



THE PERFECT LUXURIOUS SETTING FOR THE BODY, MIND AND SOUL!



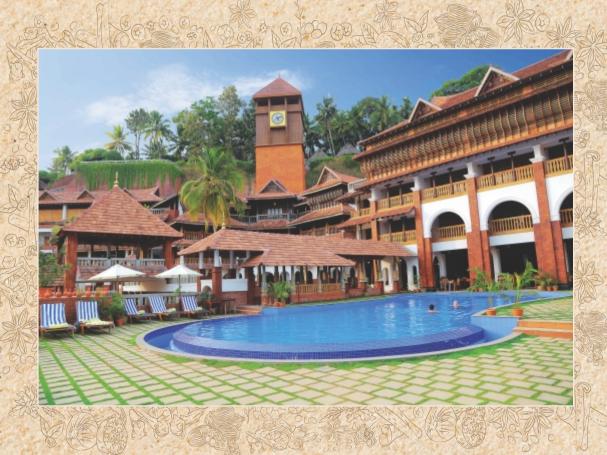




THE HOLISTIC LEGACY OF HUMANKIND

In ancient India the science of well-being and healthy life originated and developed in the wake of the rational and spiritual stirrings of the Vedic civilisation, manifest in the oldest surviving books in the world, the Vedas.





The mission of the Group is 'to offer the essence and soul of the ancient medical science of Ayurveda and the art of Yoga and Meditation.'



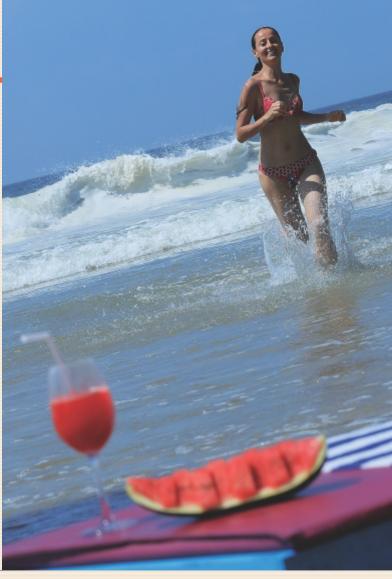
RAISING STANDARDS FOR THE CENTURY!

AyurSoma is an absolute marvel from the Somatheeram Ayurveda Group, the pioneers in Ayurveda resorts in India and the world. 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** never fails to amaze while providing good health and vigour to its guests and facilitates an unforgettable living experience. Besides plumbing the depths of traditional aesthetics, **AyurSoma** is a wholesome treat for discerning guests from all over the world.



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



To be overwhelmed by nature, by the very existence, has become a rare thing in our times.



CARRYING ON TRADITION

In pursuit of eternity the human spirit realised at some point of time that a healthy body with a long life is required to satiate the search for a timeless existence.

Thence started Ayurveda, the science of longevity. The preservation of the body in a lively condition is an ancient science perfected by Indian sages.











AyurSoma follows the general principles expounded by the Somatheeram Ayurveda Group for the upkeep of mental and physical health. The practice of Ayurveda and Yoga are offered here as the first line in the pursuit of well-being for the body as well as mind. The result of these ancient sciences is there for everyone to see.





AyurSoma nestles between a stretching hillock reflecting rich greenery and coconut palms and the glittering Chowara beach alongside the splendidly calm Indian Ocean.

Somatheeram, the first Ayurveda 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.



A SENTINEL OF TIME



Against the backdrop of the sky, the clock tower welcomes you to the latest edition in Ayurveda-Yoga resorts in India. AyurSoma!

The property slopes down from the hillock to the beach, where the noon tide is cool and keeps the heat away. Coconut palms swaying to the rhythm of the sea waves, the sandy beach caressing your feet, there is contemplation in the atmosphere.

The place is in harmony with nature. This offers the prerequisite for calming your mind and recouping your health.





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:

Sea view Traditional Kerala house villa with private verandah offers stunning views of the sea & beach. Spacious bedroom with separate living room and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private pool, additional open air bathroom, private Ayurveda treatment room, steam bathroom and flower bath attached.

Dhanwanthari Heritage Deluxe Room with Treatment Room:

Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach. Private Ayurveda treatment room, steam bathroom and flower bath attached.











Maharaja Royal Suite:

Sea view Traditional style rooms mostly built in wood, provides spacious bedroom, separate Living room & bath room with ceramic coated steel bathtub for herbal relaxing soak, Private balcony offers stunning views of the sea & beach.

