



## Ayurveda Retreats in Kerala, India

Enjoy a wonderful holistic Ayurvedic Retreat in beautiful Kerala. If you're in need of some rest and rejuvenation or have some specific health issues you'd like to address, an Ayurvedic retreat could be the perfect choice. Choose from one of three beautiful Ayurvedic resorts, (part of the award winning Somatheeram Ayurveda Group), and enjoy daily customised treatments, yoga, meditation and relaxation.



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## Private & group departures

Ayurvedic Retreats are available year-round for individuals, couples and groups. Retreats are available for stays of 7, 14 and 21 days with some longer retreats available. Day retreats and shorter stays and options are also available, please contact us for details. In addition to the Ayurveda treatment package you've selected, a number of complimentary services and experiences are also included as part of your booking. Please see the Service Includes section below or ask us for details.

For group bookings of 15 or more we offer one person's Ayurveda package (excluding international flights) on a complimentary basis and also additional complimentary inclusions for including private daily yoga and meditation group sessions, weekly Ayurveda cooking demonstrations, weekly Ayurveda talks/classes, a half day back water cruise in a traditional country boat (for 21 nights and above full Ayurveda packages), private tours of the Ayurveda herbal garden and medicine manufacturing unit on request). Please see the Service Includes section or ask us for details.

## Best time to visit

Retreats are available throughout the year although the temperature does differ depending on when you visit. 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 with temperatures averaging 28-30C, reaching 34C in May. August and September are the coolest months when it drops to around 24C. Monsoon (rainy) season in Kerala comes twice a year. The southwest monsoon, from June to August, is the main rainy season. The northeast monsoon, also known as the retreating monsoon, comes around October-November. Between the two monsoon seasons, the temperature remains cool in most parts of Kerala.

## Retreat overview

<b>Style</b>	Ayurvedic holistic retreat.
<b>Accommodation</b>	Variety of options available from simple air-conditioned rooms to garden cottages, traditional style Kerala houses to deluxe suites.
<b>Duration</b>	From 7 to 21 + days.
<b>Activities</b>	Daily personalised treatments (massages, steam baths & other) plus daily yoga & meditation, cultural shows, boat tours, beach and pool relaxation.
<b>Min/Max group size</b>	Available for 1 or more persons.
<b>Start point</b>	Join in Trivandrum, Kerala, India.

## An Ayurvedic Retreat

### What is Ayurveda?

Ayurveda is an ancient system of medicine that has been practised in India for thousands of years. It's both a science and a way of life. The name Ayur means life and Veda means science or knowledge. Originating in India around 3000BC this unique system of medicine is very popular in India and gaining acceptance and popularity across the world.

The objectives of Ayurveda are to establish prime health in every living being, physically, mentally and spiritually through a state of balance and sense of wellbeing.

From the Ayurvedic perspective, an illness, disease or imbalance has to be addressed holistically with the individual's physical and psychological condition carefully observed and analysed before any treatment begins.

We work with a small number of award winning Ayurvedic resorts in Kerala in the south of India, who offer a variety of therapeutic retreat packages, set in serene and tranquil surroundings.

Treatment packages of 7, 14 and 21 nights available include:

- Rejuvenation
- Longevity Treatment
- Body Purification
- Slimming
- Beauty Care
- Spine & Neck Care
- Psoriasis Treatment
- Stress Management
- Anti-Ageing

All retreat packages include accommodation (various options available), Ayurvedic treatments as per the package selected, full board Ayurvedic vegetarian meals, daily yoga and meditation, one half day backwater tour in a traditional county boat (package bookings of 14 nights or more only), airport transfers. In addition to treatments included in your selected package, there are additional optional treatments which can be requested, with a small additional cost, payable locally. For more details on what's included please see the What's Included section or call us on 028 20768975 to discuss.

## What to expect

Here's an overview of what to expect during your Ayurvedic retreat. Please note all treatments will be individually customised to your requirements, based on your consultation with the Ayurvedic doctors and team. Timings and facilities at the different resorts do differ and you'll receive full details of these.

Day 01: Arrive Trivandrum International airport 21 kms (approximately 30 minutes from the resort) where our local representative will meet you at the airport for the short transfer drive to Somatheeram Ayurveda resort. On arrival to the resort, you'll receive a traditional welcome.



After checking in, you'll have your initial consultation and check up by the team of doctors who will provide you with an individual treatment plan for the rest of your stay as well as regular review consultations and a final consultation prior to departure.



