



Ambience...

The Somatheeram Beach Ressort is situated in Kerala, the state of India in the Southwest which is best known for Ayurveda, 21 km from International Airport of Trivandrum (Tiruvananthapuram) and 9 km from renowned Kovalam Beach. Fine golden sandy beaches and stretches of swaying coconut palms surrounds this spacious resort on a gentle hill slope full of lush vegetation and beautiful tropical flowers. In this charming atmosphere you can find peace and tranquillity. At the restaurant with a phantastic panaroma view over the Arabian Sea or at your private terrace you will get served with excellent food and you can choose between a wide variety of assorted dishes from the Indian, European, vegetarian or Ayurvedic kitchen.

Accomodation...

You would stay in Cottages or wooden Kerala Houses, which are built in the typical Kerala style. So you can choose between a wide variety of individual accommodation facilities. SIDDHARTA: A granite built palace like house with a spacious pentagon shaped living room, a gorgeously decorated king size bedroom, overlooking an inexplicable panorama. Steps leading to a terrace with an eye-catching view, an open courtyard with a palm tree and an open roof bath are added attractions. ILLAM, MANA: Traditional Kerala houses mostly wooden built with antique doors and furniture. Each house has 2 bedrooms, one being deluxe with a living room and the other an ordinary room rented separately. Taken together you own an exclusive compound with greeneries and the ocean for sight. THARAVADU, ARAPPURA: A traditional Kerala house with one deluxe and one ordinary accommodation. The wood based house. JEEVA: A Kerala house with two bedrooms rented separately situated on the slopes to the beach amidst verdant coconut grooves. NALUKETTU: A traditional Kerala house with four bedrooms, rented separately, mostly wooden built surrounded by a verandah with an inner open courtyard with antique doors and pillars overlooking the ocean. SPECIAL COTTAGES: Round thatched villas, build of natural mud, bricks and having more sea view. ORDINARY COTTAGES: Round stone or brick built thatched villas with attached toilet and bath room. Depending on the style the rooms are furnished very comfortable and tastefully and have their own attached bathrooms, ventilators and telephone. The sister resort, MANALTHEERAM with several more cottages is situated very close by only a hundred meters away on the beach.

Health...

The offerings of Ayurvedic treatments are quite miscellaneous. A speciality of SOMATHEERAM is a rare form of foot massage which strengthens the whole body. A well trained team of experienced doctors, therapists and a Yoga teacher will provide an ideal attendance and caring. The classical treatment is the Purification Therapy. It cleans the body, the spirit and the soul. If the contamination of the body is done you will get applied some ayurvedic drugs for stimulating the digestion. The therapy contains five different forms of treatments (Pizhichil, Nasyam, Navarakizhi, Sirovasthi, Tharpanam), body massages, medicated steam bath and treatment by ayurvedic drugs.

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
- Vata Pitta Kapha Irrigation
- Vata Pitta Kapha
- Nose-Cleaning
- Herbal Inhalation
- Herbal Steam
- Herbal Bath
- Flower Bath
- Yoga & Meditation
- Special treatments

- Oilstream-Head
- Detox (Vashti, C
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- Herbal Steam
- Herbal Bath
- Flower Bath
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- Special treatment
- = Approx hours o

Leisure...

SOMATHEERAM has its own Travel agency there and they are offering regular excursions like a Backwater trip by boat through lagoons, rivers and natural channels or to the Periyar Wildlife Park. Also you can go on a half hour drive to Trivandrum, the capital of Kerala, where you find historical temples and monuments, colourful markets and various shopping occasions. In the evening the SOMATHEERAM offers some cultural events like folk dances and music performances.