



PERIYAR TIGER RESERVE

Thekkady, Kerala, India



in & around THEKKADY

Periyar tiger Reserve, Thekkady, is an example of nature's bounty, with great scenic charm, rich bio diversity and providing veritable visitor satisfaction. Sprawled over an area of 777 Sq. Km., Periyar is one of the 27 tiger reserves in India. Zealously guarded and efficiently managed reserve is a repository of rare, endemic and endangered flora and fauna and forms the major watershed of two important rivers of Kerala, the Periyar and Pamba

PERIYAR TIGER RESERVE

Community based ecotourism: People oriented and park centered community based ecotourism is the hallmark of Periyar Tiger Reserve. These programmes are conducted by local people responsible for the surveillance of the vulnerable parts of the reserve. By taking tourists along, they are involved in the conservation of the forests of Periyar and some valuable revenue is generated for community welfare. People who once made a living by illegal operations in the forests have since become forest protectors and earn their livelihood through these programmes. Hence, as a visitor, when you join them in any of these programmes, you are directly contributing towards forest conservation and community welfare.

An appeal to the visitor: You are supporting a noble cause of forest conservation and community welfare by participating in these ecotourism programmes. The interest and participation shown by you is highly appreciated. Let's make Periyar a heritage for all time to come.

Area: 777 sq. km.

Location

Longitude: 76 55- 77 26 E, Latitude: 9 16 9 40 N

Boundaries

North : Peermedu taluk

South : Pathanamthitta district

East : Theni, Tirunelveli & Ramnad Districts of Tamil Nadu

West : Kottayam district

Terrain & Geomorphology: Terrain is undulating with lofty peaks of over 1700 meters bordering the north and east. Towards the west it merges into an extensive tableland Mount Plateau of average elevation 1200 meters. From the edge of this plateau the land falls steeply to the thickly forested tracts of Sabarimala hills in the Pamba River basin. The overall elevation ranges from 100 meters at Pambavalley to 2019 meters at Kottamalai.

Geology:

Rock granites and gneisses

Soil laterite, fine loamy, with large amount of quartz gravel formed from crystalline rock.

Climate & Rain fall

The temperature ranges from 15C in December and January and up to 31C in April & May. The Annual rainfall ranges from 2000 mm to 3000 mm. Two thirds of the rainfall occurs during the southwest monsoon from June to September. The northeast monsoon impacts from October to December. There are some pre-monsoon showers from mid of April.

Rivers: Periyar and Pamba. Area of lake : 26 sq. km. (at max. water level)

Periyar Tiger Reserve – Community Based Eco Tourism Program: People oriented and park centered community based ecotourism is the hallmark of Periyar Tiger Reserve. These programs are conducted by local people responsible for the surveillance of the vulnerable parts of the reserve.

Timings: 6.00 AM to 6.00 PM. Entrance Fee: ₹ 45/- per person for Indians & ₹ 500/- per person for Foreigners

Note: For all activities, which are booked in advance at Periyar Tiger Reserve, guests should report at least 5 minutes prior to the scheduled timings. Tickets are not refundable in case of late reporting or last minute cancellation.

IMPORTANT NOTE: We would like to inform you that, in & around Thekkady activities (Forest & other Local Activities) are third party deliverables and management will not take any responsibility for such activities. Also note that as a guest service only, we are arranging & booking the tickets, which is on behalf of you.

❖ **Nature Walk & Green Walk:** Different nature trails traversing diverse habitats form the trekking routes, generally 4 to 5 km in length. This is a three hours interpretive program offering excellent opportunity to watch birds, butterflies and other wildlife. The trails often pass through evergreen and moist deciduous forests interspersed with marshy grasslands.

Timings: 7:00 AM & 07:30 AM, 10:00 AM & 10:30 AM & 02:00 & 02:30 PM.

Starting Point: Boat Landing for Nature Walk & Tiger Bungalow for Green Walk.

