

Lakesong, Kumarakom

Located at the bank of Vembanadu Lake and offers the longest backwater frontage of 200 meters. The most ideal resort for leisure as well as MICE also for Destination wedding. 68 well appointed rooms, conference hall which can accommodate 500 pax , ayurveda center and other amenities make this resort the first choice of travelling class.

AYURVEDA TREATMENTS

1. Abhyanga Snana (Full body massage with medicated bath)

Massage treats the whole body physically and mentally. Massage makes the skin soft and shining. Its rhythmic motion helps the relief of joints and muscles from stiffness and makes all body movements free and rhythmic. The circulation of blood increases, which encourages quick removal of metabolic wastes. Massage gives relief to diseases like anxiety, depression fatigue, circulatory disorders, rheumatic and arthritic complaints, backaches, sprains and injuries.

The oil massage is of 50 minutes duration. Herbal steam bath for 20 minutes after massage would give better results. The massage is done with medicated oils, prepared according to ancient Ayurvedic texts, by professionally trained masseurs under the supervision of an Ayurvedic doctor. The oil used for the head is different from the one used for the body.

Each session takes 50 minutes

2. Herbal Steam Bath

The person is made to perspire profusely inside a steam chamber that lets out medicated steam from aromatic herbs for about 20 minutes. This will open up the very small pores of the skin thereby removing all wastes. It tones up the skin and gives it a special glow.

3. Shirodhara

In this process lukewarm herbal oil (Ksheerabala oil) is poured in a special rhythmic style on to the forehead from a perforated earthen pot suspended above for 30 minutes.(15 minutes massage,30 minutes shirodhara).

This can be done as a single session or as a course ranging from 7 to 21 days. This treatment is done mainly for Insomnia, mental stress, nourishes and rejuvenates the nerves, increases blood circulation of the head and brain. It bestows better vision, better hearing, clears nasal problems and makes one cool and relaxed.

Each session takes 50 minutes

4. Podikizhi

In this massage, medicated powder (Podikizhy choornam) would be held inside a small linen cloth bundle and it would be soaked in warm medicated oil (Kottamchukkadi oil) and massaged by two masseurs in a rhythmic motion.

Indication: Spondilosis, Osteoarthritis, oedema, Hemiplegia.

Each session takes 50 minutes.

5.Chavutti Thirummu (Massage with foot)

This is a special art of massage in which the masseuse does the massage with his one foot by holding on to a string. (Dhanwantharam oil).

Indication : Obesity, certain types of injuries, back ache, Inter vertebral disc prolapse.

Each session takes 50 minutes.

6.Kalari Massage

This is a special massage done by the masseuse who is an expert in kalari the martial art of Kerala. In this massage the marma points are stimulated.

Indication : Good for back ache, Body pain, removes stiffness of body.

Each session takes 50 minutes

7.Udvarthanam (Powder Massage)

This is a special type of Ayurvedic massage done with a special herbal powder (kolakulathadi choornam, Vara choornam) in a rhythmic motion (Upward motion) by one or two masseurs. This massage is included in our slimming programme.

Indication: Obesity. (Removal of excess fat.)

Each session takes 50 minutes

8.. Pizhichil

In this treatment lukewarm medicated oil (Dhanwantharam oil) would be poured over the person's body in a special rhythmic manner (masseur soaks the linen in oil and squeezes it over the clients body.) by two masseurs for 45 -60 minutes. It can be done as a single day course or 7-21 days course depending upon the health condition of the person. Pizhichil is also prescribed for healthy persons as a rejuvenate and preventive treatment.

Indication: Spondylitis, Arthritis, Hemiplegia, Nervous disorders, Sexual weakness. (Rejuvenation of skin, nerves and muscles)

Each session takes 1 hour.

9.Njavarakizhi

In this massage boiled Njavara rice (Boiled in Cow milk and decoction of sida chordifolia) would be held inside a small linen cloth bundle and it would be soaked inside the above said combination and massaged over the body by two Masseurs

10. Ela Kizhi (Pathra Potala Swedam)

In this massage certain herbal leaves would be held inside a small linen bundle and it would be soaked inside warm oil and massaged over the body by two masseur.

