

# **COUNTRY SPA WELLNESS BEACH**

## **RESORT**

### **KOVALAM.**

## **AYURVEDA PACKAGE.**

### **MAJOR THERAPIES IN AYURVEDIC TREATMENT PACKAGES.**

ABHYANGAM.

MEDICATED STEAM BATH.

MUKHA LEPAM.

UDWARDHANAM.

ELAKIZHI.

PODIKIZHI.

KADIKIZHI.

NJAVARAKIZHI.

SIRODHARA.

THAILADHARA.

TAKRADHARA.

KSHEERADHARA.

DHANYAMLADHARA.

GRIVA VASTHI.

UROVASTHI.

KATIVASTHI.

JANU VASTHI.

NASYAM.

PIZHICHIL.

SIROVASTHI.

**THALALPOTHICHIL.**

**THALAM.**

**SNEHA VASTHI.**

**KASHAYA VASTHI.**

**TARPANAM**

**AKSHI DHARA.**

**SNEHAPANAM.**

**VAMANAM.**

**VIRECHANAM.**

## **ABHYANGAM.**

Ayurveda recommends full body medicated oil massage as a daily routine for maintaining the complexion of skin, perfect healthy status of body and proper strength of muscles. Daily massage eliminates exhaustion and fatigue, improves peripheral circulation, lymphatic and venous drainage, increases stamina and vitality. Abhyangam relaxes body eases out tension cures insomnia and enhances the complexion of skin.

Duration :- **45 – 60 Mts.**

## **MEDICATED STEAM BATH.**

In this procedure medicated steam is introduced in to a wooden cabin for **10 – 20 mts.** Which helps to dilate the minute channels of the body in order to cleanse the body.

## **MUKHA LEPAM.**

This is facial treatment with herbal paste and is very effective for wrinkles, tanning, black heads etc;

## **UDWARDHANAM.**

This is herbal powder massage which is primarily used in the treatment of obesity and kapha vitiated condition. In this procedure warm herbal powders are applied by two therapists in a peculiar way ( opposite to the direction of

Body hair” pratiloma ) on the body for about **30 -40 mts.** Daily for a period of **7 – 14 days.**

It's effective in reducing the body weight, increases metabolic rate, gives stability, strength, better skin luster etc.

## **ELAKIZHI.**

An assortment of herbal leaves are chopped and cooked in herbal oils and then packed in muslin bags, which are again dipped in lukewarm medicated oils and applied throughout the body. This is done for **45 mts.** Daily for a period of **7 – 14** days or as prescribed by the doctor. This treatment is very effective for osteoarthritis, spondylosis, sports injuries, paralysis, convulsions, low back pain, cervical spondylitis, sciatica etc.

### **PODIKIZHI.**

This is sudation therapy with muslin bags packed with herbal powder.

### **KADIKIZHI.**

This is the massage with herbal powder packs fomented with the steam of fermented decoction of herbal extracts. This therapy is effective in the management of obesity and obesity related disorders.

### **NJAVARA KIZHI.**

In this procedure a special kind of medicinal rice called Njavara is cooked with herbs and cow milk, and is then packed in muslin bags. The body is then made to perspire by the massage with this rice pack blouses. This is applied by two therapists for **45 – 60 mts.** This treatment is recommended in all types of rheumatism, pain in the joint emaciation of limbs, muscular atrophy etc;

### **SIRODHARA.**

Sira means head and dhara means a continuous stream of liquid. In sirodhara a continuous stream of liquid is instilled to the forehead of the patient in a rhythmic oscillatory manner.

### **THAILADHARA.**

Sirodhara when performed with medicated oil is called thailadhara. In this procedure medicated oil is poured on the forehead in a rhythmic way. This therapy is very effective in relieving stress, mental tension, insomnia and impaired memory.

### **THAKRADHARA.**

Sirodhara when performed with medicated butter milk, it is called takradhara. This therapy is also engaged in various skin diseases, diabetes management etc:

## **KSHEERADHARA.**

Dhara done with medicated milk.

## **DHANYAMLADHARA.**

This is full body instillation of decoction in a continuous stream. Utilized in the treatment of inflammatory conditions.

## **GRIVA VASTHI.**

This is an effective treatment for cervical pains. In this procedure the lukewarm oil is retained over the back of neck within a boundary made out of medicinal paste. The oil is retained for specific duration as ascertained by the doctor after assessing the condition and status of the disease.

This treatment is useful in cervical and status of the disease. His treatment is useful in cervical spondylosis , neck stiffness and other inflammatory conditions of the neck.

