

Somatheeram Research Institute & Ayurveda Hospital

TYPES OF ROOMS & BEDS

RATE IN EURO

Valid from 01st October 2023 to 30th September 2024

Ayurveda Panchakarma & Rasayana Package -1. Rejuvenation Therapy

Ayurveda Panchakarma Package -2. Body Purification Therapy

	01st April to 30th November				01st December to 31st March			
ACCOMMODATION	07 Nights package		14 Nights package		07 Nights package		14 Nights package	
Room Category	Single	Double	Single	Double	Single	Double	Single	Double
Standard Room A/C	1365	2170	2730	4340	1470	2310	2940	4620
Garden Cottage A/C	1505	2345	3010	4690	1680	2520	3360	5040
Special Cottage A/C	1645	2485	3290	4970	1820	2660	3640	5320
Kerala House Standard A/C	1890	2730	3780	5460	2170	3080	4340	6160
Kerala House Deluxe A/C	2240	3115	4480	6230	2660	3605	5320	7210
Kerala Deluxe Suit A/C	2625	3570	5250	7140	3115	4130	6230	8260

Ayurveda Panchakarma & Rasayana Package -3. Immunization Therapy

***GST applicable on Room Rates**

Ayurveda Panchakarma & Rasayana Package – 4. Slimming Therapy

Ayurveda Panchakarma & Rasayana Package – 5. Beauty Care Therapy

Ayurveda Panchakarma & Rasayana Package – 6. Spine & Neck Care Therapy

Ayurveda Panchakarma & Rasayana Package – 7. Psoriasis Treatment Therapy

	01st April to 30th November				01st December to 31st March			
ACCOMMODATION	14 Nights package		21 Nights package		14 Nights package		21 Nights package	
Room Category	Single	Double	Single	Double	Single	Double	Single	Double
Standard Room A/C	2870	4620	4305	6930	3080	4900	4620	7350
Garden Cottage A/C	3150	4970	4725	7455	3500	5320	5250	7980
Special Cottage A/C	3430	5250	5145	7875	3780	5600	5670	8400
Kerala House Standard A/C	3920	5740	5880	8610	4480	6440	6720	9660
Kerala House Deluxe A/C	4620	6510	6930	9765	5460	7490	8190	11235
Kerala Deluxe Suit A/C	5390	7420	8085	11130	6370	8540	9555	12810

***GST applicable on Room Rates**

Ayurveda Panchakarma & Rasayana Package – 8. Stress Management Therapy
Ayurveda Panchakarma & Rasayana Package – 9. Anti-Ageing Therapy

ACCOMMODATION	01st April to 30th November				01st December to 31st March			
	14 Nights package		21 Nights package		14 Nights package		21 Nights package	
Room Category	Single	Double	Single	Double	Single	Double	Single	Double
Standard Room A/C	3150	5180	4725	7770	3360	5460	5040	8190
Garden Cottage A/C	3430	5530	5145	8295	3780	5880	5670	8820
Special Cottage A/C	3710	5810	5565	8715	4060	6160	6090	9240
Kerala House Standard A/C	4200	6300	6300	9450	4760	7000	7140	10500
Kerala House Deluxe A/C	4900	7070	7350	10605	5740	8050	8610	12075
Kerala Deluxe Suit A/C	5670	7980	8505	11970	6650	9100	9975	13650

***GST applicable Only on Room Rates**

Package Includes: - Accommodation, Ayurveda Treatments as per the package and Full-board Ayurveda vegetarian meals.

Requested Room: - 5% additional on the room tariff

Complimentary Offers: - Airport transfers (Thiruvananthapuram), Daily Yoga and Meditation, Language Interpreter, One half-day backwater tour in a country boat (only for package booking of 14 days or more).

Mandatory Supplement Charge for Package: Euro 60 per person on 31st December.

Reservation: Will be confirmed against advance payment of the total booking amount.

Cancellation: Free cancellation is permitted only if it is made before 30 days prior to the date of admission. If not, the full amount of reservation will be charged.

Duration of the treatment may vary according to doctor's directions with the corresponding changes in packages/rates.

Process may change depending upon the patient's body conditions.