Indication : Rheumatoid arthritis, Stiff joints, Low back ache, Generalised body pain, Spondilitis, osteoarthritis.

Each session takes 50 minutes.

11.Muthira Kizhi (Kulatha Swedam)

In this massage horse gram is powdered, held inside a small linen bundle, it would be made warm and massaged over the body by two masseurs.

Indication : Rheumatism, joint pain, inflammation of joints, stiff joints, Any type of pain.

Each session takes 50 minutes.

12.Dhanya Kizhi

Wheat, certain pulse sand cereals are mixed together tied in a linen cloth and made into a bundle and heated. This bundle is massaged over the body by two masseurs.

Indication : Joint pain, inflammation of joints, stiff joints.

Each session takes 50 minutes.

13.Mutta Kizhi

A special preparation of egg is made and that is tied in linen cloth and made into a bundle, it is heated and massaged over the body or the affected part by two masseurs.

Indication : Muscular atrophy, muscular weakness, stiff joints and joint pain.

Each session takes 50 minutes.

14.Naranga Kizhi.

A special preparation of lemon is made and that is tied in the linen cloth and made into a bundle, it is heated and massaged over the body by two masseurs.

Indication : stiff joints, joint pain, inflammation of joints, rheumatoid arthritis, spondilitis.

Each session takes 50 minutes.

15.Ksheera Dhara

Medicated milk would be poured over the body or head (Any herb which has cooling action eg vetever would be boiled with the milk. Herbs used are according to the ailment.)

Indication : Insomnia, mental tension, Head aches of Vata, pitta, predominance, rejuvenative, nourishes the skin.

Each session takes 45 minutes.

16.Kashaya Dhara

Decoction would be poured over the whole body by two masseurs. (The decoction is made according to the body ailment.)

Indication : Insomnia, mental tension, Head aches of Vata, pitta, predominance, good for root of hair, nourishes the scalp.

Each session takes 45 minutes.

17.ThakraDhara

Just like shirodhara, instead of oil, medicated butter milk is poured over the fore head. (medicated butter milk will be having medicines according to the ailment.)

Indication : Good for hair and scalp, head ache, general health, psoriasis.

Each session takes 45 minutes.

18.Kadi Dhara

Specially made warm kadi (Rice washed water with other herbs) is poured over the whole body by two masseurs.

Indication : Hemiplegia, all types of vata disorders.

Each session takes 45 minutes.

19.Kativasthi

Specially prepared warm medicated oil (Dhanwantharam) is poured over the lower back and retained inside a herbal paste boundary for 30 minutes.

Indication: Back pain and Spinal disorders.

Each session takes 30 minutes

20.Urovasthi

Like kativasthi specially prepared medicated oil (oil used is according to the ailment) is poured over the chest and retained inside a herbal paste boundary for 45 minutes.

Indication : It is good for Asthma, heart disease and muscular chest pain. Gives strength to the thoracic part.

Each session takes 30 minutes

21. Shirovasthi

Luke warm herbal oil (Ksheerabala oil) is poured into a cap fitted on the head for 15 - 60 minutes per day according to the patients condition for a period of seven days

Indication : Facial paralysis, Insomnia, Migraine, good for the scalp and for the head, cools the head.

Each session takes 30 – 45 minutes

22. Nasyam (nasal infusion)

Medicated oil, herbal extracts, (Anu thailam, Cephagraine nasal drops) would be instilled into the nostrils after Oleation and fomentation of face, throat and thoracic part.

Indication: Sinusitis, Headaches, Facial paralysis.

Each session takes 30 minutes

23. Herbal Facial

After massaging the face with oil (Special massage oil), certain herbal preparation and creams are applied over the face.

Indication : Gives colour and tones up the skin.

Each session takes 30 minutes.

24. Pichu

Pieces of cloth soaked in medicated oil (Dhanwantharam, Kottamchukkadi, Karpooradi, Murivenna.) would be put on joints or other areas according to the physicians advice.

Indication : Body pain, joint pain, arthritis, Old age disorders Spondilosis. (Gives lubrication to the joints. Good to be put over the vertebrae and joints)

Each session takes 30 minutes.