## **UROVASTHI.**

In this procedure lukewarm medicated oil is retained above the chest with in a boundary made out of medicinal paste. The oil is retained for specific duration as ascertained by the doctor after assessing the condition and requirement associated with that particular diagnosis. It is usually recommended in chest pain , cardiac problems, palpitation ,arrhythmia , asthma and respiratory problems etc;

## **KATI VASTHI.**

In this procedure specially prepared medicated oil is kept over the lower back within a herbal paste boundary. This procedure is very effective in back pain and spinal disorders.

## **JANU VASTHI.**

This is an effective treatment in the management of arthritis. In this procedure lukewarm medicated oil is retained for specific duration , above the knee joint inside the boundary of a medicinal paste.

## **NASYAM.**

Nasyam is one among the panchakarma procedure and is utilized for draining out the doshas associated with head and neck region. In this procedure herbal extracts, herbal powders medicinal oils etc; are applied

through the nose . This treatment is very effective in certain head aches, sinusitis, mental tension etc;

### **PIZHICHIL.**

This treatment is very popular and effective treatment which was developed and practiced in Kerala. In this treatment lukewarm herbal oil dipped in pieces of cloth squeezed by hand and poured continuously for about **60 – 90 mnts.**

It is very effective in the treatment of paralysis, hemiplegia, sexual weakness ,nervous disorders etc:

### **SIROVATHI.**

In this process lukewarm herbal oils is poured in to a cap fitted on patients head and the medicated oil is retained for **15 – 60 mnts.** per day according to the patients condition.

This treatment is highly effective in facial paralysis, dryness of nostrils , mouth and throat . Severe head aches and other diseases of head.

### **THALAPOTHICHIL.**

In this procedure the herbal powders selected according to the individual body constitution and dosha predominance of the ailment is made to a paste and applied to the scalp for about **30 – 45 mnts.**

This treatment is very effective in insomnia, psychiatric problems, stress related problems etc;

### **THALAM.**

Herbal powder mixed with medicated oil is applied on the top of the head and retained for **20 -30 mnts.** This therapy is helpful in the management of ENT problems ,insomnia, migraine etc;

### **SNEHA VASTHI.**

It's an effective therapy prescribed as part of many treatment packages in which vata is vitiated. In this procedure medicated ghee is introduced through the rectum.

### **KASHAYA VASTHI.**

It 's a prime treatment for alleviating the aggravated vatha dosha and is recommend in the detailed treatment package for various diseases. In this procedure a mixture of herbal decoction ,medicated oil, honest etc; is emulsified and introduced through the rectal route.

It is utilized in the treatment package s for paralysis , arthritis , hemilegia, numbness, gastric complaints ,rheumatism and chronic constipation.

## **THARPANAM.**

This is a treatment to cleanse and prevent the diseases in the eyes. Here a medicated paste boundary is made around the eyes and medicated oil or ghee is retained inside the boundary.

## **AKSHIDHARA.**

This is an effective treatment to prevent eye diseases. In this procedure a steady stream of medicated oil or ghee is instilled to the eyes.

## **SNEHAPANAM.**

It's a therapy by which medicated ghee or oil is orally administered for a period of **3 -7 days.**

**STRESS BUSTER PACKAGE. - . 3 Nights 4 Days.**

**AYURVEDIC REJUVENATION MASSAGE. . 7 | 14 | 21 | 28 Days.**

**DETOXIFICATION PACKAGE. . 7 | 14 | 21 | 28 Days.**

**WEIGHT LOSS PACKAGE. . 7 - 28 Days.**

**ARTHRITIS MANAGEMENT. . 7 - 28 Days.**

**SKIN DISEASE MANAGEMENT. . 21 - 28 Days.**

**PANCHAKARMA PACKAGE. . 30 - Days.**

**SPINE CARE PACKAGE. . 7 - 28 Days.**

## **STRESS BUSTER PACKAGE. 3 Nights 4 Days.**

Ayurveda advocates the mind body approach in treating the diseases. Many modern day maladies are consequent of the high stress life style and work pressure.

Insomnia, hypertension, hair loss ,migraine etc: are only some among the constellation of such problems. Stress Buster Package includes various treatments with medications to pacify the mind and thereby restores the biological rhythm and relieves stress and stress related problems. Ayurvedic therapy is complimented with daily Yoga sessions

in this package. Stress Buster package is also very effective in coping jet lag exhaustion associated with air travel between different time zone.