Bookings and information: Call: 028207 68975

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Duration of all the treatments are not less than 02 hrs per day. Most of the therapy plans will have a duration of 02-03 hours each day but please be aware the treatment duration can be varied as the doctors advise based on individual needs and body condition.

You'll be provided with a treatment schedule and individual diet/healthy eating plan. If medicines are recommended as part of your treatment plan, you'll also be advised of these with all the Ayurvedic medicines being made on site.



Today you'll also receive information on what to do and not to do during the treatment (for example no alcohol) and general information and advice resulting from your individual consultation.

### **Yoga**



As well as your individual treatments (massage, steam baths etc) you'll also be able to enjoy daily yoga and meditation sessions. There will be 1½ hrs yoga every day with 3 sessions and times available and you'll be able to choose any one session each day, for example.

Meditation - 07:15 am - 7.45 am & 4.15 pm - 4.45 pm

Advance Yoga session - 08.00 am to 9.15 am

Beginners Yoga Session – 10.15 am to 11.30 am

Intermediate Yoga Session – 5 pm – 06.15 pm



Depending on your meal plan, enjoy either an Ayurveda or regular buffet meals with dining inside or sit in the open air to enjoy. Typical mealtimes are: breakfast from 7 to 11 am, lunch - 12.30 to 3.30pm and dinner 7 to 11pm but may vary.



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In addition to the buffet a la-carte is also available



Afternoon: Relax, visit the beach and swim with soothing waves, enjoy the resort swimming pool, curl up with a book or music or simply sit in nature and relax.









Evening: Yoga

Dinner and overnight rest and relax at the traditional and elegant and comfortable cottages or Keralan houses for a relaxing and peaceful overnight.

Departure: On departure day, you'll be transferred to the airport in time for your flight home/onward.

## The resorts

The resorts are part of the Somatheeram Ayurveda Group, the foremost Ayurveda retreat group in the world for authentic Ayurvedic treatments, yoga and meditation. Choose from these three beautiful Ayurveda retreats in Kerala including:

- **Somatheeram – a classified Heritage Ayurveda Resort**
- **Manaltheeram Ayurveda Beach Village – a sister resort that shares some facilities with Somatheeram.**
- **AyurSoma Ayurveda Royal Retreat – designed as the flagship resort with world class luxury amenities.**

### Somatheeram Heritage Ayurveda Resort



Photo: the beautiful beach location of Somatheeram Resort.

## Manaltheeram Ayurveda Beach Village



Photo: relaxing at Manaltheeram Beach Village.

## AyurSoma Ayurveda Royal Retreat



Photo: the pool and cottages at AyurSoma Royal Retreat.

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## About Somatheeram Heritage Ayurveda Resort

Somatheeram is a perfect hideaway, offering Ayurvedic therapy, Yoga and Meditation along with captivating and comfortable surroundings and service. This resort is the world's first Ayurveda Resort and opened its doors to welcome its first guests in 1985 and has since gone from strength to strength.

Along with its sister resort of Manaltheeram, Somatheeram offers beautiful white sands and some of the best beaches in the world, whilst focusing on rebalancing the body and mind through their programme of award winning ayurvedic treatments and yoga.



Somatheeram Ayurveda Village provides guests with an unforgettably relaxing experience that will leave you refreshed, rejuvenated and rebalanced.

Somatheeram and Manaltheeram are both located on the picturesque Malabar Coast, 7km south of the world-renowned Kovalam Beach. Somatheeram resort covers around 15 acres of lush greenery, in a beautiful setting of palm trees, bewitching blue waters and tropical sun-soaked beaches.

### Accommodation

Somatheeram offers a variety of traditional Kerala houses and cottages set amongst coconut groves. The resort has 40 double/twin room accommodations in a variety of stunning cottages and traditional Kerala Houses. All rooms are air conditioned. The room categories include:

- Standard Room : Garden View – standard rooms have one bedroom with attached bathroom with hot/cold water.

