



AyurSoma Ayurveda Royal Retreat

Kerala, India

Overview:

Somatheeram Ayurveda Group already managing and running five interlinking brand names – **Somatheeram Ayurveda Village, Manaltheeram Ayurveda Village, Soma Palmshore in Thiruvananthapuram, Soma Birds Lagoon** in Kochi and **Soma houseboats** in Alappuzha.

AyurSoma is an absolute marvel from Somatheeram Ayurveda Group, the foremost Ayurveda resort group in the world for authentic Ayurvedic treatments, Yoga and Meditation. The group was founded by Mr. Baby Mathew in 1985 with the then novel concept of an “Ayurveda hospital in resort ambience”.

Designed as the flagship of the group, AyurSoma provides you with a good reason to explore the ever-rising Luxury standard in holistic health care, progressing in the footsteps of ancient knowledge and tradition that has withstood the tests of time. Come, experience yourself!

AyurSoma follows the general principles expounded by the Somatheeram Ayurveda Group for the upkeep of mental and physical health. Here you can experience the traditional Ayurveda therapies, wellness packages and Yoga-Meditation practises while enjoying world-class luxurious amenities at the breath-taking sceneries.

The practice of Ayurveda, Yoga and Meditation are offered here as the first line in the pursuit of curative and well-being treatments for the body as well as mind.

Dream Location:

AyurSoma nestles between a stretching hillock reflecting rich greenery and coconut palms and the glittering Chowara beach alongside the splendidly calm Arabian Sea, besides Somatheeram, the first resort is upon the hillock.

Restful days loll by in the backdrop of fishermen engaged in their daily chores. The brilliant sunset marks the close of the day in luxurious spectacle. In the night, the sky is filled with stars and the sea is dotted in the distance with soft lights gleaming from traditional fishing rafts.

Distance from

Trivandrum International airport 21 kms (approximately 30 minutes)

City Centre 21 kms (approximately 30 minutes)

Trivandrum Central Railway station 21 kms (approximately 30 minutes)

AyurSoma – Ayurveda, Yoga & Meditation Centre



Address: AyurSoma – Ayurveda, Yoga & Meditation Centre
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ARCHITECTURE **Kerala Temple and Palace Architecture:** Dominated by the stamp of Kerala style of architecture, AyurSoma showcases ancient craftsmanship and aesthetic beauty that has been slowly receding from public life in Kerala. The style of exquisite details displayed here is discernible only in few ancient temples and palaces spread out in the region.

Rooms & Other Facilities Each room in this building has been carefully appointed through able craftsmanship and aesthetic sense to make day to day experience luxuriously as worthwhile and memorable. The ornate pieces would take you back through the centuries and transport you to a romantic period in Kerala's golden history and culture.

The rooms are luxuriously appointed combining modern amenities with the charm of traditional architecture. You can select from a number of accommodation facilities according to your needs.

Category Of Accommodations

- **Dhanwanthari Heritage Pool Villa with Treatment Room**
- **Dhanwanthari Heritage Deluxe Room**
- **Maharaja Royal Suite**
- **Yuvaraja Royal Junior suite**
- **Palace Deluxe Room**
- **Hill View Palace Deluxe Room**

Accommodation Highlights

- All rooms are spacious with Sea View except Hill View category which is facing towards the cliff
- All the rooms are having spacious Balcony / Varantha
- Selected Rooms having Treatment Rooms attached
- All Rooms have spacious wardrobes
- Spacious bathrooms with bath tub and walk-in shower
- Ceramic Coated steel bath tub in every room to provide herbal bath facility
- Selected rooms with Steam bath & Flower bath Facilities to provide Ayurveda Bath



- Free Unlimited High-speed Wireless Internet Access
- Televisions with premium Cable Channels
- Mini Refrigerator in all rooms
- Tea/Coffee Maker
- Locker Facility
- Hair Dryer
- Iron & Ironing Board

Swimming Pool:

Pool service available from 8 am to 6pm.

Oyster shaped Infinity pool merging with blue sea, providing hypnotic view of the setting sun and set of Jacuzzis. The poolside has umbrellas and long reclining cots; beverages and light refreshments for the pool users will be served from the restaurant. Also pool side dining area provides relaxing experience.

Dining:

02 Restaurants (Air Conditioned & Non Air Conditioned) located in the Sea Level offering direct sea views. Guests can enjoy an extensive menu of organic creations. Serving Regional Indian Specialties, Tandoori, Grilled, continental, Chinese and International Cuisines. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurveda dishes on offer.

