

Aarsha Hospitality - Soft Touch Ayurveda Village, Near Chalakkudy River

Warm greetings from Aarsha Hospitality!!!!

It gives me immense pleasure to write this email regarding our new addition and the first one in the wellness segment from Aarsha Hospitality - Soft Touch Ayurveda Village.

Soft Touch Ayurveda Village is located at Chalakudi, about an hour drive from Cochin International Airport. The property is nestled in 15 acres of farm on the banks of Chalakudi river with well equipped accommodation units, treatment rooms, swimming pool and all modern amenities. Our experienced as well as passionate doctors and therapists, add value to the services.

The packages start from 7 nights stay onwards however, as an introductory offer, we are working on a 3 nights rejuvenation package too which is expected to be rolled out in a couple of days. Shall share the same along with the detailed property fact sheet soon.

TAC offered on the given rates will be 20%

Meanwhile, if you have some of your FTOs visiting India in the coming days, we will be more than happy to host their stay so that they have a first-hand experience of the property. As always, we seek your kind support to make it a successful project.

Kind Regards

Minto George
Aarsha Hospitality, Cochin



Our spa epitomizes self-care and indulgence, driven by Ayurveda's holistic healing. Led by seasoned Ayurveda doctors, our adept team delivers personalized therapies addressing your unique needs.

6 Luxurious Treatment Rooms: 4 spacious couple room setups, 2 modern Ayurveda rooms with Jacuzzi

2 Daily Ayurvedic Massages: One 60-minute morning & 30-minute evening session, below are some popular therapies

Yoga: Immerse yourself in our daily yoga sessions led by our Master, set in the luxurious garden surroundings

Panchakarma: Usually spanning 14 days as per Doctor's consultation. The specific requirements can be discussed with our Doctor before your arrival

Full board: All meals included (Veg & Non-Veg options), We make every effort to accommodate special dietary requirements as advised

POPULAR TREATMENTS

Pain relief & Joint Care 30 - 45 Mins

Kativasthi (Back & Spine)
Januvasthi (Knee Joints)
Greevavasthi (Neck)
Urovasthi (Chest)
Pichu

Relaxation 60 Mins

Abhyangam
Marma
Head
Neck & Shoulder
Lower Leg & Feet Massage

Destress & Detox 75 Mins

Elakizhi
Shirodhara
Ksheera Dhara
Udwarthanam
Njavarakkizhy

Beauty & Wellness 75 - 90 Mins

Ayurveda Facial
Weight Loss Trim Scrub
Anti Acne Therapy
Anti Hair Fall (Herbal Pack)
Anti Dandruff (Herbal Pack)

PANCHAKARMA TREATMENTS - DURATION DEPENDENT ON TREATMENT

It is the sodhana (purification) component of Ayurvedic treatment. When the 3 Doshas - Vata, Pitta, and Kapha, become excessively vitiated or when the body requires rejuvenation at the deepest level, these therapies are administered. The balance of these Doshas is essential for maintaining the health of the body & mind.

Vamanam

An induced vomiting procedure is performed to release the toxins present in the upper part of the body and regulate the water element, Kapha. It aids - asthma, diabetes, colds, and indigestion.

Virecanam

The elimination of toxins from the body using herbal laxatives. The resulting bowel movement rids the system of harmful Pitta-related impurities. Organs in the lower Torso are cleansed with this therapy.

Anuvasana & Kashaya Vasti

Medications given by enema primarily treat Vata Dosha. Vata is mainly located in the large intestine. It improves digestion, lightness of body, provides relief from imbalances and diseases.

Nasyam

Administering medication and herbal extracts through the nasal cavity helps alleviate imbalances in the sinuses, reduce migraines, address respiratory issues, treat insomnia, and boost immunity.

PRICING PER NIGHT FOR 2 PAX IN RUPEES (₹) FOR 14 NIGHTS STAY

Month / Room Type	Executive / Grand Suite	Grand Cottage	Pool Villa	Grand Villa / Presidential Suite
Jan	25000	30000	35000	40000
Feb	25000	30000	35000	40000
Mar	25000	30000	35000	40000
Apr	22000	25000	27000	30000
May	22000	25000	27000	30000
Jun	23000	25000	30000	34000
Jul	23000	25000	30000	34000
Aug	23000	25000	30000	34000
Sep	23000	25000	30000	34000
Oct	23000	25000	30000	34000
Nov	23000	25000	30000	34000
Dec	25000	30000	35000	40000

All-Inclusive Rates: Embrace a complete experience with all services, accommodation and, 18% GST (Tax) covered

Individual Rates: Enjoy 35% discount for single-occupancy

Rate Plans: Enjoy a further 10% long-stay discount for stays of 3 weeks or more

Secure Your Retreat: Confirm your booking with a 50% advance payment due 30 days prior to arrival.

Cancellations within 30-15 days incur 50% retention; within 10 days, full retention. Postponed bookings are considered case by case, usually at no extra charge.