



SOMATHEERAM AYURVEDIC HEALTH RESORT

# SUMMER OFFER

14 DAYS AYURVEDA PANCHAKARMA PACKAGES

SUMMER  
2026

UP TO  
20%

## YOUR AYURVEDA VACATION

Enjoy soothing oil baths and let yourself fall into tranquil peace while being massaged by two therapists - stroll along almost deserted sandy beaches. Somatheeram already has an attractive special offer for 2026 in the months May-July and September for an Ayurvedic vacation surrounded by a setting which harmonizes perfectly with nature.

Book an Ayurveda package in any category, pay up to 15 % less – in a Standard Cottage you even receive up to 20 % discount on the package rate.



## ABOUT SOMATHEERAM

The ancient teachings of Ayurveda are the focus of Somatheeram, the first resort to have made Ayurvedic teachings well-known beyond India's borders. Somatheeram is based on a holistic approach. Our aspiration is to provide Ayurveda, Yoga and meditation in a peaceful and captivating setting. The state government has awarded the Somatheeram Ayurvedic Health Resort the commendation of "Best Ayurvedic Centre" for the tenth time. This places Somatheeram far ahead of any other Resort in Kerala and proves its diligence in keeping up the high quality of the Ayurvedic treatments.

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



# SOMATHEERAM AYURVEDIC HEALTH RESORT

## SERVICES

- Ayurveda therapy incl. doctors consultation and Yoga
- Ayurvedic vegetarian full board
- accommodation in traditional South Indian houses
- half day boat tour on the Backwaters
- airport transfers (International Airport Trivandrum)

Loyal repeaters receive up to 10% discount.  
We advise an early booking due to the limited  
number of accommodation contingents. Other  
discounts can not be combined.

For your Ayurveda package, we offer attractive discounts:

From **May to July\***, the discount for the Standard Cottage is 20% off the regular package price and 15% for all other categories.

In **September**, the discount is 10% on all retreat packages and accommodations.

An example:

From May to July, a 14-day Ayurveda package costs only €1,680 instead of €2,100 (in a Standard Cottage, per person in a double room, excluding the flight). You save €420 per person.

\*Please note that the resort will be closed from May 30th, 2026 due to renovation and maintenance work. We look forward to welcoming you again from June 25th, 2026.

Between May 1st and July 31st, 2026, there may be disturbances due to preparatory work.

## VALIDITY

In the months of May to July 2026 you will receive a discount of 20% on the package rate per day for the category „Standard Cottage“ and respectively 15% discount for the other categories. The discount is applicable to all Ayurveda packages.

In September 2026 the discount is 10% on all Ayurveda packages, the minimum booking period is 7 nights. Other discounts cannot be combined.

The Terms and Conditions of Somatheeram Ayurvedic Hospital & Yoga Centre Pvt. Ltd. apply.

## Contact

Ayurveda & You GmbH

Phone: +49 - 2173 - 99939-0

welcome@ayurveda-and-you.com