

# *The Spirit of Ayurveda*



SOMATHEERAM **AYURVEDIC HEALTH RESORT**





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10 x TIMES AWARDED AS “THE BEST AYURVEDIC CENTRE”

[WWW.SOMATHEERAM.ORG](http://WWW.SOMATHEERAM.ORG)









# „Namaste“



Somatheeram is situated on the picturesque Malabar Coast in the southern Indian state of Kerala. The location is just 30 minutes or 21 kilometres from Trivandrum (Thiruvananthapuram) International Airport. The resort itself is situated right by the sea – far away from mass tourism, in the peaceful neighbourhood of the village of Chowara.

Kerala is close to the equator, so the climate is pleasant all year round. The months from June to October, the Monsoon period, is highly recommended for Ayurvedic treatments.

The months from October to February are regarded as the high season because of their temperate climate.

The ancient teachings of Ayurveda are undoubtedly among the most important ingredients of Indian culture.

They form the cornerstone of Somatheeram, the first resort to have made Ayurvedic teachings well-known beyond India's borders. Its aspiration was to provide Ayurveda, yoga and meditation in a peaceful and captivating setting.

Somatheeram is an Ayurvedic centre that adopted a holistic approach and at the same time reflected India's culture and beauty.





## *Our Guaranty*

1. We live the Spirit of Ayurveda to enable you to find harmony within yourself.

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2. For approximately 30 years now the Somatheeram family has been growing continuously: Experience the feeling when your health is the centre of attention of our Ayurveda team.

...

3. The highest award for Ayurveda Resorts certifies our ambition to provide the best Ayurveda in India. Somatheeram Ayurvedic Health Resort is the only Resort which has received the award continuously for „Best Ayurvedic Centre“ in the past years.

4. The German-Indian management is our secret of success to provide authentic Ayurveda at the highest possible level.

...

5. You deserve to have someone who will take the time for you alone. Our highly qualified Ayurveda-Team guarantees to pay its full attention to your individual needs.

...

6. Ideal expert advice is the key to success for your treatments. Our European Service Office takes care of all your questions and needs prior to your welcome by our team in Somatheeram.



### Simply the best

Somatheeram is the undisputed No. 1 amongst all Ayurveda Resorts. So far it has been awarded ten times by the Department of Tourism as “The Best Ayurvedic Centre”.

With this government certified appreciation of its services and quality, it spearheads all other resorts, which offer Ayurvedic services.

Somatheeram also holds other seals of quality as the “Green Leave Certification” by the Government of Kerala.



# Ayurveda

*“A person is deemed healthy when their physiognomy is balanced, their digestion and metabolism are in good working order, their tissue and excretory functions are normal and their soul, mind and senses are in a state of constant inner happiness.”*

Sushruta, Ayurvedic doctor, 1000 BC

Ayurveda is a philosophy of life concerned with the preservation of a healthy life-style. It arose about 5,000 years ago in India and is considered the world's oldest documented system of medicine. The earliest written records go back 3,000 years.

The term “Ayurveda” has its origin in Sanskrit. “Ayus” means life or life-span; “veda” means knowledge or also science. The composite term Ayurveda therefore means not just “knowledge of life”, but embodies an aspiration to live one's life in the best-possible state, physically and mentally. The Ayurvedic philosophy aims towards a long and above all healthy life in the sense of a balanced style of living – based on the three pillars of body, mind and soul.

The emphasis here is not only on the treatment of disease, but also on prevention through purification and revitalisation.





# Panchakarma



The person is seen as a unity of body, mind and soul – and any course of treatment

must therefore be geared to the patient's individual needs. Any course of treatment therefore starts with an initial examination by the doctor in charge. This includes not only recording the case history and the current living habits, but also a pulse diagnosis and a physical check-up. In this connection, deciding on the Dosha type according to the Ayurvedic Tridosha model plays a very important part.

Doshas exist in every person in his or her own personal mix from birth. They should always be in harmony with each other – even if their relative strengths can shift in the course of a lifetime.

The right balance of the Doshas is essential for physical and mental health. An unhealthy and unbalanced life-style or changes in the person's circumstances cause a shift in the natural balance. In Ayurvedic teachings this disturbance of the equilibrium is seen as the cause of disease.

The goal of any Panchakarma treatment is the restoration of this balance. The elementary features of any course of treatment are oil massages and various herbal and purification treatments as well as yoga and meditation. The precise treatment programme has to be drawn up individually for each guest. The same applies to the Ayurvedic diet plan. Depending on the Dosha constitution, the same spice or ingredient affects the balance of the Doshas in different ways.