25. Thalam

Herbal powder made into a paste by mixing with medicated oils are applied on the scalp for a fixed time.

Indication : Head ache, Myofascitis, Sleeplessness.

Each session takes 15 minutes.

26.Thala pothichil

Herbs according to the ailment is made into a paste and pasted over the head in half inch thickness.

Indication : Mental retardation, psychic disorders, migraine, sleeplessness.

Each session takes 30 minutes.

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27.. Netra tharpana

In this treatment medicated oil, ghee or other medicines are poured into the eye and retained inside a herbal paste boundary.

Indication : Good treatment for all types of eye disorders.

Each session takes 30 minutes.

28. Netra Sekam

A special decoction with several herbs (Thriphala choornam) are made and with it the eyes are washed. (It should be sieved and used)

Indication : Gives good vision, protects the eyes from cataract and other eye disorders.

Each session takes 15-20 minutes.

29.Lepam

Selected herbs(kottamchukkadi - arthritis, Curcuma aromatica, Red sandal- skin disorders)are made into a paste and externally applied for a fixed time.

Indication : Inflamed joints, trauma

30.Gandoosham / Kabalam

Medicated oil, decoction, juice of plants are taken into the mouth, kept for some time and then spit.

Indication : Strengthens the teeth, Mouth disorders.

Each session takes 15 minutes.

31. Karnapoorana

Medicated oil is instilled into the ear.

Indication : Pain in the ear, wax, infection of the ear.

Each session takes 15 minutes.

32. Anjana

A Special medicine is applied in the eyes for lachrymation of the eyes. It keeps the vision clear.

Indication : Clears the eyes, gives better vision.

Each session takes 10 minutes.

33. Dhoomapanam

For inhalation different types of medicated cigars are used. The smoke is usually inhaled through the nose.

Indication : heaviness of head, Sinusitis, head ache, rhinitis.

Each session takes 10 minutes.

34. Vetever Scrub Bath

In this treatment first the body is massaged with cream or oil then the body is scrubbed with the vetever scrub and also with the bath powder.

Indication : Exfoliation of skin, gives colour to the skin.

Each session takes 50 minutes.

1. RELAXATION PROGRAMME (3, 5, 7 DAYS)

This package for people with short holidays and with day to day stress , so that they could relax and refresh in the mean time.

Relaxation programme I– 3 days

After consullatation with the Doctor , treatments are generally suggested as follows, except individual variations .

<i>DATE</i>	<i>TREATMENTS</i>
<i>Day - 1</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 2</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 3</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>

Treatments may vary and finalized after consultation only.

Relaxation programme II - 5 days

<i>DATE</i>	<i>TREATMENTS</i>
<i>Day - 1</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 2</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 3</i>	<i>Podikizhi</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 4</i>	<i>Podikizhi</i>
	<i>Ksheeradhara</i>
<i>Day - 5</i>	<i>Podikizhi</i>
	<i>Ksheeradhara</i>

Treatments may vary and finalized after consultation only.

Relaxation programme III - 7 days

Ayurveda diet recommended to make the treatments more effective.

<i>DATE</i>	<i>TREATMENTS</i>
<i>Day - 1</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 2</i>	<i>Rejuvenation massage with Herbal steam bath</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 3</i>	<i>Podikizhi</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 4</i>	<i>Podikizhi</i>
	<i>Ksheeradhara</i>
<i>Day - 5</i>	<i>Podikizhi</i>
	<i>Ksheeradhara</i>
<i>Day - 6</i>	<i>Udwarthanam</i>
	<i>Narangakizhi</i>
<i>Day - 7</i>	<i>Udwarthanam</i>
	<i>Narangakizhi</i>

Treatments may vary and finalized after consultation only.

II. INSOMNIA AND STRESS RELIEVING PROGRAMME (7 , 12 DAYS)

People who suffer from sleeping problems , heavy stress and tension need to lighten their body and mind and this package works effectively for them. Combination of special treatments , yoga , meditation and ayurvedic diet is advised.