Being an Ayurveda hospital, we do not recommend children below the age of 12 unless otherwise admission is recommended by the Doctors.

Somatheeram Research Institute & Ayurveda Hospital

TYPES OF ROOMS & BEDS

RATE IN EURO

Valid from 01st October 2023 to 30th September 2024

(Rates per day for Accommodation & Ayurveda Doctors consultation only)

Treatment and Diet food rates are extra, as per Doctors consultation

Room Category	01st April to 30th November		01st December to 31st March	
Room Category	Single	Double	Single	Double
Standard Room A/c	90	100	105	120
Garden Cottage A/C	110	125	135	150
Special Cottage A/C	130	145	155	170
Kerala House Standard A/C	165	180	205	230
Kerala House Deluxe A/C	215	235	275	305
Kerala Deluxe Suit A/C	270	300	340	380

GST applicable on Room Rates

Extra Bed: 20% additional charge on the double.

Requested Room/Bed: 5% additional charge on the room rate.

Admission time: 12.00 Noon & **Discharge time:** 10 AM

Ayurvedic Diet Food: Breakfast Euro 7, Lunch/Dinner Euro 14 or a la Carte.

Non-Vegetarian Diet Food: Breakfast Euro 8, Lunch/Dinner Euro 16 or a la Carte.

Mandatory Supplement Charge for Room only: Euro 90 per person on 31st December.

Credit/Debit Cards Accepted: Visa, Master, American Express (AMEX) & Maestro.

Reservation: Will be confirmed against advance payment of the total booking amount.

Cancellation: Free cancellation is permitted only if it is made before 30 days prior to the date of admission. If not, the full amount of reservation will be charged.

Medical need is the first priority when assigning rooms, so your request for a specific type of room may not always be filled. However, every effort will be made to give you the accommodation you choose.

Being an Ayurveda hospital, we do not recommend children below the age of 12 unless otherwise admission is recommended by the Doctors.

TYPE OF ROOMS & BEDS

Kerala Deluxe Suite A/c - It is a traditional Kerala wooden house with antique doors and furniture. The suite has a living room, a bedroom and attached bathroom with hot and cold-water facilities. An excellent sea view from the room and it has also a verandah overlooking ocean. The whole Kerala House has one suite room and two deluxe rooms rented separately.

Kerala House Deluxe A/c - It is a traditional Kerala wooden house with antique doors and furniture. Deluxe House is with a bedroom and attached bathroom with hot and cold-water facilities. It has a verandah with exclusive sea view. The whole Kerala House has one suite room and two deluxe rooms rented separately.

Kerala House Standard A/c - It is a traditional Kerala wooden house with antique doors and furniture. Independent villas with a verandah, bedroom and attached bathrooms with hot and cold-water facilities.

Special Cottage A/c - Special Cottages are independent round or square shaped thatched cottage with full/partial sea view. It is built with natural materials of mud and bricks. All accommodations are double/twin bed, replete with a bedroom and attached bathroom with hot and cold-water facilities.

Garden Cottage A/c -Garden Cottages are independent cottages with beautiful garden view. It is built with natural materials of mud and bricks. All accommodations are double/twin bed, replete with a bedroom and attached bathroom with hot and cold-water facilities.

Standard Room A/c - Standard rooms are replete with a bedroom and attached bathrooms with hot and cold-water facilities.

All the service and amenities listed blow can be used only as per the Doctors advice.

AMENITIES : Ayurveda Hospital Rooms & Bed A/C, Yoga & Meditation, Ayurveda Treatments, Resident Ayurveda Doctor, Ayurveda Beauty Clinic, Ayurveda Shop, Swimming Pool, Internet Cafe, Wifi, Telephone & Fax, Mail & Message Handling, Tailoring Shop, Gift/Antique Shop, Souvenir Counter, Safe Locker, Cloak Room, Modern Medicine Doctor on Call, Currency Exchange, Tour & Travel Assistance, Airport Transfer, Car Parking, Yoga Hall, Ayurveda Diet Restaurant, 24 Hour Room Service, Laundry, Beach Umbrella, Beach Deck, Beach Game, Beach Towel, Indoor Games, Boating, Cultural Performances etc. Hospital rooms & Beds are ensuite bath, properly ventilated with fan or A/c, hot water and phone. Sea-Facing Diet Restaurant serves Ayurveda & Multi-cuisine specialties.