- Garden Cottage : Garden View / Partial Sea View – garden cottages are independent/detached cottages built of natural materials of mud and brick. All have double or twin beds with bedroom and attached bathroom with hot and cold water.
- Special Cottage : Sea View – these are independent/detached round or square shaped thatched cottages with either a full or partial sea view. Built with natural materials of mud and bricks, all cottages have double or twin beds, with bedroom and attached bathroom with hot and cold water.
- Kerala House Standard : Sea View – this is a traditional Kerala wooden house with antique doors and furniture. These independent/detached villas have a verandah, bedroom and attached bathroom with hot and cold water.
- Kerala House Deluxe : Sea View – this is a traditional Kerala wooden house with antique doors and furniture. The deluxe house has 3 bedrooms with attached bathroom with hot and cold water. It has a verandah with sea view and the whole house has one suite room and two deluxe rooms, rented separately with a central shared living area.
- Kerala Deluxe Suite : Sea View – this is a traditional Kerala wooden house with antique doors and furniture. The suite has a living room and separate bedroom with attached bathroom with hot and cold water. There is an excellent sea view from the room as well as the verandah overlooking the ocean. The deluxe suite is one of 3 room options within the house, with the other 2 being deluxe rooms and all rooms rented separately with a central shared living area.







The very comfortable Kerala houses with their antique doors, pillars & furniture each have three bedrooms, one deluxe with living room and the other a standard room, which can be rented separately.

More traditional accommodation can be found in the round thatched cottages made of natural mud. Offering a less expensive option and lining the coast, these rustic cottages offer sea views.

All the rooms are air conditioned with no additional supplement charges for air conditioning. Kerala Houses and higher room categories all have television & mini fridge

### **Facilities at Somatheeram**

Wi-Fi | Swimming pool |Parking |Luggage Room |Wheelchair| Ayurveda Doctor |Drinking water |Doctor's service |Wakeup call| Towel change |Newspapers |Room calling |Reception Service |Information | Beach Service |lecture class |Money Change | Fruit Basket |Hair Dryer |Tea maker | Bathroom Supplies |Room Safe Locker |Bathroom slippers |Entertainment |Multi adapters |Ironing board |Language Interpreters |Beauty Clinic |Ayurveda Pharmacy |Ayurveda Library |Transportation Services |Ayurveda Dietitian |Hot Water |Towels – 2 Types (White – for Regular Use & Brown – to use after Treatment) |Mosquito Net |Windows are covered by mosquito net.

**Swimming Pool:** Pool service available from 8 am to 6pm.

Oyster shaped 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.



**Dining:** Situated 200 feet above the sea and offering superb views, guests can enjoy an extensive menu of superb organic creations in the restaurant. Serving regional Indian specialties, tandoori, grilled, continental and Chinese cuisines. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes on offer.

**Yoga:** Yoga, the science of man, based on ancient Indian wisdom and culture, is an art of living a healthy and balanced, peaceful and contented lifestyle.

Somatheeram has 2 beautiful Yoga Halls built in the traditional way with 3 sessions of yoga per day. You can choose any one session. Personal Yoga Classes are also available.

Advance Yoga Session – 08 am to 9.30 am

Beginners Yoga Session – 10.15 am to 11.45 am

Intermediate Yoga Session – 5 pm to 06.30 pm

**Ayurvedic Treatments:** Ayurvedic is an ancient Indian science of ‘healthy living’ which aims to treat the same spectrum of mental and physical disorders as western medicines, as well as offering more aesthetic treatments to improve skin condition and body tone.

Exclusive and celebrated Ayurvedic treatments are offered at Somatheeram Ayurveda Resort in India to prepare the body, mind and soul for another fast paced and hectic year. All are designed



especially for those clients who want to bring renewed universal energy, stress management, weight loss, personal growth, and a sense of balance to their lives.



**Team of Doctors & Therapists :** The Ayurvedic Center at Somatheeram is managed by an experienced team of 15 Ayurveda doctors headed by Medical Superintendent Dr Seena (with more than 35 years of experience) The Ayurveda physician devises the rejuvenation program for each individual after a thorough evaluation. A team of 60 well experience therapists, most of whom hail from traditional ayurveda treatment families.



**Treatment Rooms:** The Ayurvedic Center at Somatheeram is located in two dedicated bungalows with 30 treatment rooms.



**Ayurvedic Menu:** Diet (Pathya) is an important factor in Ayurvedic Treatment. Over the years Somatheeram has devised a special Ayurvedic Menu, which was crafted by the team of doctors, based on the research with reference to old Ayurvedic Texts. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes based on the Tridoshas (Vatha, Pitha and Kapha) properties.

## About Manaltheeram Ayurveda Beach Village

Manaltheeram Ayurveda Beach Village is the sister resort of nearby Somatheeram Heritage Resort and a stay here offers sun, white sands and being close to one of the best beaches in the world, whilst focusing on rebalancing the body and mind through a programme of award winning ayurvedic treatments and yoga.



Located on the picturesque Malabar Coast, 9km south of the world renowned Kovalam Beach, Manaltheeram is spread across around 12 acres of lush greenery, palm trees, blue waters and sun-soaked beaches.