### PACKAGE SCHEDULE.

Package includes the treatments Abhyangam, Sirodhara, Herbal facial and face pack.

**1<sup>st</sup> Day:** Abhyangam, Sirodhara.

**2<sup>nd</sup> Day:** “ “

**3<sup>rd</sup> Day:** Abhyangam, Sirodhara, Herbal Facial and Face Pack.

### PACKAGE RATE.

ROOM	PEAK SEASON		SEASON		OFF SEASON		
STANDARD	SINGLE	DOUBL	SINGL	DOUBL	SINGL	DOUBL	
	E	E	E	E	E.	E	
<b>RACK</b>	<b>25800</b>	<b>28500.</b>	<b>24290</b>	<b>27290.</b>	<b>21875.</b>	<b>24875.</b>	
<b>SPECIAL.</b>	<b>19500</b>	<b>21375.</b>	<b>18218</b>	<b>20450.</b>	<b>16400.</b>	<b>18650.</b>	

### AYURVEDIC REJUVENATION PACKAGE.

Ayurvedic rejuvenation package includes various treatments and herbal medications for replenishing the body tissues and strengthening the vital body organs and functions.

In addition to the ayurvedic therapies it also includes breathing exercises in yoga for increasing the oxygen flow to major vital organs in the body and herbal tonics for regenerating the damaged tissues of major organs in the body and to stabilize the functions of body like digestion, normalizing the blood pressure, blood sugar level and to prevent the derangement of imbalances in the body.

#### RATE PER DAY BASIS

ROOM CATEGORY.	PEAK SEASON.		SEASON.		OFF SEASON.		
STANDARD	SINGLE	DOUBL	SINGLE	DOUBL	SINGLE	DOUBL	
	.	E.	.	E.	.	E.	
<b>RACK.</b>	<b>7200.</b>	<b>10,200.</b>	<b>6700.</b>	<b>9700.</b>	<b>6000.</b>	<b>9000.</b>	
<b>SPL.</b>	<b>5400.</b>	<b>7650.</b>	<b>5025.</b>	<b>7275.</b>	<b>4500.</b>	<b>6750.</b>	

### AYURVEDIC DETOXIFICATION PACKAGE.( 7,14,21,28 )

Detoxification package includes various treatments to expel the toxins or disease causing factors in the body and therapy normalizing the functions and prevents the body from getting afflicted with skin diseases, diseases caused by the accumulation of vitiated doshas and free radicals in the body system.

ROOM CATEGORY.	PEAK SEASON.		SEASON.		OFF SEASON	
RACK.	SINGLE. 7000.	DOUBLE. 10000.	SINGLE. 6500.	DOUBLE. 9500.	SINGLE. 5800.	DOUBLE. 8800.
SPECIAL.	5250.	7500.	4875.	7125.	4350.	6600.

### **PANCHAKARMA PACKAGE. ( 30 Days )**

Relaxation therapies in Ayurveda and will eliminate the exhaustion and improves blood circulation in body , mainly includes therapies like medicated oil synchronized massage which immediately benefits to relive exhaustion by increasing the blood circulation. Thakradhara increases the mental alertness and provides sound sleep.

OOM CATEGORY.	PEAK SEASON		SEASON		OFF SEASON.	
STANDARD. RACK.	SINGLE. 7000.	DOUBLE. 10000.	SINGLE. 6500.	DOUBLE. 9500.	SINGLE. 5800.	DOUBLE. 8800.
SPECIAL.	5250.	7500.	4875.	7125.	4350.	6600.

### **SPINE CARE PACKAGE. ( Rate Per Day Basis , 7, 14 , 21 , 28.)**

Spine Care Package is designed to take care of constellation of problems affecting the spine , spinal cord and highly effective in the management of degenerative diseases of the spine like spondylosis , back pains of various reasons, arthritis, bamboo spine and disc prolapsed, cervical spondylosis.

Treatment includes abhyangam, pichu, kativasthi, greeva vasthi, kizhis etc; as prescribed by the doctor after personal consultation.

ROOM CATEGORIES	PEAK SEASON. SINGLE.	DOUBLE.	SEASON. SINGLE.	DOUBLE.	OFF SEASON SINGLE.	DOUBLE.
RACK.	6700.	9700.	6200.	9300.	5500.	8600.
SPECIAL	5025.	7275.	4650.	6975.	4125.	6450.