PRIME TREATMENTS IN AYURVEDA

PIZHICHIL - 14Days – 980 EURO (1 TIME, 70 EURO)

In this treatment, lukewarm herbal oils are applied all over the body by two to four trained therapists in a special rhythmic way continuously for about 60 to 90 minutes per day for a period of 7 to 21 days. This treatment is very useful for Rheumatic diseases like Arthritis, Paralysis, Hemiplegia, Paralysis-Agitanus, Sexual Weakness, Nervous Weakness and Nervous Disorders etc.

NJAVARAKIZHI -- 14 Days – 910 EURO (1 TIME, 65 EURO)

It is a process by which the whole body or any specific part thereof is made to perspire by the external application of certain medical packs in the form of boluses tied up in muslin bags. This is applied by two to four masseurs for about 60 to 90 minutes per day for a period of 14 days. This treatment is for all types of rheumatism, pain in the joints, emaciation of limbs, high blood pressure, cholesterol and certain kinds of skin diseases.

DHARA -- 14 Days – (THAKRA DHARA & KSHEERA DHARA – 350 EURO, 1 TIME - 25 EURO. THYLADHARA – 560 EURO 1 TIME - 40 EURO)

In this process, some herbal oils, medicated milk, medicated butter milk etc., are poured on the forehead in a special method for about 45 minutes in a day for a period of 7 to 21 days. This treatment is mainly for Insomnia, Vatha predominated diseases, mental tension and certain skin diseases.

DASHAMoola KSHEERA DHARA - 1 TIME – 40 EURO

Medicated milk is poured all over the body and head with a special vessel from a certain height in a rhythmic manner. This treatment is good for insomnia, mental tensions, headache due to Pitha dominance, menopause problems etc.

SARVANGA KASHAYA DHARA - 1 TIME – 40 EURO

This treatment is a kind of sudation therapy using herbal decoction. This is a process by which the body is made to perspire by means of pouring warm decoction from special herbs with a special vessel from a certain height in a rhythmic manner and is rubbed into the body. This method removes ama or toxins from the tissues and promotes fat metabolism, removes tension from muscles and also alleviates pain and stiffness of the joints and muscles, Fibromyalgia etc.

VASTHI – 14 Days –(MATRA VASTHI – 140 EURO- 1 TIME- 10 EURO, SNEHA VASTHI - 280 EURO – 1 TIME – 20 EURO, KASHAYA VASTHI –840 EURO - 1 TIME – 60 EURO)

Certain herbal oils, herbal extracts etc., are applied through the rectum daily for a period of 5 to 25 days. This treatment is for Arthritis, Paralysis, Hemiplegia, Numbness, Gastric complaints associated with Rheumatism and constant Constipation.

SIROVASTHI -- 14 Days – 420 EURO (1 TIME - 30 EURO)

Certain lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's condition for a period of 7 days. This treatment is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches and other Vatha originated diseases.

UDVARTHANAM –14 Days -- 350 EURO (1 TIME - 25 EURO)

This is a typical massage with herbal powders for about 30 to 45 minutes daily for a period of 14 to 28 days. This treatment is for diseases like Hemiplegia, Paralysis, Obesity (excess fat) and certain Rheumatic ailments.

ABHYANGAM –14 Days – 280 EURO (1 TIME - 20 EURO)

Special type of oil massage with strokes given according to the diseases for 45 minutes per day for 14 days. This treatment is very useful for obesity, especially for diabetic gangrene etc.

NASYAM –14 Days – 140 EURO (1 TIME - 10 EURO)

Herbal juices, medicated oils etc., are applied through the nose for 7 to 14 days. This treatment is highly effective for certain kinds of headaches, paralysis, mental disorders, certain skin diseases etc.

SNEHAPANAM – 14 Days – 210 EURO (1 TIME - 15 EURO)

Medicated ghee is given internally in a proportionally increased quantity for a period of 8 to 12 days. This treatment is for osteoarthritis, psoriasis, leukemia etc.