### Accommodation

The resort opened its doors to welcome the first guests in 1992 and has 61 detached thatched cottages and Kerala houses overlooking the ocean.

Standard Room : Garden View

Garden Cottage : Partial Sea View

Special Cottage : Partial Sea View

Deluxe Cottage : Sea View

Kerala House Deluxe : Sea View





All the Rooms are air conditioned and there are no supplement charges for AC. Kerala House Deluxe and Deluxe Cottage have a television and mini fridge.

### Facilities at Manaltheeram

Wi-Fi | Swimming pool | Parking | Luggage Room | Wheelchair | Ayurveda Doctor | Drinking water | Doctor's service | Wakeup call | Towel change | News Papers | Room calling | Reception Service | Information | Beach Service | lecture class | Money Change | Fruit Basket | Hair Dryer | Tea maker | Bathroom Supplies | Room Safe Locker | Bathroom slippers | Entertainment | Multi adapters | Ironing board | Language Interpreters | Beauty Clinic | Ayurveda Pharmacy | Ayurveda Library | Transportation Services | Ayurveda Dietitian | Hot Water Facility | Towels – 2 Types (White – for Regular Use & Brown – to use after Treatment) | Mosquito Net | Windows are covered by mosquito net.

**Team of Doctors and Therapists:** The Ayurvedic Centre at Manaltheeram is managed by an experienced team of 13 Ayurvedic doctors headed by Deputy Chief Physician Dr Hema, with over 35 years' experience. The Ayurveda physician devises the rejuvenation programme for each individual after a thorough evaluation. There is also a team of 60 experienced therapists most of them from traditional ayurveda treatment families.

**Treatment rooms:** The Ayurvedic Center at Manaltheeram has 24 ayurveda treatment rooms with dhara oil dip facilities and herbal steam & bath facilities, six of which are in the grounds beneath palm trees, where guests can truly relax to the sights and sounds of the ocean.

**Yoga:** The yoga and meditation programme at the resort is one of the best in the world. All classes are led by traditionally trained Indian gurus and take place on the lawn in the cool morning, or under a shade outdoors on warmer days.

There are 3 daily yoga sessions:

Advance Yoga Session – 08 am to 9.30 am

Beginners Yoga Session – 10.15 am to 11.45 am

Intermediate Yoga Session – 5 pm to 6.30 pm

Guests can choose any one session. Personal yoga classes are also available.



**Swimming Pool:** Pool service available from 8 am to 6pm. The poolside has umbrellas and long reclining cots; beverages and light refreshments are served from the restaurant.



**Dining:** The restaurant at Manaltheeram with its reed curtains, wicker chairs and the lawn with its paved paths becomes the venue for sharing of food in the evenings. There are performances of ethnic dances or other art forms, all of which adds to the ambience of relaxation. Guests can enjoy an extensive menu of superb organic creations in the restaurant, serving regional Indian specialties, tandoori, grilled, continental and Chinese cuisines. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes on offer.

**Herbal Garden:** Manaltheeram maintains a good herbal garden, with nearly 600 varieties of herbs and medicinal plants cultivated.

**Medicine Manufacturing:** To overcome the availability of genuine Ayurvedic medicines and provide guests the best of service, Manaltheeram has its own ayurveda medicine manufacturing unit, which is under close supervision of the team of doctors. There is also a research and development wing.

**Lectures and seminars:** In Manaltheeram the team regularly give lectures and seminars on subjects relating to Ayurveda and healthy living and visiting facultites including lecturers and eminent professors from various Ayurvedic Universities.

**Recreation:** The resort provides guests with a cultural programme, bird watching, hiking/walking and can arrange tours to historical and other sites and attractions on request.

## About AyurSoma Ayurveda Royal Retreat

Designed as the flagship resort, AyurSoma is a luxury resort in holistic care. Here you can experience the traditional Ayurveda therapies, wellness packages and Yoga -Meditation practices whilst enjoying luxury amenities and beautiful scenery.



AyurSoma nestles on a rich green hillside location amidst coconut palms and relaxing gardens. It's around 21km (30 minutes approximately) from Trivandrum International Airport, Central Railway Station and the city centre.