Left: Our oils are manufactured in our own production – according to international GMP Standard

Right: Sirodhara – very suitable for treating insomnia or migraine







## *Package offers*

Based on our experience, we have put together various Panchakarma packages as selected treatment regimes.

The package price covers the cost of accommodation, treatment, yoga, meditation, Ayurvedic full board and other services such as transfer to and from the airport.

Should your state of health call for further treatment, the doctors will discuss this with you and notify you of the cost.

Please find details in our Tariff Booklet.



### Treatments

Sirodhara, Sirovasthi or Kizhi may be known but Somatheeram offers over 30 different kinds of Ayurvedic treatments. After your first consultation our doctors will decide which kind of single treatments are the most efficient for your constitution.





## *Yoga & Meditation*

Yoga alleviates mental stress and encourages relaxation and inner peace. Furthermore, yoga can also be therapeutic – both as a remedy and as a prophylactic. In the Ayurvedic teachings, yoga and meditation are an essential part of any programme of treatment to establish a balance between the Doshas. In all but a few cases, yoga and meditation practice are integral parts of the daily schedule.

Whether you are a beginner or an advanced participant, the extensive experience of our yoga teachers is sure to deepen your knowledge and skills.

Somatheeram offers different timings for beginner and advanced participant courses. Daily group courses are included in the different Ayurveda Packages. Single lessons can be booked additionally.





# Diet

The right diet is a key to a healthy and fulfilled life – and all the more so during a stay in Somatheeram. If you want to improve your health, lose weight or purify the system, you should resort to Ayurvedic cuisine attuned to your particular constitution.

Integral to each course of Ayurvedic treatment is the appropriate diet. During the initial examination, the Somatheeram doctors compile a personal Ayurvedic diet plan for each guest – in accordance with his/her personal Dosha or constitution. Various types of fruit, freshly pressed juices, exotic spices – all these promise a varied and tasty nutritional regime. Of course, the cuisine also includes non-Ayurvedic dishes from Europe and China.



A wide range of herbs are used for a balanced diet.



## Ayurvedic Diet

An Ayurvedic meal thrives on the art of composition. The various ingredients are skilfully combined in terms of flavour, colour, consistency and preparation method. The food has a pleasant aroma, stimulates the appetite and contains all six rasas or tastes in carefully measured quantities. An Ayurvedic meal is above all else balanced and in every respect wholesome. For it contains all the ingredients necessary for health: proteins, carbohydrates, fats, vitamins, minerals and trace elements. The preparation method and the combination of foods make the meal particularly agreeable and easy to digest. Roughly 200 different Ayurvedic dishes are available.







## Rooms

The building style is traditional South Indian, while the standard of furnishings and hygiene is decidedly European. All the rooms are appointed with a shower, toilet, fans, mosquito nets, and telephone. Depending on the exact position of the accommodation, the beach is merely 1 to 5 minutes away.



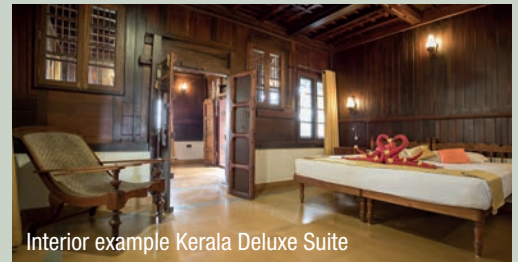
### Sidhartha Deluxe Suite

Sidhartha is a villa with a spacious living room and bedroom. As a deluxe suite with its own terrace, it affords an unparalleled panoramic view of the sea. Its special attraction is a bathroom beneath the open sky.





Accommodation example Kerala Standard



Interior example Kerala Deluxe Suite

### Kerala Houses

The Kerala Houses were the traditional homes of southern Kerala Houses 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.

In the standard category, the guest has a bedroom and bathroom. The deluxe units are more spacious and some have a separate living room.

### Cottages

These bungalows built of natural stone or brick in the typical southern Indian style are equipped with shower/WC, fan and mosquito net. The Special Cottages feature an A/C and sea view from either the room or the terrace. The light-flooded and modern Deluxe Cottages are located at prime spots and offer bay windows with seating facilities, as well as a private terrace with sunbed on top of that.



