



### Ambience...

The hotel is located 30 kms. from Trivandrum, the capital of Kerala and the nearest Airport. As you cross the little town of Poovar you are welcomed by a fantastic area where boats await you for a unique experience. A ten minutes boat ride and your eyes are greeted by the beautiful estuary with the backwaters on one side and the beach on the other.

### Acomodation...

The resort offers all facilities to please the modern traveller. A multi-cuisine restaurant with formal dining and some exquisite food & a coffee shop with casual dining are there to cater to your palettes giving you a variety of Kerala, North Indian & Continental cuisine. The resort also has a Sunken Bar in the swimming pool for those who prefer to take a dip before the drink & for the less adventurous we will serve you your drinks at the restaurant or the poolside. However, ayurveda-guests staying in the Ayurveda floating cottages have total privacy, meals are served separately in order to meet the requirements of the dosha being respected. Any kind of non-ayurvedic unnecessities have been eliminated from the rooms – just being facilitated with fan, a modern bathroom and cosy wooden furniture.

In other words- you have the best of both worlds.

### Health...

Ayurveda is the ancient science of India. The word 'Ayu' literally means 'life' and 'Veda' means 'science' or 'knowledge'. It is a perfect science of life, which explains the knowledge of balancing the human body, mind and Soul, emphasizing that PREVENTION IS BETTER THAN CURE. Believed to be originated from Lord Brahma, Ayurveda is a Branch of Atharva Veda-which is one among the four Vedas or treatises that forms the basis of Indian philosophy, the others being Rig Veda, Yajur Veda and Sama Veda. Apart from a healing science, it is also a perfect science of self-knowledge.

### 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



Ayurveda Floating Cottages

### Leisure...

400 sq. Ft. Swimming pool, Private deck for Sunbathing, Beach volleyball, Sight seeing trips to nearby places of historical and cultural importance can be arranged at extra cost. Yoga ( at an extra cost), Cultural Programmes.