Bookings and information: Call: 028207 68975

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## Accommodation

The style of architecture here is traditional Kerala temple and palace style, showcasing ancient craftsmanship and aesthetic beauty. Rooms are luxuriously appointed combining modern facilities with the charm of traditional architecture and the romance of Kerala's golden history and culture. A variety of accommodations are available including:

- 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



- All rooms are spacious with sea views except for Hill View category which face the cliffside
- All have a spacious balcony or veranda
- Selected rooms have treatment rooms attached
- All have spacious bathrooms with bath tub and walk-in shower
- Selected rooms have steam bath & flower bath facilities to provide Ayurveda baths

All rooms also have free unlimited high-speed wireless internet access, televisions with premium cable channels, a mini refrigerator, tea/coffee maker, locker/safe facility, hairdryer and iron/ironing board.



## Facilities at AyurSoma

**Swimming pool:** Pool service is available from 8am to 6pm. There is an oyster shaped infinity pool as well as a set of jacuzzis. The poolside has parasols and long recliners with beverages and light refreshments for pool users served from the restaurant. Pool side dining is also available.



**Dining:** Two restaurants (air conditioned and non-air conditioned) are located at sea level with direct sea views. Guests can enjoy an extensive menu of organic creations including regional Indian specialities, tandoori, grilled, Continental, Chinese and International Cuisines. Guests following the Ayurvedic programmes can choose from the range of 250 Ayurveda dishes on offer.

**Yoga:** AyurSoma offers specialised yoga practice with experts guiding your moves. 03 yoga platforms overlook the sea, providing a relaxing experience and allowing for several retreats at a time. A Buddha Meditation Point with stunning 360-degree views of the Arabian Sea is used for smaller groups to practice yoga and meditation.

AyurSoma features an outstanding range of Ayurvedic treatments to purify, rejuvenate, slim, rebalance and de-stress from busy lives as well as many treatments for specific disorders.

**Doctors and Therapists:** The Ayurveda Centre is managed by an experienced team of 12 doctors and 60 experienced therapists.

**Treatment Rooms:** The Ayurveda Centre is located on a dedicated floor with 20 treatment rooms and 05 treatment rooms attached with accommodation rooms.



**Price per person – Valid from 01 October 2024 to 30 September 2025**

**\*Please note the pricing listed below are example rates for the various months at each of the 3 properties, using example room categories and based on a 14-day therapy package, single room occupancy. For a personalised quote and exact pricing and availability please contact us – call +44(0)28207 68975 or email hello@one-himalaya.com**

**Somatheeram Heritage Ayurveda Resort**

**Rejuvenation Therapy, Body Purification Therapy and Immunisation (longevity) Therapy**

<b>Price per person from:</b>	<b>01 May to 30 September</b>	<b>01 October, November &amp; April</b>	<b>01 December * to 31 March</b>
Standard air-conditioned room, single occupancy	GBP£1909 (Euro 2240)	GBP£2327 (Euro 2730)	GBP£2506 (Euro 2940)
Garden cottage, air conditioned, single room occupancy	GBP£2148 (Euro 2520)	GBP£2565 (Euro 3010)	GBP£2863 (Euro 3360)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£3997 (Euro 4690)	GBP£4474 (Euro 5250)	GBP£5309 (Euro 6230)

**\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December.**

**Slimming Therapy, Beauty Care Therapy, Spine & Neck Care Therapy, Psoriasis Treatment Therapy**

<b>Price per person from:</b>	<b>01 May to 30 September</b>	<b>01 October, November &amp; April</b>	<b>01 December * to 31 March</b>
Standard air-conditioned room, single occupancy	GBP£2021 (Euro 2380)	GBP£2437 (Euro 2870)	GBP£2615 (Euro 3080)
Garden cottage, air conditioned, single room occupancy	GBP£2259 (Euro 2660)	GBP£2675 (Euro 3150)	GBP£2972 (Euro 3500)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£4042 (Euro 4760)	GBP£4577 (Euro 5390)	GBP£5409 (Euro 6370)

**\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December.**

### Stress management Therapy and Anti-Ageing Therapy

Price per person from:	01 May to 30 September	01 October, November & April	01 December * to 31 March
Standard air-conditioned room, single occupancy	GBP£2377 (Euro 2800)	GBP£2675 (Euro 3150)	GBP£2853 (Euro 3360)
Garden cottage, air conditioned, single room occupancy	GBP£2615 (Euro 3080)	GBP£2912 (Euro 3430)	GBP£3210 (Euro 3780)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£4458 (Euro 5250)	GBP£4814 (Euro 5670)	GBP£5646 (Euro 6650)