Panchakarma treatments like Vamana or Virechana or Enaema / Basthi is done for detoxifying purpose.

Treatments like Shirodhara , Thalam , Thalapothichil , Nasyam , Thakra dhara , Dhara with tender coconut , Rejuvenation massage with steam bath , Kati or Uro vasthi etc are done to distress the body and mind.

Can be done till 14 days also.

III . PANCHAKARMA PURIFICATION PROGRAMME. (14 , 21 , 28 days)

Panchakarma treatments are effectively used to detoxify and cleanse the body inorder to root out physiological dysfunctions , chronic ailments and to reduce or remove inflammations in tissues or cells . After consultation with the Doctor , specific panchakarma treatments relative to each cases are recommended.

<i>DATE</i>	<i>TREATMENTS</i>
<i>Day - 1</i>	<i>Virechana</i>
	<i>Rejuvenation massage</i>
<i>Day - 2</i>	<i>Udwarthanam</i>
	<i>Podikizhi</i>

<i>Day - 3</i>	<i>Udwarthanam + Nasyam</i>
	<i>Podikizhi</i>
<i>Day - 4</i>	<i>Udwarthanam + Nasyam</i>
	<i>Podikizhi</i>
<i>Day - 5</i>	<i>Udwarthanam + Nasyam</i>
	<i>Narangakizhi</i>
<i>Day - 6</i>	<i>Udwarthanam + Nasyam</i>
	<i>Narangakizhi</i>
<i>Day - 7</i>	<i>Udwarthanam + Nasyam + S. vasthy</i>
	<i>Narangakizhi</i>
<i>Day - 8</i>	<i>Udwarthanam + Nasyam +S. vasthy</i>
	<i>Narangakizhi</i>
<i>Day - 9</i>	<i>VIrechana</i>
<i>Day - 10</i>	<i>Elakizhi + S. vasthy</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 11</i>	<i>Elakizhi + S. vasthy</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 12</i>	<i>Elakizhi</i>
	<i>Shirodhara with Thalam</i>
<i>Day - 13</i>	<i>Elakizhi</i>
	<i>Shirodhara with Thalam</i>

<i>Day - 14</i>	<i>Manalkizhi</i>
	<i>Thakradhara</i>
<i>Day - 15</i>	<i>Manalkizhi + S. vasthy</i>
	<i>Thakradhara</i>
<i>Day - 16</i>	<i>Manalkizhi + S. vasthy</i>
	<i>Thakradhara</i>
<i>Day - 17</i>	<i>Virechana</i>
<i>Day - 18</i>	<i>Njavarakizhi + S. vasthy</i>
	<i>Pizhichil</i>
<i>Day - 19</i>	<i>Njavarakizhi + S. vasthy</i>
	<i>Pizhichil</i>
<i>Day - 20</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>
<i>Day - 21</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>

Treatments may vary and finalized after consultation only.

THESE CYCLE OF TREATMENTS AND PURIFICATION ARE REPEATED FOR EACH WEEK UP TO 28 DAYS.

IV. REJUVENATION PROGRAMME (14, 21, 28 , 35 days)

Inorder to cleanse and rejuvenate the body and mind , special rejuvenative treatments are done. This decelerates the ageing process and help the individual with intellect , memory , longevity and sensory and motor organs. Special oils and preparations are used to reinforce and strengthen basic tissues.

DATE	TREATMENTS
Day - 1	Rejuvenation massage
	Podikizhi
Day - 2	Udwarthanam
	Podikizhi
Day - 3	Udwarthanam
	Podikizhi
Day - 4	Udwarthanam
	Narangakizhi
Day - 5	Udwarthanam
	Narangakizhi
Day - 6	Udwarthanam
	Narangakizhi
Day - 7	Udwarthanam
	Narangakizhi