### **WEIGHT LOSS PACKAGE. OR SLIMMING PROGRAMME.**

**( 14 , 21 , 28 Days. )**

Ayurvedic weight reduction package includes the herbal powder massage and various other massage like Kadikiszhi / Dhanyamladhara which increase the metabolic rate and reduces the body fat percentage. Package includes herbal juiced and internal medicines along with specific weight reduction yoga session. Complete Ayurvedic diet as recommended by the dietician has to be strictly adhered with for optimum result.

ROOM CATEGORY.	PEAK SEASON.		SEASON.		OFF SEASON.	
STANDARD. RACK.	SINGLE. 7500.	DOUBLE. 11000.	SINGLE. 7000.	DOUBLE. 10500.	SAINGLE. 6300.	DOUBLE. 9800.
SPECIAL.	5625.	8250.	5250.	7800.	4725.	7350.

## **ARTHRITIS MANAGEMENT. ( 7 - 28 ) Per day Basis**

Arthritis management packages engages various massages and therapeutic measures in Ayurveda for immediate relief from inflammatory changes and for arresting the degenerative progression of the disease. Therapies like Abhyangam , januvasthi , lepanam, localized dhara Njavarakizhi etc; are utilized after consultation.

ROOM CATEGORY.	PEAK SEASON		SEASON		OFF SEASON.	
STANADARD.	SINGLE.	DOUBLE.	SINGLE.	DOUBLE.	SINGLE.	DOUBLE.
RACK.	6700.	9200.	5700..	8200./	5000.	7500.
SPECIAL.	5000.	6900.	4275.	6150.	3750.	5650.

## **SKIN DISEASE MANAGEMENT. ( 21 - 28 ) Per Day Basis**

Ayurveda is very effective in the management of various skin diseases including psoriasis. This treatment programme lasts **21 to 28** days. Package includes special Lepanam, Abhyangam, Snehapanam, Pizhichil, medicated steam bath along with internal herbal medicines along with yoga sessions.

ROOM CATEGORY.	PEAK SEASON.		SEASON.		OFF SEASON.	
aSTANDARD.	SINGLE.	DOUBLE.	SINGLE.	DOUBLE	SINGLE.	DOUBLE.
RACK.	6500.	9000.	6000.	8500.	5300.	7800.
SPECIAL.	4875.	6750.	4500.	6375.	4000.	5850.

**ALL THE ABOVE RATES ARE ON PER DAY BASIS ONLY.**

### **TERMS & CONDITIONS:-**

In case if couple, three , or four people are staying in the room if only one is availing the wellness package , **Rs. 600/=** per head per day will be charged extra for which they are eligible for full board veg. food.

Children below **6 years** will not be charged. Children above **6 - 12** years will be charged **50%**. Above **12 years** will be charged full.

Rates mentioned inclusive of all taxes.

Includes Breakfast, Lunch and Dinner ( **Vegetarian / Ayurvedic** )

Rate excludes pick up, drop and sightseeing.

Sight seeing could be arranged on extra charges as and when required.

The above mentioned rates are applicable only for Ayurvedic Packages mentioned above and can not be utilized for only accommodation purpose.

**EURO, DOLLAR & POUND** if mentioned are approximate. Calculation will be on prevailing exchange rate fixed as per **INR**.

Reservation will be confirmed against an advance payment of 50 % of the amount .

Booking may be cancelled without further notice, if the advance payment is not received on time.

Advance amount could be refunded only if the booking is cancelled in writing ( email/ fax ) at least 28 days prior to the expected arrival date.

Kindly note that the confirmation of any particular room number are not binding as we reserve the right to shift the room within the same category as and when required.

The mentioned special offer rates can not be clubbed with any other or other discounts unless specifically mentioned.

Right of error reserved quoted rates and information is not binding . The management may make changes of the tariff without further notice. Content of the packages may differ depending on the patient's health condition. Final decision will be taken by the consulting doctor, after the individual consultation.

Each of the packages includes the following services for the duration of stay.

Accommodation in the booked category.

Ayurvedic / Naturopathic package according to the booked package.

Daily Ayurvedic / vegetarian food.

Daily Doctors Consultation.

Final consultation with doctors ( Instruction to be followed , diet restriction if any, medical reports , treatment details etc; follow up medicines, next suggested consultation and treatment etc;.

Free medicines ( as required in the package) during treatment period. Medicines purchased extra which is not part of the package will be charged at actual .

The following services are provided complimentary along with every packages.

Daily Yoga Classes.

Free usage of “ Floating Spa “ the hydrotherapy pool.

Free usage of swimming pool, indoor recreational facilities. Etc;