Note: Advance Booking is possible. Maximum 4 persons per group. Please leave from the hotel 45 minutes in advance

Duration: 03 Hours. | Rate: @ ₹ 400 Per Person (Minimum Charge ₹ 1600). Transportation & Entrance Fee Extra

❖ **Jungle Scout (Night Trekking):** This program is part of the regular night patrolling in the fringe eco-development zones of the tiger reserve. By participating in this, one is actually helping in the protection of the forests of Periyar. Persons are having proper physical and mental fitness to trek through the wilderness, in the night could take the 3 hours trek. Two protection watchers and an armed forest guard will accompany them! Try the limits of your senses-sight, hearing and smell and take in the very different world of nocturnal jungle life.

Timings: 7:00 PM, 10:00 PM & 01:00 AM.

Starting Point: Bamboo Grove Entrance Gate

Note: Advance Booking is possible. Maximum 6 persons & minimum 2 persons per group. Please leave from the hotel 45 minutes in advance

Duration: 03 Hours. | Rate: @ ₹ 1300 Per Person (Minimum Charge ₹ 2600). Transportation & Entrance Fee Extra

❖ **Border Hiking:** This is a conservation oriented hard trek taking up a full day. The trekking starts at 8 o' clock in the morning and ends in the evening. The route passes through undulating terrains. Altitudinal ranges of 900 meters to 1300 meters will be covered and the trekkers could glimpse the lofty escarpments bordering the park watershed and the vast plains down below. Gaur, sloth bear, elephant, etc. are often sighted along this route, apart from birds and butterflies. The trekkers will go with two guides and an armed forest guard. Vegetarian refreshments are available en route.

Timings: 8:00 AM to 5:00 PM.

Starting Point: Tiger Bungalow, Entrance Gate

Note: Advance Booking is possible Maximum 5 persons per group per trek Rates: ₹ 1900/- per person (minimum ₹ 3800/-). + Periyar Tiger Reserve Entrance Fee Please leave from the hotel 45 minutes in advance

Duration: 09 Hours. | Rate: @ ₹ 1900 Per Person (Minimum Charge ₹ 3800). Transportation & Entrance Fee Extra

❖ **Pugmark Trial (Self-guided Trial):** Periyar Tiger Reserve is being one of the major attractions in Thekkady, draws a lot of tourists every year. At present the visitors can enjoy the beauty of forest through some of our trekking program like Nature walk, Green Walk , Tiger Trail etc with the help of guides and watchers. The newly introduced self-guided treks at Periyar Tiger Reserve now explore the beauty of nature through a self-guided soft trekking. In this program the tourists will be guided by a number of bio-diversity themes, pictures of birds carved out in stone, tree species name board etc. The trekking starts from entrance gate and ends up near to the boat landing area. The program works from morning 8:00 AM to evening 5:00 PM. Maximum 15 persons are going in one hour.

Timings: 8:00 AM to 5:00 PM.

Starting Point: Periyar Tiger Reserve Entrance Gate

Note: Maximum 15 persons per group. Please leave from the hotel 45 minutes in advance

Charges: @ ₹ 100 Per Person. Transportation & Entrance Fee Extra

❖ **Bamboo Rafting (Full Day):** This is a dawn to dusk range hiking and rafting program through some of the richest forest tracts of Periyar Tiger Reserve. Starting at 8 am from the boat landing, a mosaic of habitats will be traversed before the party gets into rafts made of bamboos. The forests are rich in bird life and arboreal animals like giant squirrel and Nilgiri langur. The rafting is for about three hours and one gets a panoramic view of forest-clad hills reflected on the lake. Animals like elephant, Gaur and Sambar are sighted keeping close to the edges of the lake. The team hitchhikes back to the boat landing by about 5:00 PM. An armed guard and 4 guides will accompany a maximum of 15 persons & minimum of 02 persons. Tea, snacks and packed lunch will be served en route. The program is about 10 km of walking and 3-4 hour rafting in the Periyar Lake in which the guest can enjoy a rich part of the forest.

Timings: 8:00 AM to 5:00 PM (Reporting time is 7:45 AM at Boat landing). Please leave from the hotel by 7.15 AM.

Starting Point: Boat Landing

Note: Advance Booking is possible

Duration: 09 Hours. | **Charges:** @ ₹ 2500 Per Person (Minimum Charge ₹ 5000). **Transportation & Entrance Fee Extra**

❖ **Bamboo Rafting (Half Day):** A dawn to afternoon range hiking and rafting program through some of the richest forest tracts of Periyar Tiger Reserve., a mosaic of habitats will be traversed before the party gets into rafts made of bamboos. By rafting you will get a panoramic view of forest-clad hills. Animals like Elephant, Gaur and Sambar are sighted keeping close to the edges of the lake. This program works at two slots of 7:30 AM to 12:30 PM & 9:30 AM to 2:30 PM. You will be provided with packed food.