Interior Deluxe Cottage



Deluxe Cottages

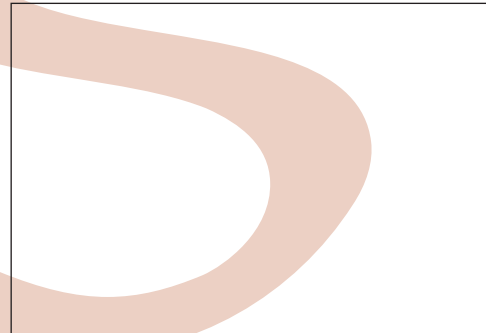


## *Contact*

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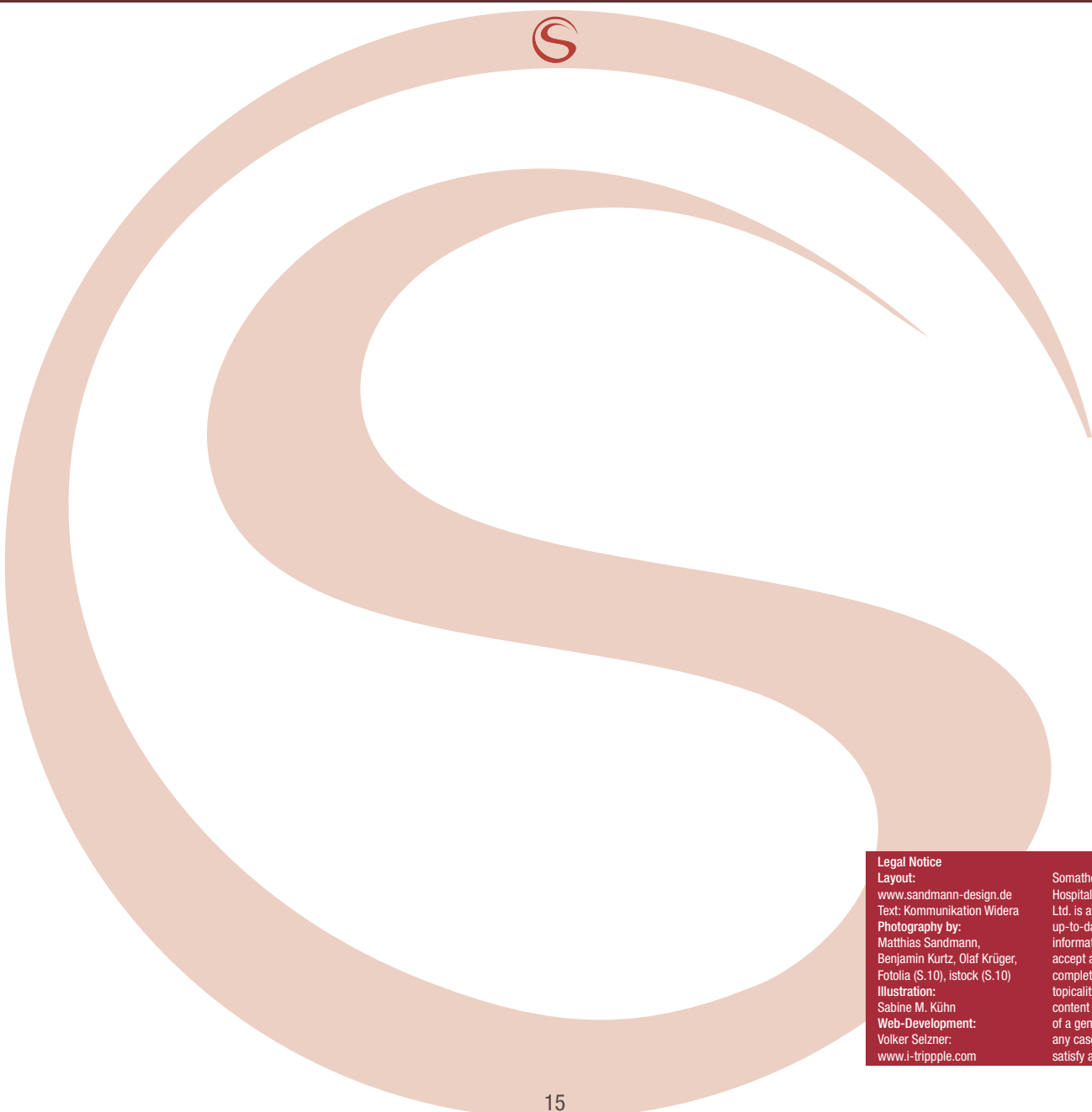
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