*\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December.*

### Manaltheeram Ayurveda Beach Village

#### Rejuvenation Therapy, Body Purification Therapy and Immunisation (longevity) Therapy

Price per person from:	01 May to 30 September	01 October, November & April	01 December * to 31 March
Standard air-conditioned room, single occupancy	GBP£1902 (Euro 2240)	GBP£2318 (Euro 2730)	GBP£2496 (Euro 2940)
Garden cottage, air conditioned, single room occupancy	GBP£2139 (Euro 2520)	GBP£2556 (Euro 3010)	GBP£2853 (Euro 3360)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£3447 (Euro 4060)	GBP£3804 (Euro 4480)	GBP£4517 (Euro 5320)

*\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December.*

#### Slimming Therapy, Beauty Care Therapy, Spine & Neck Care Therapy, Psoriasis Treatment Therapy (14 and 21 day therapy packages available – sample pricing based on 14 days).

Price per person from:	01 May to 30 September	01 October, November & April	01 December * to 31 March
Standard air-conditioned room, single occupancy	GBP£2021 (Euro 2380)	GBP£2437 (Euro 2870)	GBP£2615 (Euro 3080)
Garden cottage, air conditioned, single room occupancy	GBP£2259 (Euro 2660)	GBP£2675 (Euro 3150)	GBP£2972 (Euro 3500)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£3566 (Euro 4200)	GBP£3923 (Euro 4620)	GBP£4636 (Euro 5460)

*\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December*

### Stress management Therapy and Anti-Ageing Therapy

Price per person from:	01 May to 30 September	01 October, November & April	01 December * to 31 March
Standard air-conditioned room, single occupancy	GBP£2377 (Euro 2800)	GBP£2675 (Euro 3150)	GBP£2853 (Euro 3360)
Garden cottage, air conditioned, single room occupancy	GBP£2615 (Euro 3080)	GBP£2912 (Euro 3430)	GBP£3209 (Euro 3780)
Kerala House, deluxe air-conditioned suite, single occupancy	GBP£3982 (Euro 4690)	GBP£4160 (Euro 4900)	GBP£4874 (Euro 5740)

*\*Please note there is an additional mandatory £52 (60 Euro) per person for stays on/over 31 December*

### AyurSoma Ayurveda Royal Retreat

For treatment and accommodation options and pricing staying at AyurSoma, please contact us for details and a personalised quote.

## What's Included

### Packages (Slimming, Rejuvenation etc as above) include:

- All accommodation as per category selected (standard AC room, garden cottage, suite etc)
- Initial, daily and final consultation with an Ayurvedic doctor
- Daily Ayurveda treatments (massages, oil treatments, steam baths etc) as per the therapy package selected
- Medicines during the treatment period, as per treatment plan
- Full board (breakfast, lunch and dinner) Ayurveda vegetarian meals
- Cultural programme (visual or music)
- One yoga and one meditation session each day
- Weekly 01 Ayurveda cooking demonstration
- Weekly 01 Ayurveda lecture class
- Ayurveda tour (visits to the herbal garden, Ayurveda shop and medicine manufacturing unit with a doctor and translator) on request
- Language interpreters available if required
- Complimentary half day backwater tour in a county boat (for packages of 21 days or more only)
- Complimentary airport transfers (from Trivandrum International Airport)

Duration of the treatment may vary according to doctor's directions. Please note that rooms are assigned based on medical need and treatment plans. Specific room types can be requested and every effort will be made to provide you the accommodation option you choose but all rooms are subject to availability at the time of booking and subject to treatment plan suitability.

7 night, 21 night retreats and other accommodation options as well as twin/double occupancy option are available – please contact us for details and for a personalised quote.

We also offer reduced loyalty rates\* for repeat bookings of 6 nights or more duration as well as special seasonal promotions and group booking rates (minimum group size 15) and loyalty discounts for repeat bookings. Please ask us for details.

*\*Please note that loyalty discounts cannot be combined with any other special offers or discounts unless specifically mentioned.*

Group bookings include:

- One complimentary Ayurveda package per every 15 persons in the group (excluding international flights)
- Initial, daily and final consultation with an Ayurvedic doctor
- Daily Ayurveda treatments (massages, oil treatments, steam baths etc) as per the therapy package selected
- Medicines during the treatment period, as per treatment plan
- Full board (breakfast, lunch and dinner) Ayurveda vegetarian meals
- Cultural programme (visual or music)
- One yoga and one meditation session each day (private group session)
- Weekly 01 Ayurveda cooking demonstration



