

TARIFF

a haven of peace
eine Stätte des Friedens



**Beach & Lake**[®]
AYURVEDIC RESORT

CP Tariff in Euro

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 91 | 83 | 61 | 55 | 55 | 50 |
| Non A/C Superior Deluxe | 79 | 72 | 50 | 45 | 44 | 40 |
| A/C Deluxe | 73 | 66 | 50 | 45 | 44 | 40 |
| Non A/C Deluxe | 61 | 55 | 39 | 35 | 33 | 30 |
| A/C STD Deluxe | 48 | 44 | 33 | 30 | 33 | 30 |
| Non A/C STD Deluxe | 36 | 33 | 22 | 20 | 22 | 20 |

MAP Tariff in Euro

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 123 | 98 | 90 | 69 | 84 | 64 |
| Non A/C Superior Deluxe | 111 | 87 | 79 | 59 | 73 | 54 |
| A/C Deluxe | 105 | 82 | 79 | 59 | 73 | 54 |
| Non A/C Deluxe | 93 | 71 | 68 | 49 | 62 | 44 |
| A/C STD Deluxe | 80 | 60 | 62 | 44 | 62 | 44 |
| Non A/C STD Deluxe | 68 | 49 | 51 | 34 | 51 | 34 |

AP Tariff in Euro

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 155 | 115 | 119 | 84 | 113 | 79 |
| Non A/C Superior Deluxe | 143 | 104 | 108 | 74 | 102 | 69 |
| A/C Deluxe | 137 | 98 | 108 | 74 | 102 | 69 |
| Non A/C Deluxe | 125 | 87 | 97 | 64 | 91 | 59 |
| A/C STD Deluxe | 112 | 76 | 91 | 59 | 91 | 59 |
| Non A/C STD Deluxe | 100 | 65 | 80 | 49 | 80 | 49 |

NB: Taxes as per Govt. rules. Luxury tax 12.50% Service tax 7.42%. | Extra Bed 22 EURO on CP (non commissionable)
 Extra bed 28 EURO on MAP (non commissionable) | Extra Bed 34 EURO on AP (non commissionable) | Check in 12 noon /Check out 11.00 am

CONDITIONS

Hotel bills are to be settled every week. Treatment charges are to be paid after consultation. 25% of tariff should be paid in advance for confirmation. The advanced amount will not be refunded if reservation cancelled 30th day or less prior to arrival.

REJUVENATION THERAPY

| CATEGORY | OCTOBER to MARCH | | | | AUGUST to SEPTEMBER | | | | APRIL to JULY | | | |
|-------------------------|------------------|--------|-----------|--------|---------------------|--------|-----------|--------|---------------|--------|-----------|--------|
| | 7 Nights | | 14 Nights | | 7 Nights | | 14 Nights | | 7 Nights | | 14 Nights | |
| | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 1841 | 1239 | 3682 | 2478 | 1470 | 938 | 2940 | 1876 | 1421 | 896 | 2842 | 1792 |
| Non A/C Superior Deluxe | 1743 | 1141 | 3486 | 2282 | 1379 | 854 | 2758 | 1708 | 1330 | 819 | 2660 | 1638 |
| A/C Deluxe | 1694 | 1092 | 3388 | 2184 | 1379 | 854 | 2758 | 1708 | 1330 | 819 | 2660 | 1638 |
| Non A/C Deluxe | 1589 | 1001 | 3178 | 2002 | 1288 | 777 | 2576 | 1554 | 1239 | 735 | 2478 | 1470 |
| A/C STD Deluxe | 1484 | 910 | 2968 | 1820 | 1239 | 735 | 2478 | 1470 | 1239 | 735 | 2478 | 1470 |
| Non A/C STD Deluxe | 1379 | 819 | 2758 | 1638 | 1148 | 651 | 2296 | 1302 | 1148 | 651 | 2296 | 1302 |

