

# Duke`s Forest Lodge

...a plantation retreat



## Ambience...

Duke's Forest Lodge is located just 50 kilometres (about 1 hour) from Kovalam - the all-time favourite beach resort in Kerala, between the capital city of Thiruvananthapuram and the hill station of Ponmudi. The nearest international airport and Railhead is at Thiruvananthapuram (Trivandrum/TRV) located in a distance of 48 kilometres. The drive to the resort is quite picturesque and thoroughly enjoyable. Duke's Forest Lodge is perched on the edge of a 130 acres Rubber Plantation (Riverside Estate) fringing the Pepara Wildlife Sanctuary- which is a habitat to a wide variety of endangered flora and fauna in Southern Kerala.

## Accommodation...

The lodge consists of ethnically designed well spaced out independent Pool-Villas with large sit-outs that offer spectacular views of the virgin rainforests. The Villas built on pillars are accessible by well-lit landscaped walkways dotted with banana plants in-between. The bedrooms are spacious with elegantly furnished interiors and en-suite roomy bathrooms. Another sort of accommodation which may be found on the plantation ground of Dukes are the mansion rooms, comfortable and cosy, however located round about 500 meter from the pool area and about 200 meters from the ayurvedic centre.

## Health...

The ayurvedic centre obtains the services of a consultation room, 4 treatment rooms, 1 chief doctor cooperating with the medical team of Nikki`s Nest and 4 experienced therapists. Dukes is a place to completely concentrate on a purification cure, in the middle of unspoilt nature, especially recommendable for people with all kinds of civilization-based shortcomings, requiring piece and quietness.

## Possible cure content –

- 1 initial consultation incl determination of dosh
- 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 (Vashti)
- Detox (Vashti, Oil Irrigation)
- Nose-Cleaning
- Herbal Inhalation
- Herbal Steam
- Herbal Bath
- Flower Bath
- Yoga & Meditation
- Special treatments

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- = Approx hours of

## Leisure...

"Duke`s" offers Trekking, Rafting, Night Trek, Over Night Camp & Jeep Safari, Elephant Rides, Swimming in the Kallar River.