- Weekly 01 Ayurveda lecture class
- Ayurveda tour (visits to the herbal garden, Ayurveda shop and medicine manufacturing unit with a doctor and translator) on request
- Language interpreters available if required
- Complimentary half day backwater tour in a county boat (for packages of 21 days or more only)
- Complimentary airport transfers (from Trivandrum International Airport)

### What's not included in the price?

❖ India visa	❖ Additional accommodation, activities, treatments or transport not included in the retreat package or before/after the dates specified (available on request)
❖ International Flights – available on request for UK departures	❖ Personal clothing – please note gowns and towels for treatments are provided
❖ Travel Insurance - please note it is a condition of booking all trips that you have appropriate travel insurance in place. Visit our website <a href="https://one-himalaya.com/travel-insurance.html">https://one-himalaya.com/travel-insurance.html</a> for more information	❖ Expenses incurred as a result of flight delays/cancellation, strikes, weather conditions or other events outside of our control
❖ Personal expenses such as travel vaccinations (if required), soft and alcoholic beverages, laundry, tips, phone calls, snacks and souvenirs etc.	Anything not mentioned in the above inclusions or package details. Full details of your treatment package and all inclusions and exclusions will be provided to you. If unsure of anything please ask.

### Group prices and optional supplements

Please contact us on +44 (0)28207 68975 or email us on [hello@one-himalaya.com](mailto:hello@one-himalaya.com) to ask about group pricings, optional extras and international flight details.

Pricing is based on your choice of Ayurveda package and room selection, twin or double occupancy with a variety of room categories to choose from (please see Accommodation options below), subject to availability at the time of booking.

### Flight bookings

If you're travelling from the UK, we offer a variety of flight options, working with a variety of airlines with fares from around £400 to £500 return (sample fare only), subject to availability at the time of booking. Please contact us to discuss and for no obligation quotes. All flights are ATOL protected and our ATOL number is 12415. For flights in country (for example within India) we work with our local partners under their licences relevant to each country's licensing rules. All flights are subject to availability at the time of booking. Flights do fill quickly, particularly for peak travel months and we advise booking your flights as soon as possible to avoid higher fares or reduced options.

## Airport transfers

The cost of a transfer to/from Trivandrum International Airport on arrival to/departure from Kerala is included in the price of your Ayurvedic Retreat. Please contact us if you require any further information.

## No surcharge guarantee

The trip pricing and pricing for flights or any optional supplements or trip extensions will be confirmed to you at the time you make your booking. We guarantee there will be no change to pricing with no surcharges after your booking has been confirmed.

## Insurance

It is a condition of booking that you have personal travel insurance in place for your booking, valid for the duration of your trip. We offer travel insurance through our recommended Travel Insurance providers [Campbell Irvine](#). Please visit our website [Travel Insurance page](#) to find out more and to request a quote.

## Tailor made service

The majority of our trips are tailor made and designed around the interests, requirements of our clients. Our team have a huge amount of experience and extensive in country contacts and we're happy to share our knowledge and suggestions to design the best experience for you. If you'd like to chat to us, please call us on +44(0)28207 68975 or visit our website for inspiration.

## Your accommodation

The three Ayurveda resorts we work with include a variety of accommodation options. If you request a specific option we will aim to secure that for you but all accommodation is subject to availability at the time of booking. Where a specific resort or room type is not available, we will offer you alternative options and will confirm that with you.

## Meal arrangements

Ayurveda retreats include meals on full board basis. Meals are usually vegetarian. Non vegetarian meals are available on request and there may be a small local charge for this – please ask us for details.

## Flight arrangements

We work with a wide range of airlines to offer the widest choice of departure flights from the UK. The 'Flight from' price is based on the best fare available at the time of printing. Airfares are subject to change and availability, and this should be used only as a guide price. If you would like us to help with your flight booking, we will always aim at the time of booking, to get the best possible price for the flights you need. We advise booking as early as you can, for the best chance of getting the best fares, particularly during times where there is high demand.

Flights booked through One Himalaya are protected through our ATOL licence number 12415.

Please call us on +44 (0)28207 68975 for flight options including from regional UK airports, Business Class options and stopovers.

## Additional information

When we receive your booking confirmation, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear/clothing list and other useful information. If you have queries at any point or would like to discuss anything about your trip, please call us on +44 (0)28207 68975 and we will be pleased to offer advice and suggestions.