<i>Day - 8</i>	<i>Virechana</i>
	<i>Rejuvenation massage</i>
<i>Day - 9</i>	<i>Elakizhi</i>
	<i>Shirodhara</i>
<i>Day - 10</i>	<i>Elakizhi</i>
	<i>Shirodhara</i>
<i>Day - 11</i>	<i>Elakizhi</i>
	<i>Shirodhara</i>
<i>Day - 12</i>	<i>Manalkizhi</i>
	<i>Thakradhara</i>
<i>Day - 13</i>	<i>Manalkizhi</i>
	<i>Thakradhara</i>
<i>Day - 14</i>	<i>Manalkizhi</i>
	<i>Thakradhara</i>
<i>Day - 15</i>	<i>Manalkizhi</i>
	<i>Thakradhara</i>
<i>Day - 16</i>	<i>Virechana</i>
	<i>Rejuvenation massage</i>
<i>Day - 17</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>

<i>Day - 18</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>
<i>Day - 19</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>
<i>Day - 20</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>
<i>Day - 21</i>	<i>Njavarakizhi</i>
	<i>Pizhichil</i>

Detoxification treatments are done in an interval of 7 days along with all the above treatments which are done in Forenoon and afternoon sessions.

V. REJUVENATION PROGRAMME WITH DINACHARYA. (Daily regimen)

Here all the sense organs are specially taken care along with the Rejuvenation programme with pure herbal daily routine. Eyes , ear , tongue , nose , skin, teeth are cleansed using raw herbs and their formulations in treatments like anjana , karma pooranam and dhoopana , nasyam , lepanam , dantha dhavanam etc along with other panchakarma treatments.

VI . OLD AGE DISORDERS TREATMENT PROGRAMME . (14 , 21 DAYS)

This package includes special rejuvenative therapies intended to decelerate the ageing process by reducing the oxidation of basic cells and revitalizing the same. Joints which have tendency to get dried up of synovial fluids , narrowing of vessels and less

softened veins and arteries are all taken care off in this package. At this age the catabolism rate increases , tissue metabolism slows down and nervous system becomes weak . Internal and external high potency medicines are used in these treatments.

Rasayana (geriatrics) and Vajeekarana (aphrodisiac) formulations are applied in order to refresh the deep tissues and reactivate the immune system and the infact the sexual life too.

The following treatments can be followed.

<i>DATE</i>	<i>TREATMENTS</i>
<i>Day - 1</i>	<i>VIRECHANA</i>
	<i>REJUVENATION MASSAGE - SPECIAL APHRODISIAC OILS</i>
<i>Day - 2</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 3</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 4</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 5</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 6</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>

<i>Day - 7</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 8</i>	<i>NASYA + UDWARTHANA / KULATHA SWEDA</i>
	<i>SHIROBASTHI</i>
<i>Day - 9</i>	<i>VIRECHANA</i>
	<i>REJUVENATION MASSAGE - SPECIAL APHRODISIAC OILS</i>
<i>Day - 10</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 11</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 12</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 13</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 14</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 15</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 16</i>	<i>ELAKIZHI/ NJAVARAKIZHI</i>
	<i>SHIRODHARA / KSHEERADHOOMAM</i>
<i>Day - 17</i>	<i>VIRECHANA</i>

	<i>REJUVENATION MASSAGE - SPECIAL APHRODISIAC OILS</i>
<i>Day - 18</i>	<i>NJAVARAPAYASAM</i>
	<i>THAILA DHARA</i>
<i>Day - 19</i>	<i>NJAVARAPAYASAM + SNEHABASTHI</i>
	<i>THAILA DHARA</i>
<i>Day - 20</i>	<i>NJAVARAPAYASAM + SNEHABASTHI</i>
	<i>THAILA DHARA</i>
<i>Day - 21</i>	<i>NJAVARAPAYASAM + SNEHABASTHI</i>
	<i>THAILA DHARA</i>

VII . HARMONISING PROGRAMME of body and mind .(21, 28 , 35days)

The definition of “ HEALTH “ is incomplete without healthy mind and its balance. Inorder to attain the same , combination of yoga , meditation , panchakarma treatments with emphasis on the mental health is followed . Ashtanga yoga , Pranayama , deep meditation techniques are practiced along with special medications , prescribed in vedic texts , which has immense effect on mental functions. Panchakarma treatments like Nasyam , Shirodhara , Shirovasthi , Shiro lepam , Thalam , Thakra dhara , Dhoomapanam , Ksheeradhoomam, Pichu , Snehapanam (medicated ghee intake) etc are done .

