinese, Tandoori delicacies and Seafood specialities, a well-stocked resort library with more than 200 books and magazines and on weekends programs showcasing Indian culture and local cultural traditions.

## Accommodation...

The Resort consists of fifteen comfortable deluxe cottages, each with a fantastic view of the sea. Just 25 meters from your door is the beautiful , uncrowded beach, where you can lounge in shaded comfort, bake in the golden sunshine, or thrill to the exhilarating surf. Every cottage is well furnished with all modern comforts, including hot and cold water, refrigerator, telephone and provided with personalised room service wherever needed. Furthermore 5 beach rooms are available, catering to the needs of individual single travellers with a may be more limited budget.

## Health...

Ayurveda, the beacon of hope against the darkness of all ills and ailments. The eternal science of Ayurveda is practiced exactly as it was by the great healers of ancient India , with a 5000- year tradition to back up their art. Coconut Bay Beach Resort is associated with a nearby seated independent Ayurvedic Health Clinic directed by the highly qualified and experienced Dr. Franklin.

## Possible cure content –

- 1 initial consultation incl determination of dosha, „Vata, Pitha, Kapha“
- 1 final consultation
- 2 x weekly consultation
- 2 x daily medication
- Food Consultation
- Head Massage
- Facial Massage
- Synchron Massage (whole body)
- Intensive Massage
- Oil-Herbal-Rice-Massage
- Oilstream-Head-Treatment
- Detox (Vashti, Colon Irrigation)
- Nose-Cleaning
- Herbal Inhalation

- Herbal Steam
- Herbal Bath
- Flower Bath
- Yoga & Meditation
- Special treatments
- = Approx hours of treatments per day : 2.5 – 4

## Leisure...

The unique location on the beach offers various facilities such as beach umbrellas, reclining beach chairs, life jackets, life belts, Katamaram (catamaran) rides, snorkelling equipment, fishing rods, life guard and beach games. You can walk miles of secluded beach, yet only 30 minutes away from entertainment and shopping.



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