

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 Standard Deluxe	48	44	33	30	33	30
Non A/C Standard 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 Standard Deluxe	80	60	62	44	62	44
Non A/C Standard 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 Standard Deluxe	112	76	91	59	91	59
Non A/C Standard Deluxe	100	65	80	49	80	49

NB : Above rates are excluding Taxes. Taxes as per Govt. Rules. Extra Bed 25 EURO on CP (non commissionable)

CONDITIONS

25% of Tariff should be paid in advance for confirmation, balance amount must be paid on arrival time. The advanced amount will not be refunded and full amount will be charged if reservation cancelled 30th day or less prior to arrival.

Check in 12 noon/Check out 11.00 am

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	1960	1288	3920	2576	1575	987	3150	1974	1526	945	3052	1890
Non A/C Superior Deluxe	1862	1197	3724	2394	1484	903	2968	1806	1435	861	2870	1722
A/C Deluxe	1813	1148	3626	2296	1484	903	2968	1806	1435	861	2870	1722
Non A/C Deluxe	1715	1057	3430	2114	1393	819	2786	1638	1330	770	2660	1540
A/C Standard Deluxe	1610	966	3220	1932	1330	770	2660	1540	1330	770	2660	1540
Non A/C Standard Deluxe	1505	861	3010	1722	1246	693	2492	1386	1246	693	2492	1386

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	1960	1288	3920	2576	1575	987	3150	1974	1526	945	3052	1890
Non A/C Superior Deluxe	1862	1197	3724	2394	1484	903	2968	1806	1435	861	2870	1722
A/C Deluxe	1813	1148	3626	2296	1484	903	2968	1806	1435	861	2870	1722
Non A/C Deluxe	1715	1057	3430	2114	1393	819	2786	1638	1330	770	2660	1540
A/C Standard Deluxe	1610	966	3220	1932	1330	770	2660	1540	1330	770	2660	1540
Non A/C Standard Deluxe	1505	861	3010	1722	1246	693	2492	1386	1246	693	2492	1386

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	5880	3864	7840	5152	4725	2961	6300	3948	4578	2835	6104	3780
Non A/C Superior Deluxe	5586	3591	7448	4788	4452	2709	5936	3612	4305	2583	5740	3444
A/C Deluxe	5439	3444	7252	4592	4452	2709	5936	3612	4305	2583	5740	3444
Non A/C Deluxe	5145	3171	6860	4228	4179	2457	5572	3276	3990	2310	5320	3080
A/C Standard Deluxe	4830	2898	6440	3864	3990	2310	5320	3080	3990	2310	5320	3080
Non A/C Standard Deluxe	4515	2583	6020	3444	3738	2079	4984	2772	3738	2079	4984	2772

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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	4396	2814	3626	2212	3528	2128
Non A/C Superior Deluxe	4200	2632	3444	2044	3346	1960
A/C Deluxe	4102	2534	3444	2044	3346	1960
Non A/C Deluxe	3906	2352	3262	1876	3136	1778
A/C Standard Deluxe	3696	2170	3136	1778	3136	1778
Non A/C Standard Deluxe	3486	1960	2968	1624	2968	1624

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	3030	1960	2580	1580	2510	1520
Non A/C Superior Deluxe	2880	1830	2450	1460	2380	1410
A/C Deluxe	2810	1760	2450	1460	2380	1410
Non A/C Deluxe	2670	1630	2320	1350	2230	1270
A/C Standard Deluxe	2520	1500	2230	1270	2230	1270
Non A/C Standard Deluxe	2380	1350	2110	1160	2110	1160

PER DAY PACKAGES

CATEGORY	OCTOBER TO MARCH		AUGUST TO SEPTEMBER		APRIL TO JULY	
	Double	Single	Double	Single	Double	Single
A/C Superior Deluxe	280	184	225	141	218	135
Non A/C Superior Deluxe	266	171	212	129	205	123
A/C Deluxe	259	164	212	129	205	123
Non A/C Deluxe	245	151	199	117	190	110
A/C Standard Deluxe	230	138	190	110	190	110
Non A/C Standard Deluxe	215	123	178	99	178	99

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

STRESS MANAGEMENT INCLUDES YOGA, MEDITATION

Supplement Charges : Mandatory New Year Celebrations on 31st December Per head 60 EURO (No Commission)

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HEALTH CARE PROGRAMME

1. BORN TO WIN : (21 days)

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.

2. REJUVENATION THERAPY : (Rasayana Chikilsa 14 Days)

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.

3. YOU AND YOUR SPINE : (15 Days)

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 injuries etc. The treatment includes Body Massage, Snehapanam (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.

4. STRESS MANAGEMENT (BODY, MIND AND SOUL) : 14 Days)

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.

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

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, Snehanam (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)

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 PROGRAM : (10 Days)

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)

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, Snehanam (ghee intake), Vamanam (emesis therapy), Brahma Vasti (decoction enema), Sirodhara (pouring of medicated oil/milk/buttermilk/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.

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(B) PANCHAKARMA PROGRAMME : (30 Days)

This is the same as stated above in 8A. The preparations are less intensive.

9. BODY PURIFICATION THERAPY : (Shodhana Chikilsa 15 Days)

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, Snehapanam (ghee intake), Vamanam (emesis therapy), Nasyam (nasal medication therapy), Virechanam (purgation) Sneha Vasti (oil enema), Kashya Vasthi (decoction enema), Pizhichil (oil bath), Gnnavarakizhi (Medicated rice pudding application), Tharpana (eyes cleansing 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 (Through out 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 (120Hrs) 1750 Euros
4. Yoga Teaching Training Course	1 Month (200Hrs) 2283 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.

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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 ones 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 application, inhalations, diet and natural medicines. Your peronal 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

Sl. No.	Ayurveda Programmes	Rate in Euro
1	Rejuvenation Massage	28
2	General Massage	20
3	Medicated Steam Bath	11
4	Sirodhara	30
5	Kizhi (Whole Body)	23
6	Face Pack	11

YOGA

1	Yoga per session	7
2	Yoga and Meditation per session	17
3	Yoga and Meditation (Individual attention)	25

For details contact Reception

FACILITIES

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

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