KIZHI – 14 Days – (KIZHI-PART, 1 TIME- 15 EURO. KIZHI- FULL, 1 TIME- 40 EURO)

Herbal leaves and herbs or herbal powders are applied to the whole body in boluses with hot medicated oils for 45 minutes per day for a period of 7 to 14 days. This treatment is for osteoarthritis, arthritis with swelling, spondilosis, sports Injuries etc.

DHANYAMLA DHARA –14 Days -- 630 EURO (1 TIME - 45 EURO)

Warm herbal liquid is poured all over the body in a rhythmic way through a special vessel for 45 minutes to 1 hour daily. This treatment is very effective for hemiplegia, paralysis, rheumatic complaints etc.

YONI PRAKSHALANAM – 1 TIME – 15 EURO

Herbal oils and decoctions are applied through the vaginal route. This treatment is good for gynecological disorders. It is also a purification process for genital organs.

KATIVASTHI – 1 TIME - 25 EURO

In this process specially prepared warm medicated oil is kept over the lower back with herbal paste boundary. This treatment lasts for 45 minutes to 1 hour and it is good for any type of back pain and spinal disorders.

UROVASTHI – 1 TIME - 35 EURO

Like Kativasthi warm medicated oil is kept over the chest for 45 minutes. This is an effective treatment for asthma, certain respiratory problems, heart diseases and muscular chest pain.

KSHEERADHOOMAM – 1 TIME - 10 EURO

This is fomentation with medicated cow's milk. This treatment is good for facial paralysis, Bell's Palsy, speech disorders and certain nervous disorders of the face.

THALAM -- 1 TIME - 5 EURO

Special powder mixed with medicated oil applied on top of the head for 20 to 45 minutes. This treatment is helpful for ENT problems, insomnia, migraine etc.

LEPANAM -- 1 TIME - 15 EURO

This is a process by which medicated herbal paste is applied on the affected part. It is useful for various types of inflammatory conditions.

MARMA MASSAGE - 1 TIME- 45 EURO

This massage stimulates all the vital points called 'Marmas' of the body. It helps to attain the equilibrium of Vata, Pitta and Kapha. This massage is helpful for old trauma and injuries from activities like sports, dance and martial arts. This also helps to strengthen the inner muscles and ligaments.

LEKHANEYAM- PART - 1 TIME 25 EURO & LEKHANEYAM FULL - 1 TIME 45 EURO

It is a special treatment for obesity. A very special herbal paste is massaged on the body in an upward direction. It is also good for obesity, cellulites and to tone up the muscles and skin.

KARNAPOORNAM - 1 TIME- 10 EURO

In this process, medicated fumes are directed into the ears for 5 to 10 minutes. This process clears the ears and prevents ailments associated with the ear.

THARPANAM - 1 TIME- 10 EURO

This process helps clean the eyes, giving them a cooling effect, prevents eye diseases and strengthens the optic nerves.

MUKHALEPAM - 1 TIME- 10 EURO :

This is herbal face pack is made up of specially made herbal powder and fresh cream. This prevents wrinkles and improves the skin tone. This is also good for the eyes.

MEDICATED STEAM BATH - 1 TIME- 20 EURO :

Certain precious herbal leaves and herbs are boiled and the steam is passed over the whole body for 10 to 20 minutes. This is good for certain skin diseases, to eliminate impurities from the body, to improve the tone of the body, to reduce fat etc.

REJUVENATION MASSAGE - 1 TIME - 40 EURO :

This massage includes whole body massage with herbal oil or herbal powder by hand and foot, head massage, face massage for one and half hours. This is good for rejuvenating the body, to reduce mental tension, sexual weakness, to improve vitality etc.

BODY UZHICHIL - 1 TIME 30 EURO :

Body massage with herbal oil or herbal powder by hand to tone up the body and to improve the blood circulation etc.

GENERAL THERAPY - 1 TIME 40 EURO :

The synchronized Abhyanga massage is an ancient ayurveda treatment. Two ayurvedic therapists apply the selected oils to the whole body by using rhythmic, synchronized strokes. It is useful to improve circulation, remove toxins, calm the nervous system, and enhance immunity.

