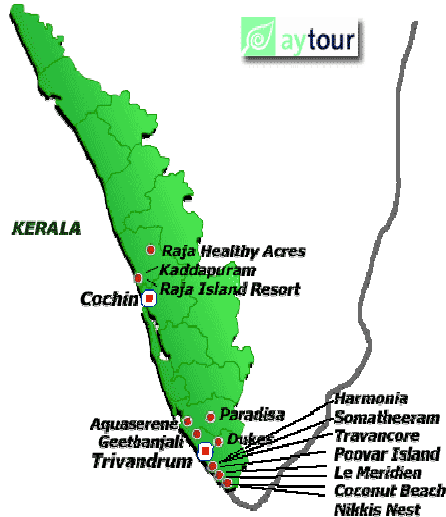


Paradisa Plantation Retreat

...heavenly Ayurveda in mist and mountains



Ambience...

Picture the earth in all its glory. Warm sunny mornings that end cool, starry nights. Birdsong. Greenery. Peace. The Maharajas of Travancore chose this setting in the pristine hills of Kerala for their summer palace. Paradisa Plantation Retreat is also set against this backdrop, on our organically grown coffee and spice plantation. This area, renowned for its tea plantations, is on the ascent to the Cardamom Hills. The Retreat comprises traditional wooden Kerala houses, placed individually for complete privacy. The tree house was built by the tribal people of the area. Great care has been taken in the construction of the Retreat, not to alter the lay of the land, thereby preserving the original landscape.

Accommodation...

The architecture of the retreat is based on the traditional Kerala style wooden houses. These have been embellished with priceless antique columns and artifacts, all personally handpicked and placed, creating an ambience of quiet cultural richness. As this is a power deficient area, captive power is used for about two hours in the morning and from dusk to midnight. Antique lanterns and night lamps are provided in each room. Each living unit has private facilities, however unnecessary items such as Airconditioning, telephone and TV won't be found in the rooms.

Health...

'Ayurveda' means the 'science of life'. It is an ancient system of preventive medicine, which provides remedies for illnesses and prescribes ideal lifestyles to prevent the onset of sickness and disease. Excellent treatments are available at our inhouse ayurveda centre under the expert guidance of a qualified doctor and his team. The resort is facilitated with an ayurvedic centre obtaining 4 treatment places, operated by Therapists and doctors of the "Healing veda" company, well reputed for excellent medical services. Healing veda is offering Rejuvenation and Purification treatments (detox), depending on the clients state of health and prebooking facilities. e.g. - persons who do not suffer from particular illnesses may do as well with rejuvenation, whereas persons suffering from an essentially good life (eating too fat, drinking too much, smoking like a steamlok) should be prepared to book a purification (intensive) cure.

Possible content of cure

- 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...

There is plenty to do besides soaking up the peace and quiet. A trek through the plantation is an education. See the cultivation and harvesting of coffee, cardamom, cloves and pepper. The tea plantations, factory and the cardamom-processing unit are well worth a visit. The scenic countryside invites you to take long walks. The heady combination of raw nature and the clean air is a potent restorative.



e-mail: info@travel-res.net
Tel: +49 8151 99879914