VIII. SPINE AND NECK PROGRAMME. (14 , 21 DAYS)

Cervical spondylosis or spondilitis , lumbar problems , back ache , sciatica , IVDP and other spine disorders can be effectively treated in this package. Pinda swedas like Podikizhi , Elakizhi , Dhanya kizhi , Mutta kizhi , Naranga kizhi etc , sneha sweda like Pizhichil , local oil dhara , kati vasthy , greeva vasthy , shodhana treatments like Kashaya vasthy , Virechana , rejuvenating treatments like Njavara payasam , njavara kizhi are followed .

IX. ARTHRITIS TREATMENT PROGRAMME (14, 21 DAYS)

In conditions of Rheumatoid arthritis and rheumatic fever anti inflammatory internal and external medicines are used in order to reduce the tissue inflammation. Special external lepanas and internal use of high potency single drug formulations have been very effective along with other panchakarma treatments.

Special ayurveda diet is strictly followed along with restricted yoga sessions.

X. SLIMMING PROGRAMME .(14, 21 , 28 DAYS)

Treatments like Udwarthanam , Muthira kizhi , Herbal steam bath , Chavutti thirummu , all Pinda swedas like Patra podala sweda , Manal kizhi , dhanya kizhi etc, marma massage , theeshna lepanam are some of the treatments done .

Obese persons and people with high cholesterol are advised to follow this package. Strict ayurveda food and yoga sessions are followed.

XI.PSORIASIS TREATMENT PROGRAMME (21, 28 , 35 DAYS)

As an auto immune disease , Psoriasis can be treated only in long courses and hence the no of days for treatments would be decided by the Doctor.

Detoxifying of deep tissues and blood cleansing medicines are effectively used here Single drug formulations used in traditional vaidya treatments and panchakarma treatments like rakthamoksha , siravedham may be done.



AYURKSHETHRA KUMARAKOM

1st April 2023 to 30 September 2024		
RELAXATION PROGRAMME IN INR		
Nights	Single	Double
3	29925	44175
5	55575	86925
7	72675	111150
INSOMNIA & STRESS RELIEVING PROGRAMME IN INR		
Nights	Single	Double
7	72675	108300
12	124260	185250
REJUVENATION PROGRAMME IN INR		
Nights	Single	Double
14	148200	225150
21	222300	339150

28	307800	471675
35	399000	563730
REVITALIZATION TREATMENT FOR OLD AGE DISORDERS IN INR		
Nights	Single	Double
14	143925	216600
21	226575	346275
28	296400	450300
HARMONISING PROGRAM FOR BODY MIND SOUL IN INR		
Nights	Single	Double
21	239400	342000
28	319200	456000
35	399000	570000
PANCHAKARMA PURIFICATION PROGRAMME IN INR		
Nights	Single	Double
14	144210	225150
21	216600	339150
28	288990	453150
REJUVENATION PROGRAMME WITH DINACHARYA (DAILY REGIMEN) IN INR		
Nights	Single	Double
14	145350	222300
21	216600	336300
28	342000	444600
SPINE AND NECK CARE PROGRAMME IN INR		

Nights	Single	Double
7	145350	114000
14	145635	225435

SLIMMING PROGRAMME IN INR		
Nights	Single	Double
21	219450	319086
28	290700	431490
ARTHRITIS TREATMENT		
Nights	Single / DBL	
21	216030	
PSORIASIS TREATMENT		
Nights	Single / DBL	
21	222300	
From 01 October 2022 to 30 March 2023		
RELAXATION PROGRAMME IN INR		
Nights	Single	Double
3	38975	56075
5	70325	101675
7	94550	133025
INSOMNIA & STRESS RELIEVING PROGRAMME IN INR		
Nights	Single	Double
7	93068	131600
12	159245	225365
REJUVENATION PROGRAMME IN INR		
Nights	Single	Double
14	188600	269825
21	284075	405200
28	383825	559100
35	509225	725825
REVITALIZATION TREATMENT FOR OLD AGE DISORDERS IN INR		
Nights	Single	Double
14	185750	264125
21	288350	413750
28	378125	540575
HARMONISING PROGRAM FOR BODY MIND SOUL IN INR		
Nights	Single	Double
21	291200	408050
28	385250	561950
35	510650	727250
PANCHAKARMA PURIFICATION PROGRAMME IN INR		
Nights	Single	Double
14	187175	266975

