

# Feel the Power of Ayurveda

**S**omatheeram Ayurvedic Health Resort is the first resort to have made Ayurvedic teachings well-known beyond India's borders. The resort is established in a tropical garden and is located just 21 kms from Trivandrum International Airport. The resort itself is situated right by the sea – far removed from mass tourism, in the peaceful neighbourhood of the village of Chowara.

The building style is traditional Indian, while the standard of furnishings and hygiene is decidedly European. Depending on the exact position of the accommodation, the beach is merely 1 to 5 minutes away and most of the bungalows afford a lovely view of the sea. The rooms here are classified into Sidhartha Deluxe, Kerala Houses and Cottages. Sidhartha is a deluxe suite with its own terrace and offers an unparalleled panoramic view of the sea.

The Kerala Houses are the traditional homes of southern India's aristocracy in former times. The houses are up to 300 years old and were rebuilt after elaborate restoration. Distinctive features are the timber construction method and the use of antique doors and



furniture.

The cottages are built with natural stones or bricks in the typical South Indian style and are predominantly designed as double rooms. Each of these rooms is equipped with a bedroom and a bathroom. They are classified into Standard Cottages and Special Cottages. Standard Cottages are situated in the higher region of the Resort and offer the possibility of enjoying Ayurvedic treatment at competitive rates. The Special Cottages located closer to the ocean, are more spacious, detached and offer a cosy seating area directly in front of the room. In addition to this, most of the Special Cottages offer a view of the ocean directly from the room.

The resort which was honoured as the 'Best Ayurvedic Centre' several times by the state government, offers all kinds of Ayurvedic treatments like Kizhi, Pizhichil, Dhara, Vasthi, Nasyam and so on.

The restaurant in the resort displays typical Indian architecture and affords a magnificent view of the sea. It is a meeting place for guests and is also the venue for a huge range of cultural events.

You can have a unique dining experience with both Ayurvedic and non-Ayurvedic dishes. An Ayurvedic meal is above all balanced and in every

respect wholesome. It contains all the ingredients necessary for health: proteins, carbohydrates, fats, vitamins, minerals and trace elements. You have a choice

of 150 dishes in non-Ayurvedic meal with a wide variety of South Indian, European and Chinese foods.

The resort always set for a long-term and trusting partnership with their agencies. The European Service Office is based in Germany and offers direct support for European based Tour Operators and clients.

A stay at Somatheeram Ayurvedic Health Resort can be booked through [www.somatheeram.org](http://www.somatheeram.org) or [info@somatheeram.org](mailto:info@somatheeram.org). Phone: +91-471-2266501



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