Timings: 7:30 AM to 12:30 PM & 9:30 AM to 2:30 PM (Reporting time is 7:15 AM & 9:15 AM)

Starting Point: Bamboo Grove

Note: Advance Booking is possible

Duration: 05 Hours. | **Charges:** @ ₹ 1900 Per Person (Minimum Charge ₹ 3800). **Transportation & Entrance Fee Extra**

❖ **Boating (at Periyar Lake):** The Periyar Lake lies at the heart of the sanctuary, which is a veritable paradise for all wildlife lovers. Situated within the boundaries of the Western Ghats in the southern Indian state of Kerala. The landscape varies from hilly to flat grassland areas at the edges of the lakes. The vegetation is of moist deciduous type. A boat ride on the lake will make your Periyar tour absolutely fantastic. The lake is also the most ideal place to watch the birds. So take a boat ride and enjoy the picturesque surroundings of the lake. This is the only sanctuary in India where you can see wild animals at close range sitting in the safety of a boat. Tourists can enjoy boat rides in the lake and view these wild animals at close range. Boating on Periyar lake was the first program that was introduced in Periyar Tiger Reserve. Seating capacity of the boats varies from 15 to 150.

Timings: 7:30 AM, 9:30 AM, 11:15 AM, 1:45 PM & 3:30 PM

Charges: Upper Deck @ ₹ 255/- per person + Periyar Tiger Reserve Entrance Fee Booking is not possible for the current day, advance booking (online) for the next day can be done at ₹ 600/- per head.

Note: If the ticket is not booked, then leave from the hotel at least 90 min before the scheduled time of the boating during season (October to March).

Duration: 90 Minutes. | **Charges:** @ ₹ 600 Per Person. **Transportation & Entrance Fee Extra**

❖ **Gavi Tour (40 KM)** - Eco Tourism Program organized by Kerala Forest Development Corporation Ltd , Gavi program involves a close interaction with the flora and fauna of the Western Ghats, and provides excellent trails through the midst of the evergreen forests to the camping sites at Meander and Valley view. The trails passes through dense patches of forests where even at mid-day, sunlight struggles to penetrate, where Elephants roam free, and where truly man meets nature in all its majesty and glory. After crossing Periyar Tiger Reserve by jeep early morning, breakfast will be served at Gavi's forest lodge, followed by a jungle trekking for three hours. Spice plantation visit can be provided according to the convenience of the guests either before lunch or after. There will be a short interval for rest and boating in the Gavi or Kochupampa Lake will be the final event. The program will end with evening tea

Timings: 6 am to 3 pm (Includes Breakfast, Lunch, Evening Tea & the Transportation by Jeep. The Jeep will arrive at the hotel for picking up the guest at 5.30 am.

Charges: ₹ 5000 for one person, ₹ 7100 for two persons (Addl. Person @ ₹ 2200 Per person)

❖ **Jungle Inn (Jungle in the Night):** Jungle Inn is an ideal place for two persons to experience the jungle night. Here one could relax, read a book, listen to the cicada or simply watch the forests outside. The high point of the program is walking through different forest types at prime time when animals tend to be more active. The check-in and check-out times are 02:45 PM and 10:00 AM on the following day respectively. Refreshments are provided.

Charges: ₹ 5250/- for two persons (watch tower) | Check-in Time: 02:45 PM & Check-out Time: 10:00 AM

Starting Point: Entrance Gate, Periyar Tiger Reserve

Note: Advance Booking is possible. Transportation & Entrance Fee Extra

❖ **Jungle Camp:** Jungle Camp is another staying program that you are staying Vallakkadavu (40 km away from Thekkady), Jungle Camp is a tent mode staying facility in which you are staying in the forest and on the bank of Periyar Lake. Jungle Camp package includes Food, Trekking, Bird Watching Program, Wild Life Movie Watching. The program starts at 3:00 PM in Vallakkadavu.