21	289775	415175
28	380975	542000

REJUVENATION PROGRAMME WITH DINACHARYA (DAILY REGIMEN) IN INR		
Nights	Single	Double
14	188600	267203
21	273473	393230
28	387473	545819
SPINE AND NECK CARE PROGRAMME IN INR		
Nights	Single	Double
7	95975	137300
14	185465	248165
SLIMMING PROGRAMME IN INR		
Nights	Single	Double
21	250730	359600
28	342500	496400
ARTHRITIS TREATMENT		
Nights	Single / DBL	
21	262073	
PSORIASIS TREATMENT		
Nights	Single / DBL	
21	267146	
The above rates include accommodation in A/C Punnamada rooms, ayurveda treatments, Doctors consultation, ayurveda meals and taxes.		
For accommodation in ASTHAMUDI room a surcharge of INR 1000/- per day will be levied		
For accommodation in VEMBANAD cottage a surcharge of INR 2000/- per day will be levied		
Package Rates are not valid from 20th Dec ‘ 23 - 06th Jan '24		
Package rate is commissionable by 15% in Season & 20% in Off season		

CENTRAL RESERVATIONS & BUSINESS DEVELOPMENT
HIG-50 | PANAMPILLY NAGAR|COCHIN | KERALA | INDIA--682036



Rates effective from 01 st Apr '23 and valid up to 30 th Sept '23		
Room Category	Rack Rates	Special Rate inclusive of Breakfast & GST
Punnamada - (48Nos)	INR 8400 + GST	INR 4500 net
Ashtamudi - (10Nos)	INR 9400 + GST	INR 5500 net
Vembanadu - (10Nos)	INR 10400 + GST	INR 6700 net
Extra Person(Above 12Yrs)	INR 2500 + GST	INR 1500 net
Child with Bed(5-12yrs)	INR 2000 + GST	INR 1050 net
Rates effective from 01 st Oct '23 and valid up to 19 th Dec '23 and from 06 th Jan '24 to 31 st Mar '24		
Room Category	Rack Rates	Special Rate inclusive of Breakfast & GST
Punnamada - (48Nos)	INR 8400 + GST	INR 6300 net
Ashtamudi - (10Nos)	INR 9400 + GST	INR 7400 net
Vembanadu - (10Nos)	INR 10400 + GST	INR 8500 net
Extra Person(Above 12Yrs)	INR 2500 + GST	INR 2000 net
Child with Bed(5-12yrs)	INR 2000 + GST	INR 1500 net
Rates effective from 20 th Dec '23 and valid up to 05 th Jan '24		
Room Category	Rack Rates	Special Rate inclusive of Breakfast & GST
Punnamada - (48Nos)	INR 8400 + GST	INR 7500 net
Ashtamudi - (10Nos)	INR 9400 + GST	INR 8700 net
Vembanadu - (10Nos)	INR 10400 + GST	INR 10000 net
Extra Person(Above 12Yrs)	INR 2500 + GST	INR 2500 net
Child with Bed(5-12yrs)	INR 2000 + GST	INR 1900 net
Mandatory X Mas Supplement on 24th Dec '23 – Rs.2360.00/Person Mandatory New Year Eve Supplement on 31st Dec '23– Rs.4130.00/Person		

Check in – 1400 hrs, Check out – 1200 hrs
Please note that the Room bills and food bills will be given separately only
Meal Charge: Breakfast 300/- , Lunch 850/- & Dinner 850/- nett per pax(01st Oct '23 – 31st Mar '24)
Meal Charge: Breakfast 300/- , Lunch 750/- & Dinner 750/- nett per pax (01st Apr '23– 30th Sep '23)
Confirmation against advance payment

CENTRAL RESERVATIONS & BUSINESS DEVELOPMENT

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INDIA--682036 ,