

SHEETHAL AYURVEDA RETREAT (KOCHI)

Thiruvankulam is a small village in the outskirts of Kochi. Close to the famous Chottanikara Bhagavathi Temple and having many Ayurvedic treatment centres in its vicinity, Thiruvankulam is a perfect spot for someone who would like to enjoy an idle village life not far away from the city while enjoying the benefits of Ayurveda.

Stay at Thiruvankulam and enjoy the ayurvedic treatment at one of the Treatment centres, while enjoying village life and touring scenic spots in Kochi.

TREATMENTS PROVIDED

Ayurvedic Treatments / massages shall be arranged at an Ayurveda centre in Thiruvankulam about 5 minutes' walk from your accommodation.

Following treatments shall be provided, which needs to be confirmed at the time of booking so that necessary arrangements could be made.

SL.NO.	TREATMENT	DESCRIPTION
1	Pizhichil	This massage works to balance out <i>VataDosha</i> . In this massage, warm oil is poured from a <i>Kindi</i> (a special type of vessel) placed few inches above the body while a masseuse performs the massage.
2	Njavarkizhi	This massage is great for the skin and is also a very de-stressing and revitalizing one. A special type of massage, wherein after applying the medicated oil, pressurized massage is given with the help of small cotton 'blouses' filled with a special type of cooked rice called Njavara. During the massage, these blouses are dipped in cow's milk and a special herbal paste is applied to produce sweat.
3	Shirodhara	Massage to relieve mental fatigue, increase focus and clarity and alleviate headaches. Nerves in the scalp is stimulated, by pouring medicated or herbal oil on the head in a constant stream or 'dhara'.
4	Ubtaan and Elakijhi	This treatment vitalizes the skin, improves the skin texture, nourishes the body and improves circulation. It beautifies the external appearance. The massage involves the use of various herbal or animal centric materials to create a skin and beauty solution.
5	Abhyangam	Through Abhyangam, different energy centers are stimulated to assist the body in releasing deep seated toxins as well as improve the blood circulation in the body. The joints, muscles and bones

		<p>are also strengthened with this massage.</p> <p>It is a full body hot oil massage with medicated herbal oil in the <i>dosha</i> according to the medical condition of the patient. With the help of motion, pressure points and ways of applying pressure,</p>
6	Udvaartana	<p>This massage breaks down the <i>Kapha</i> and the adipose tissues in the body. It aims to increase blood circulation and release toxins from the body.</p> <p>It is a wonderful treatment for those who wish to control their cholesterol level, lose weight, improve their skin complexion or have an excess of <i>KaphaDosha</i>. In this, herbal paste or dried herbal powders are applied opposite to the hairgrowth i.e. in an upward direction</p>
7	Kizhi	<p>This treatment is great for arthritis, spondylitis, back aches, edema etc. It is the best for sports injuries.</p> <p>Herbal leaves or powder is applied to the whole body in blouses with hot medicated oils for about 45 minutes to one hour daily for 7 / 14 days.</p>
8	Kativasthi	<p>This treatment relieves lower back ache and is good for treating spinal disorders.</p> <p>Specially prepared warm medicated oil is poured and contained over the lower back. This treatments lasts for about 45 minutes to one hour.</p>

INCLUSIONS & EXCLUSIONS

Inclusions

- Accommodation in Sheethal Homestay
- Air conditioned vehicle for sightseeing and transfers between pick up point and drop point as per the above itinerary. (Please note that the vehicle is provided point to point and not for local use)
- Meal plan : Standard – CP (Breakfast) / Deluxe – MAP (Breakfast & Dinner).



Exclusions

- Air fare / Train fare.
- Any cost towards entry tickets / ride tickets at various tourist spots.
- Government tax as applicable.
- Any meals other than those mentioned in Inclusions.
- Any item not included in inclusions above.

HOTELS

- Thiruvankulam – Sheethal Homestay

NOTES

- All distances and travel time mentioned are approximate.
- All tours shall be subject to terms and conditions mentioned in the booking form.