FLOWER BATH - 1 TIME 50 EURO :

Traditional Ayurveda treatment create a fragrant bath infusion using medicated flower petals, herbal medicine and essential oils, which you get in a moderate temperature for your body. The flower has a bunch of healing properties and make luxurious medicated bath to help your body & skin to calm & heal.

THALAPOTHICHIL - 1 TIME 20 EURO:

Thalapothichil is a procedure of application of medicated paste on the head. It falls in the category of cooling treatments. The therapy begins with a traditional head massage with Ayurvedic oils or the Shiro Abhyangam. The treatment is very useful in correction of Pitta dosha. It stabilizes the nervous system and has a soothing effect on the mind and body.

**YOGA AND MEDITATION PER DAY – GROUP SESSION 1 TIME - 10 EURO &
INDIVIDUAL SESSION 1 TIME -20 EURO.**

Morning: Meditation:30Minutes Advanced Yoga: 90 minutes Beginners Yoga : 90 minutes	Evening: Meditation: 30 Minutes Intermediate Yoga: 90 minutes
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Daily Yoga & Meditation sessions

PRIME BODY CARE IN AYURVEDA

REJUVENATION THERAPY (RASAYANA CHIKILSA) – 14 Days – 980 EURO

This treatment includes body massage with medicated oil and cream by two masseurs using hand and foot, internal rejuvenation medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day for 7 to 14 days. This therapy is to rejuvenate the mind, body and soul, to tone up the skin, and to strengthen all systems so as to achieve ideal health and longevity.

BODY PURIFICATION THERAPY (SHODHANA CHIKILSA) –14 Days –980EURO

It is a process of purifying the whole body to attain proper balance of Vatha, Pitha and Kapha based on the Panchkarma and Swethakarma Treatment. The 15 day package process includes Body Massage, Snehanam, Nasyam, Virachanam(Medicated purgative), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, Steam Bath, and internal herbal medicines.

PRADHANAKARMA: FIVE THERAPEUTIC MEASURES

1. Vamana - Therapeutic Vomiting (emesis)
2. Virechana - Purgation
3. Nasyam - Elimination of toxins through nose (nasal purging)
4. Vasthy - Eneama
5. Rekthamoksha - Blood letting

BODY IMMUNIZATION /LONGEVITY TREATMENT (KAYAKALPA CHIKILSA) – 28 Days –1960 EURO

This is the prime treatment in Ayurveda for reducing the ageing process, arresting the degeneration of the body cells and immunization of the system. Giving RASAYANA (very special Ayurvedic medicine) internally is the main part of this programme, based on the Panchakarma and Swethakarma treatment. The 28-day package process includes Body massage, Snehanam, Virechanam, Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and Medicated Steam Bath. This treatment is best effective if taken before the age of 60, for either sex.

MANASANTHY (10 Days – 1000 EURO)

The human mind is full of stress and strain which creates hormonal imbalance and psychosomatic disorders such as Hypertension, Ulcerative Colitis, Ischaemic Heart Disease, Peptic Ulcer, Diabetic Mellitus, Bronchial Asthma, Migraine, Rheumatoid Arthritis etc. This is a

combination of Yoga-Meditation and Ayurveda Therapy with holistic method. This treatment is very effective for stress management as well as for the purification of your body and mind helping you to attain the right balance and temperament of the mind. This therapy includes Yoga, Meditation, Rejuvenation Therapy, Dhara, Njavarakizhy, Thalam, Herbal Steam Bath, Herbal Pack etc, with intake of Herbal Medicines.

PSORIASIS TREATMENT PROGRAMME. (SIDHMA CHIKILSA) – 21 Days – 1680 EURO

This is an effective treatment for all types of psoriasis. This special Ayurvedic treatment programme lasts for 21 to 28 days. This programme includes special Lapanam, Abhyangam, Snehanam, Pizhichil, Medicated Steam Bath and Sirovasthi along with exclusively prepared internal herbal medicines.

SLIMMING PROGRAMME – 14 Days – 1120 EURO

This includes two types of massages (1) Medicated Herbal Powder Massage (2) Medicated Herbal Oil Massage. These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A very special Ayurvedic diet is advised during the treatment period.