## Extending your holiday

A popular option is to add a few days extension to a main holiday – for example adding a few days wildlife safari, spa or retreat after a trek or tour, visiting neighbouring regions or spending a few days at a beach, spa or lake resort. Additional activities such as white-water rafting, zip lining, mountain biking, horseriding, golf, hot air balloon trips, vineyard tours or helicopter tours can also be added. If you'd like to add a few days or activities to extend your holiday, we've shared a few options below. If you'd like more inspiration, please visit our website at <https://one-himalaya.com/category/extensions.html> or call us on +44 (0)28207 68975 and we'll be happy to share suggestions.



## Why book with One Himalaya?

- We specialise in tailor made, luxury and adventure travel in the Himalayas, a region we're passionate about promoting and sharing. We also have extensive knowledge and contacts across all the regions where we operate and our team have over 20 years' first hand knowledge and experience of planning and operating the very best Himalayan travel experiences for our worldwide clients.
- Designed for you - all our trips are tailor made, based on your interests, time and budget with guidance and suggestions from us to make your trip extra special. All the example itineraries and classic trips on our website can be booked and we hope they provide useful inspiration for your travel plans. Each of those can be tailored just for you and we also offer a full tailor-made travel service to custom design a travel itinerary just for you, to meet your personal travel requirements and interests.
- We offer an extensive range of trip itineraries from classic tours and treks, to challenging expeditions, exhilarating wildlife safaris and birdwatching trips, relaxing houseboat tours and plantation stays, off the beaten track adventures, specialist interest tours and much more. The trips on our website are for inspiration and represent just a fraction of the types of trips we offer. We also regularly introduce new and innovative ideas and experiences.
- We work closely with our local teams and partners so our knowledge of each region is always up to date, and we can share the latest news and experiences with you. If we don't know the answer to your question, we'll definitely know someone who does!
- We offer 100% financial security for your booking. We're members of the [Travel Trust Association](#) in the UK (member number X0951), which is part of The Travel Network Group. As part of our membership, we agree to operate a Trust Account for all bookings. This means that any payment you make to us is automatically paid into the Trust Account where it is 100% financially protected at all times and is only ever used for your travel booking, providing you with complete financial security when you book with us. Booking with us really does mean 100% financial protection for your booking and peace of mind for you.
- If you're travelling from the UK, we offer great international flight options and fares. We work with a wide range of quality airlines to find you the best routes and airfares to match your travel plans.
- We hold [ATOL licence](#) 12415 which means that all international flight bookings from the UK are fully ATOL protected, giving you complete security when you book with us.
- We offer no cost, no obligation provisional bookings so if you're interested in a trip but not quite sure you're ready to book, simply contact us and we'll hold a provisional booking for a limited time. Once you're ready to book, most of our trips only require a small deposit to confirm, with the balance payable later, closer to your time of travel.
- We offer a No Surcharge Guarantee – once you book with us, we guarantee the price of your holiday will not change.
- When you travel with us, local people really do benefit through creating and supporting local employment opportunities, support for small local charity organisations and local spend. We passionately believe in travel as a force for good and we work closely with our fantastic local teams and partners to promote sustainable, small-scale travel that enriches the lives of travellers and also benefits local people in the communities and places we travel to.

## One Himalaya – About Us

- We're a small team of travel experts with over twenty years' experience of exploring and promoting the wonderful Himalayan regions of Nepal, India, Bhutan and Tibet. We're passionate about travel and have a special love for the Himalayan regions.
- We're a small independent travel company and online tour operator, based on the beautiful Causeway Coast in Northern Ireland, from where we provide bespoke travel services to our clients from the UK, Europe and worldwide.
- We firmly believe in sustainable travel, that respects and protects local people, landscapes, culture, wildlife and habitats. We believe that travel can and should be a force for good, creating positive impact and change for everyone. As part of that ethos, we support a range of small projects and initiatives in the destinations where we operate, that help bring positive benefits and real change to local people's lives.
- We work closely with local communities and partners across the Himalaya and beyond, working together to provide you with the most enjoyable and memorable travel experiences and adventures in Nepal, India, Bhutan and Tibet.
- We focus on providing high quality, personalised service and experiences for our clients, using good quality accommodation and equipment and working with professional, well trained and fairly paid local guides and crews.
- We offer Loyalty Discounts if you've travelled previously with us, on future trip bookings.
- We make it easy to book your holiday – you can book online, call or email us. We offer no obligation hold options on trips and flights and we guarantee no surcharges once you've booked.
- When we receive your booking confirmation we'll send you a detailed trip dossier with all the information about your trip including visa information, vaccinations required, suggested gear/clothing and lots more useful information to ensure you're fully prepared and have a wonderful experience – and we're always available if you have any questions or would like to discuss anything – we love questions, especially if they're about travel!