Coffee shop located near to the Reception area offers 24 Hrs service

Yoga, the art of union

Yoga is deemed the art of aligning your body and mind in harmony, so that human life becomes wholesome, enjoyable and fruitful. This envisages the union of the body and the mind, the union of the subject and the object, the merging of the seer and the seen.

What is generally called Yoga today is Hatha-Yoga, the most popular physical exercise regime of the contemporary world. Learn the basics of Yoga or consolidate what you have learned and explore what more is offered.

AyurSoma offers you a specialized Yoga vacation with experts guiding your moves and bringing you closer towards achieving the fusion of the body and mind, which is of utmost importance to achieve a happy, prosperous and fruitful life.

03 Yoga Platforms overlooking Sea provides relaxing experience and can accommodate many retreats at a time.

Buddha Meditation Point with 360° stunning view of Arabian Sea can also accommodate smaller batches to practice Yoga & Meditation



AYURVEDA

The Science Of Longevity

In the modern world, Ayurveda is considered an alternative medical system and increasingly made use of in all parts of the world. The popularity of Ayurveda is spreading fast internationally.

Ayurveda is a 5000 year old Indian traditional system of medicine. The healing power of Ayurveda has the answer to almost every known ailment. Ayurveda's curative and preventive power has been tested and proven. Another popular Ayurveda regimen is Panchakarma, which is a detoxification therapy that supplements body's vital constituents and revitalizes the body, mind and soul.

AyurSoma showcases the best of Ayurveda and provides expert physicians and therapists. Based on the three doshas of the human body, vata, pitta and kapha, every guest is diagnosed by traditional scientific techniques and administered the most appropriate advice and therapy accompanied by a suitable dosha specific diet.

AyurSoma features an outstanding range of features and Ayurvedic treatments to purify, rejuvenate, slim, rebalance and de-stress lives, which have been in the fast lane for too long. With many treatments aimed at specific disorders, the resort merges the best of both worlds – health-regaining Ayurvedic treatments, stunning beaches, superb facilities, organic food, yoga and meditation.

Team of Doctors :

The Ayurveda Center at Somatheeram Managed by well experienced team of 12 Ayurveda doctors

Team of Therapists:

A team of 60 well experience therapists, most of them are hail from traditional Ayurveda treatment families.

Treatment Rooms:

The Ayurveda Center is located in a dedicated floor with 20 treatment rooms & 05 Treatment Rooms Attached with accommodation.

Ayurvedic Diet:

Diet (Pathya) is a major aspect in Ayurveda Treatment. Special Ayurveda Menu designed by our team of doctors & dietitians, based on the research with reference to old Ayurveda Texts. Guests following the Ayurveda program can also choose to dine from the range of 250 Ayurveda dishes based on the Tridoshas (Vatha, Pitha and Kapha) properties.

Herbal Garden:

SOMATHEERAM Ayurveda Group maintains a good herbal garden, with nearly 600 varieties of herbs. The destruction of forest and the scarcity felt in the availability of medicinal herbs have necessitated the plant cultivation of medicinal plants.



Medicine Manufacturing: The availability of the genuine medicines is the major problem. To overcome this and give our guests the best of service, we have our own Ayurveda medicine manufacturing unit, which is under close supervision of our team of doctors. A research and development wing is also in operation.

Ayurveda Academy **Somatheeram Ayurveda Group** is on a mission to spread the ancient knowledge of Ayurveda around the world. We no longer want to deprive the Western World from this fascinating traditional Indian method of healing. With the introduction of the Ayurveda Academy and by offering a wide selection of courses to interested students of Ayurveda, we believe we have reached another milestone in our mission.

Lectures & Seminars **Somatheeram Ayurveda Group** regularly arranging lectures and conducting seminars on subjects related with Ayurveda and Healthy Living. Our visiting faculties include lecturers and eminent professors from various Ayurveda Universities. Guests are given opportunities to clear their doubts at the end of the session. We also provide the assistance of interpreters for these program.

Ayurveda Cooking Evening cooking demonstration to share the ancient knowledge of Ayurveda diet around the world.

Recreation: Other recreational amenities include visits many places of interest in Kerala, such as Trivandrum, the backwaters, the Neyyar Dam and Wildlife Sanctuary, the Padmanabhapuram Palace etc. The resort also provides guest with a cultural program, bird watching, fishing, hiking/walking and can arrange tours to historical sites on request

Climate: India enjoys a pleasant and temperate climate, with warm sunny days most of the year. Average temperatures range from 20 – 34 C. December to May is the hottest and driest period: temperatures average 28-30C, reaching 34C in May. August and September are the coolest months when it drops to 24C.

Chairman & Managing Director: **Mr. Baby Mathew**



“Green Leaf” Classified Ayurveda Resorts

Information/enquires

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