BODY PURIFICATION

| CATEGORY | OCTOBER to MARCH | | | | AUGUST to SEPTEMBER | | | | APRIL to JULY | | | |
|-------------------------|------------------|--------|-----------|--------|---------------------|--------|-----------|--------|---------------|--------|-----------|--------|
| | 7 Nights | | 14 Nights | | 7 Nights | | 14 Nights | | 7 Nights | | 14 Nights | |
| | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 1841 | 1239 | 3682 | 2478 | 1470 | 938 | 2940 | 1876 | 1421 | 896 | 2842 | 1792 |
| Non A/C Superior Deluxe | 1743 | 1141 | 3486 | 2282 | 1379 | 854 | 2758 | 1708 | 1330 | 819 | 2660 | 1638 |
| A/C Deluxe | 1694 | 1092 | 3388 | 2184 | 1379 | 854 | 2758 | 1708 | 1330 | 819 | 2660 | 1638 |
| Non A/C Deluxe | 1589 | 1001 | 3178 | 2002 | 1288 | 777 | 2576 | 1554 | 1239 | 735 | 2478 | 1470 |
| A/C STD Deluxe | 1484 | 910 | 2968 | 1820 | 1239 | 735 | 2478 | 1470 | 1239 | 735 | 2478 | 1470 |
| Non A/C STD Deluxe | 1379 | 819 | 2758 | 1638 | 1148 | 651 | 2296 | 1302 | 1148 | 651 | 2296 | 1302 |

SLIMMING PROGRAMME

| CATEGORY | OCTOBER to MARCH | | | | AUGUST to SEPTEMBER | | | | APRIL to JULY | | | |
|-------------------------|------------------|--------|-----------|--------|---------------------|--------|-----------|--------|---------------|--------|-----------|--------|
| | 21 Nights | | 28 Nights | | 21 Nights | | 28 Nights | | 21 Nights | | 28 Nights | |
| | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 5523 | 3717 | 7364 | 4956 | 4410 | 2814 | 5880 | 3752 | 4263 | 2688 | 5684 | 3584 |
| Non A/C Superior Deluxe | 5229 | 3423 | 6972 | 4564 | 4137 | 2562 | 5516 | 3416 | 3990 | 2457 | 5320 | 3276 |
| A/C Deluxe | 5082 | 3276 | 6776 | 4368 | 4137 | 2562 | 5516 | 3416 | 3990 | 2457 | 5320 | 3276 |
| Non A/C Deluxe | 4767 | 3003 | 6356 | 4004 | 3864 | 2331 | 5152 | 3108 | 3717 | 2205 | 4956 | 2940 |
| A/C STD Deluxe | 4452 | 2730 | 5936 | 3640 | 3717 | 2205 | 4956 | 2940 | 3717 | 2205 | 4956 | 2940 |
| Non A/C STD Deluxe | 4137 | 2457 | 5516 | 3276 | 3444 | 1953 | 4592 | 2604 | 3444 | 1953 | 4592 | 2604 |

STRESS MANAGEMENT (Body, Mind & Soul)

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | 14 Nights | | 14 Nights | | 14 Nights | |
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 4158 | 2716 | 3416 | 2114 | 3318 | 2030 |
| Non A/C Superior Deluxe | 3962 | 2520 | 3234 | 1946 | 3136 | 1876 |
| A/C Deluxe | 3864 | 2422 | 3234 | 1946 | 3136 | 1876 |
| Non A/C Deluxe | 3654 | 2240 | 3052 | 1792 | 2954 | 1708 |
| A/C STD Deluxe | 3444 | 2058 | 2954 | 1708 | 2954 | 1708 |
| Non A/C STD Deluxe | 3234 | 1876 | 2772 | 1540 | 2772 | 1540 |

BEAUTY CARE PROGRAMME

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | 10 Nights | | 10 Nights | | 10 Nights | |
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 2830 | 1870 | 2220 | 1400 | 2150 | 1340 |
| Non A/C Superior Deluxe | 2690 | 1730 | 2090 | 1280 | 2020 | 1220 |
| A/C Deluxe | 2620 | 1660 | 2090 | 1280 | 2020 | 1220 |
| Non A/C Deluxe | 2470 | 1530 | 1960 | 1160 | 1890 | 1100 |
| A/C STD Deluxe | 2320 | 1400 | 1890 | 1100 | 1890 | 1100 |
| Non A/C STD Deluxe | 2170 | 1270 | 1760 | 990 | 1760 | 990 |

PER DAY PACKAGES

| CATEGORY | OCTOBER to MARCH | | AUGUST to SEPTEMBER | | APRIL to JULY | |
|-------------------------|------------------|--------|---------------------|--------|---------------|--------|
| | Double | Single | Double | Single | Double | Single |
| A/C Superior Deluxe | 263 | 177 | 210 | 134 | 203 | 128 |
| Non A/C Superior Deluxe | 249 | 163 | 197 | 122 | 190 | 117 |
| A/C Deluxe | 242 | 156 | 197 | 122 | 190 | 117 |
| Non A/C Deluxe | 227 | 143 | 184 | 111 | 177 | 105 |
| A/C STD Deluxe | 212 | 130 | 177 | 105 | 177 | 105 |
| Non A/C STD Deluxe | 197 | 117 | 164 | 93 | 164 | 93 |

PACKAGES INCLUDE ACCOMMODATION : AYURVEDIC TREATMENT, YOGA, FULL BOARD VEG. FOOD & ALL GOVT. TAXES

STRESS MANAGEMENT INCLUDES YOGA & MEDITATION.