BEAUTY CARE PROGRAMME. – 10 Days – 800 EURO

One looks beautiful and radiant only when beauty of the inner body surfaces. Inner beauty can be achieved through Yoga, Meditation and use of beauty enhancers. Outer beauty includes the obvious traits such as contours of the body, texture of the skin and the quality of the hair and nails.

Massage is the easy method for the proper circulation of vital fluids to give a beautiful luster to the skin. In this programme herbal face pack, herbal cream massage, massage with special oils, fruit juices, herbal juices, body pack, head pack, steam bath or herbal bath and intake of herbal juices are included.

This treatment improves the skin complexion, skin tone and muscle tone.

SPINE AND NECK CARE PROGRAMME – 10 Days – 800 EURO

This special treatment keeps your spine and neck healthy and cures problems related to neck and spine. This programme includes Special Massages, Kativasthi, Snehavasthi, Kashayavasthi, Pizhichil, Njavarakizhi, special Exercises etc.

AYURVEDA ANTI AGEING PROGRAMME – 21 Days – 2100 EURO

The various cells and tissues of the body undergo changes as age advances. So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Ayurveda prescribes treatment for repairing the wear and tear of the body due to ageing process. After proper purification by evacuating measures, one can increase the vital energy called 'ojas' which improves strength and vitality through the 'Rasayana' intake.

This process ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. The 28 day package process includes body massages with special oils and herbal juices, njavaratheppu (massage with rice pudding), narangakizhi, kayasekam with medicated oil or decoctions or milk, snehapanam, virechana, ksheeravasthy, snehavasthy thalapothichil, sirodhara, head massage with special herbal juices, thalam, srubhath, herbal bath, steam bath and Rasayana intake with very special diet.

SOMATHEERAM INTERNATIONAL INSTITUTE OF YOGA

Institute is affiliated to Yoga Alliance International (YAI) & BSS (by Government of India)

Conducting HATHA YOGA TEACHER TRAINING COURSES : for 200+ hours, 300+ hours and 500+ hours.

Rate as per the course.

SOMATHEERAM AYURVEDA ACADEMY

Institute is affiliated to BSS (by Government of India)

Conducting Ayurveda massage and Panchakarma treatment courses.

Rate as per the course.

AYURVEDA PANCHAKARMA & RASAYANA PACKAGES

1. Rejuvenation Therapy | Body Purification Therapy | Body Immunization | Slimming Programme | Beauty Care Programme | Spine & Neck Care Programme | Psoriasis Treatment Programme | Stress management Programme | Ayurveda Anti Ageing Programme

Duration of the treatments may vary according to the direction of the doctor and process may change. depending upon the patient's body condition.

Final decision of the programme will be taken by the consulting doctor.

Each of the above packages includes the following services for the duration of stay:

Composition of an individual Ayurveda diet menu

Accommodation as per the category of booking

Daily Ayurvedic treatments

Ayurvedic vegetarian full board meal

Initial, daily and final consultation by the doctor

Free medicines during the inpatient treatment period

Composition of an individual Ayurveda diet menu

The following services are provided complimentary along with every package booking:

Daily one Yoga session

One half-day backwater tour in a country boat (only for package booking of 14 days or more)

Airport transfer from Thiruvananthapuram.

Language interpreters.

Any other services will be stated clearly along with the respective package.

Discounts

Loyalty discount

Repeated guest booking 05% discount against the following conditions:

- a) Advance information of loyalty-status.
- b) Period of stay exceeds 6 overnights.
- c) The booking is handled through the same agency as before.
- d) Applicable on accommodation - & package-rates.

Any stay exceeding 28 days - 05% discount on the room rent or package rate.

The above discounts cannot be combined with any other special offers or other discounts unless specifically mentioned.

**Ayu kaamayamaanena dharmarthsukhsadhanam I
ayurvedopadesheshu vidheyah paramadarah II
-Ashtang Hridayam, SU.1.2**

Ayurveda had bestowed a global message of health:

May all be happy, May all be free from the diseases

May all see good in everything, May none suffer from any grief!