Yuvaraja Royal Junior suite:

Sea view Traditional style rooms mostly built in wood, provides spacious bed room with living area and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.

Palace Deluxe Room:

Sea view Traditional style rooms mostly built in wood, provides spacious bedroom and bath room with ceramic coated steel bathtub for herbal relaxing soak. Private balcony offers stunning views of the sea & beach.

Hill View Palace Deluxe Room:

Traditional Style Rooms mostly built in wood, provides spacious bedroom, bath room with ceramic coated steel bathtub for herbal relaxing soak and private balcony.

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 / veranda.
- Suite rooms are having treatment room, steam bath room and flower bath 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 Ayurveda herbal bath facility.
- Suite rooms with steam bath & flower bath facilities to provide Ayurveda bath.
- Free unlimited high-speed wireless internet access.
- **■** Televisions with premium Channels.
- Mini refrigerator in all rooms.
- Tea/Coffee maker.
- Locker facility.







Special features

- Ayurveda hospital with 25 treatment rooms.
- Two Yoga and Meditation halls & one open air Yoga platform, all with sea & beach view.
- All rooms are spacious with sea view (except hill view category which is facing towards the cliff).
- All rooms are having spacious bathrooms with bathtub and walk-in shower.
- Ceramic coated steel bath tub in every room to provide Ayurveda herbal bath facility (as per Doctor's direction).
- Suite rooms are having treatment room, steam bath room and flower bath facilities.
- All rooms are having spacious balcony / veranda.
- 24-hour coffee shop.
- Restaurant & Open air restaurant with sea view.
- Swimming pool with sea view.
- Directly connected to Somatheeram by lift.
- Mini seminar hall.







- Energy Saving Methods
 Water Saving Methods
- Recycling and Reusing
 Avoid Plastics
- Organic Pest Control
 Local procurement
- Local manpower
 Local resources
- Conservation projects
 Sustainable practices











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 revitalises the body, mind and soul.

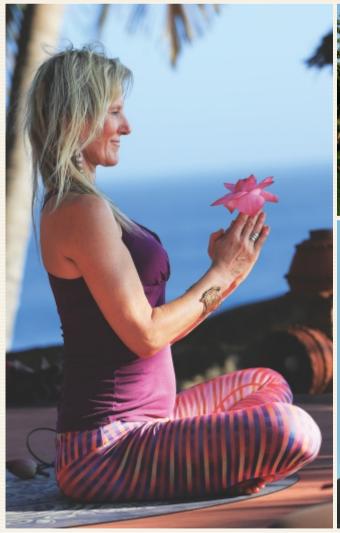
AyurSoma showcases the best of Ayurveda and provides expert physicians and therapists. Based on the three doshas of the human body, vata, pitta and kapha, every guest is diagnosed by traditional techniques and administered the most appropriate advice and therapy accompanied by a suitable dosha specific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

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 specialised 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.







Come to AyurSoma for the Unforgettable Experience!





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A UNIT OF SOMATHEERAM RESEARCH INSTITUTE AND AYURVEDA HOSPITAL PVT. LTD.

Somatheeram Research Institute and Ayurveda Hospital is Accredited by



National Accreditation Board for Hospitals & Healthcare Providers
Quality Control of Government of India



Green Leaf By Government of Kerala



European Audit Institute Wellness & SPA e.V.



British Standards Institution United Kingdom



BSI Quality Certified

AWARDS & ACCOLADES

NATIONAL AWARDS:

• 5 TIMES NATIONAL AWARD WINNER FROM GOVERNMENT OF INDIA, AS THE "BEST AYURVEDA CENTER IN INDIA".

• The one and only Ayurveda Resort honoured with "HALL OF FAME" by Government of India.

KERALA STATE AWARDS:

6 TIMES STATE AWARD WINNER FROM GOVERNMENT OF KERALA as the Best Approved and Classified Ayurveda Center in Kerala

ACCREDITATIONS:

- NABH National Accreditation Board for Hospitals & Healthcare Providers
 - "Green Leaf" by Govt. of Kerala.
- Quality Management System by British Standard Institution (ISO 9001:2015).
- HACCP Food Hygiene & Safety certification from British Standard Institution (ISO 22000).
 - Ayurveda Europe Certification by Europe Audit Institute, Germany.