Supplement Charges - X'mas and New Year celebrations, compulsory participation. Per head per event 50 EURO (No Commission)

HEALTH CARE PROGRAMME

BORN TO WIN :(21 Days 945 Euros)

This is a special treatment to stimulate the vital points of the body. The traditional knowledge of vital points and the usage of acupressure in a holistic manner is the essence of this treatment. This treatment would energize the vital aspects of the body to attain equilibrium of Vatha, Pitha and Kapha (Three Doshas) thus acquiring a temperance of mind to become more successful in life.

REJUVENATION THERAPY : (Rasayana Chikilsa 14 Days 630 Euros)

This treatment is a body massage done with hand and foot (the masseur balancing on a rope) using a medicated oil or cream. The therapy is 90 minutes to 2 hours a day depending on one's structure of the body for 7 to 14 days. The treatment is good to rejuvenate the mind, body and soul, to tone up the skin and to strengthen the body systems to achieve an ideal health and longevity.

YOU AND YOUR SPINE : (15 Days 975 Euros)

This is an exceptional package for spinal problems. This treatment will strengthen the back muscles and prevent the degeneration of bones. It will also prevent nerve compression which is a significant aspect and problem to many. This treatment is very good for Spondylosis, post traumatic problems (accidental) sports injurious etc. The treatment includes Body Massage, Spehapanam (ghee intake), Virechanam (purgation), Kadi Vasthi (lower back treatment), Sneha Vasti (oil enema), Kashaya Vasti (decoction enema), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application) etc.

STRESS MANGAGEMENT (BODY, MIND AND SOUL) : (14 Days 910 Euros)

This is a downright stress reliever with a combination of Yoga, Meditation & Ayurveda in a holistic approach. Through this program one's body and mind are purified. It is a 14 day package to help attain a relaxed state of mind. The treatment includes rejuvenation massage (a hand and foot massage) Sirodhara (pouring of medicated oil/milk/butter milk/ over the forehead in a rhythmic manner), Gnavarakizhi (medicated rice pudding application), talam (medicated herbal paste applied on the forehead), herbal steam bath, application of herbal pack, intake of herbal medicines and so on.

5. BODY IMMUNIZATION / ANTI-AGING TREATMENT: (28 Days 1400 Euros)

This is a prime treatment in Ayurveda for reducing aging process, arresting the degeneration of body cells, and immunizes the body system. Giving Rasayana (special Ayurvedic medicine) internally is the main part of this program based on Panchakarma and Swetakarma treatment. The package includes Body Massage, Snehapanam (ghee intake), Vamanam (emesis therapy), Virechanam (purgation), Nasyam (nasal medication therapy), Sneha Vasthi (oil enema), Kashaya Vasthi (decoction enema), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application), Tharpanam (collyrium), Sirovasthi (herbal preparation medicated oil/ decoction poured in a cylindrical cap fixed and kept atop the head for a specific time as prescribed by the doctor), Karnapooranam (ear cleansing therapy) and medicated steam bath.

6. SLIMMING PROGRAMME : (28 Days 1316 Euros)

This program includes massage, intake of herbal juice, herbal preparation as advised during the period by the doctor. There are two types of massages.

A. Medicated Herbal Powder Massage

B. Medicated Herbal Oil Massage

7. BEAUTY CARE PROGRAMME : (10 Days 480 Euros)

Beauty Care Program is a massaging process with oil, powder and cream. Intake of herbal tea, application of body pack and face pack are also part of the program. The concept increases the skin complexion and beautifies the figure.

8. (A) PANCHAKARMA CHIKILSA: (Full Course 51 Days 2295 Euros)

The 51 day program is an intensive preparation procedure for Panchakarma. In the process of purification of the body to attain a proper balance of the three doshas "Vata, Pitta and Kapha" based on Panchakarma treatment. The package includes Body Massage, Snehapanam (ghee intake), Vamanam (emesis therapy), Brahma Vasti (decoction enema), Sirodhara (pouring of medicated oil/milk/butter milk/ over the forehead in a rhythmic manner), Pizhichil (oil bath), Gnavarakizhi (medicated rice pudding application), Tharpanam (collyrium), Karnapooranam (ear cleansing therapy), Body Pack, Anjanam (cleansing of the eyes), Gandoosham (holding medicated preparation in one's mouth for teeth, gum and mouth problems) and medicated bath.

(B) **PANCHAKARMA PROGRAMME:** (30 Days 1350 Euros) This is the same as stated above in 8A. The preparations are less intensive.

9. BODY PURIFICATION THERAPY: (Shodna Chikilsa 15 Days 675 Euros)

This is also a process of purifying the body to attain a proper balance of Vatha, Pitha and Kapha by Panchakarma. This will also purify the Doshas of the mind namely Satwa, Rajas and Thamas. The 15 days package may include body massage, Snehanam (ghee intake), Vamanam (emesis therapy), Nasyam (nasal medication therapy), Virechanam (purgation) Sneha Vasti (oil enema), Kashaya Vasthi (decoction enema), Pizhichil (oil bath), Gnavaarakizhi (medicated rice pudding application), Tharpana (eyes cleaning therapy), Sirovasthi (head therapy), Karnapooranam (ear cleansing therapy) and medicated steam bath.

SPECIAL TREATMENTS

| | |
|--------------------------|--------------------------------------|
| 1. Psoriasis | 5. Mental Tension, Stress |
| 2. Bronchial Asthma | 6. Arthritis and Associated Ailments |
| 3. Tropical Eosinophilia | 7. Acidity and Associated Ailments |
| 4. Infertility | 8. Immuno deficiency disorders |

COURSES CONDUCTED HERE (Throughout the Year)

| | |
|--|------------------------------|
| 1. Massage course | 15 days (30 Hrs) 1000 Euros |
| 2. Know How of Ayurvedic Principles | 1 Month (60 Hrs) 1000 Euros |
| 3. The Principles of Panchakarma Treatment | 1 Month (120 Hrs) 1750 Euros |
| 4. Yoga Teaching Training Course | 1 Month (90 Hrs) 1050 Euros |
| 5. Ayurvedic Cooking Course | 15 days (30 Hrs) 300 Euros |

* Duration and course of the treatment may vary according to the direction of the doctor.

* Process may change depending upon one's body conditions.

Ayurveda is a health science, the oldest and most complete healing system known today. The word Ayurveda is derived from two Sanskrit terms, literally meaning: **The knowledge of life**. At the heart of Ayurveda lies the concept of Three '**doshas**': **Vatha, Pitha and Kapha**. These doshas are present in everyone and the predominance of one over another determines one's body type and constitution. Balancing the three harmoniously, will promote a healthy body and mind. India's Sages prescribed Ayurveda several millennia ago and it is now gaining popularity throughout the West as its systems are more relevant than ever in treating the diseases of the modern age. This holistic treatment involves various types of massages, oil applications, inhalations, diet and natural medicines. Your personal treatment plan will be prescribed after your initial consultation. The Beach and Lake Ayurvedic Resort is open throughout the year. We wish to provide the following individual Ayurvedic therapies and Yoga sessions for the convenience of our short-stay guests.

INDIVIDUAL THERAPIES

| SI.No | AYURVEDA Programmes | Rate in Euro |
|-------|----------------------|--------------|
| 1 | Rejuvenation Massage | 25 |
| 2 | General Massage | 18 |
| 3 | Medicated Steam Bath | 10 |
| 4 | Sirodhara | 27 |
| 5 | Kizhi (Whole Body) | 20 |
| 6 | Face Pack | 10 |

YOGA

| | | |
|---|--|----|
| 1 | Yoga per session | 7 |
| 2 | Yoga and Meditation per session | 17 |
| 3 | Yoga and Meditation (Individual attention) | 20 |

For details contact Reception

FACILITIES

- All rooms are having sea/lake (river) facing view
- Ayurveda Clinic & Treatment
- Kalaripayattu (Kerala Martial Arts)
- Backwater Cruise
- Restaurant Serving all Cuisine
- Money Changing
- Major Credit Cards Accepted
- Tour and Travel Division
- Safe Deposit Locker
- Room Service | Laundry
- Baby Sitting
- Refrigerator | Television
- 24 hours Hot Water
- Pick up/drop, from/to Airport/Railway Station (Trivandrum)
- High speed internet browsing in the room
- Wifi | ISD | Fax
- Indoor Games
- Peddling and Canoeing
- Bird Watching etc.
- Backwater trip two hours Rs. 400 (per person)



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