Charges: Jungle Camp: ₹ 5250/- for one Tent (minimum 2 tents (4 people) ₹ 10500/-): In this Package you have a Trip to Gavi on the next morning from 9:30 AM to 12:00 Noon. If you are less than 4 persons and you don't wish to pay the minimum charges, then you pay ₹ 5250/- for two persons, but the Trip to Gavi program won't be included. **Transportation & Entrance Fee Extra**

Starting Point: Vallakkadavu

Note: Advance Booking is possible

❖ **Tiger Trail – An Adventure Trekking & Camping (01 Night & 02 Nights):** The program is unique is being conducted by a team of poachers who turned protectors of the forests. The team members are hardy and dependable with an intimate knowledge of the forest terrain. The programs are 1 night / 2 days and 2 nights / 3 days. The team consists of a maximum of 6 visitors, 4 guides and 1 forest officials. Normally 20 to 35 kms. of trekking distance will be covered, depending on the route chosen. In this trekking your provisions will be given. You sleep inside the tents and you will be provided with sleeping bags. Here, one may chance to encounter much indigenous wildlife like Nilgiri Langur, Giant Squirrel, Elephant and who knows, even the Tiger! The trek route passes through hills and valleys with a variety of tropical plants and wide-open spaces. En-route vegetarian meals will be prepared and served and country tents will be pitched for holding up in the night. Remember to listen to unusual and strange adventure stories of the former poachers, now your guides and protectors of the forests

Charges: ₹ 6200/- Per Person (Minimum Charge ₹ 9200) for 01 Night

₹ 8600/- Per Person (Minimum Charge ₹ 13200) for 02 Nights

Timings: Check-in Time: 09:00 AM & Check-out: 12:00 Noon. Please leave from the hotel by 8:15 AM.

Starting Point: Vanya Office, Thekkady **Note:** Advance Booking is possible. Transportation & Entrance Fee Extra

❖ **Vantage Views - Chellarkovil:** Chellarkovil (15 km): This sleepy little village with its breathtaking view of the plains and cascading waterfalls is a feast for eyes.

Transportation Charge: ₹ 1800

❖ **Grampi (28 km):** Grampi is also known as Eagle rock because of the panoramic view from its high peaks. Rock plains, lush hillside, forests and picturesque views lend charm to this destination

Transportation Charge: ₹ 2000

❖ **Coracle & Bullock Cart Discoveries:** We invite you to visit the farmlands of a village, hidden in the valley, behind the mountains of Periyar Tiger Reserve, in a Bullock Cart. The village is rich in bird diversity (New explorations for a serious bird watcher, also wonderful beginning for a novice)...with vineyards, diverse agricultural crops of mango, tamarind, onion, sunflower, jasmine and a score of other vegetables. The village will take your breath away when the guides start to interpret how farming has woven delicately with the culture and the life of the natives...To feel the slow pace of the village life, to be part of the innocence, to take away you between cock and stick fights, to quench the thirst with the nectar from tender coconuts. It is better to have Binoculars and a hat. First the guest will be experiencing the coracle ride where varieties of bird life can be experienced. Two guides of the local community will accompany a group of maximum six visitors. After the coracle experience the guest can experience the bullock cart ride where they will be taken through the virgin village areas of Tamilnadu. The programme is for three hours and conducted by a group of local people who are a part NGO which aims to protect animals from poaching and preserving the forest. The profit from this programme is used for rehabilitation of this group of people.

Charges: @ ₹ 750 Per Person & Minimum Charge ₹1500. Exclusive Ride ₹ 4500 (Maximum 06 Pax)

Duration 03 Hours | Timings: 06:30 AM to 09:30 AM & 02:30 PM to 05:30 PM

❖ **Elephant Ride (in Spice Plantation):**

⇒ **30 Minutes with Elephant:** Includes 25 minutes ride & 5 minutes photo session.

Rate: ₹ 400/- per person

⇒ **60 Minutes with Elephant:** Includes 30 minutes ride and 30 minutes timber, feeding, photo session, free serve tea & coffee.

Rate: ₹ 1000/- per person

⇒ **90 Minutes with Elephant:** Includes 45 minutes ride in the spice plantation and 45 minutes timber, elephant bath, shower, photo session, feeding. Free serve tea & coffee.

Rate: ₹ 1250/- per person

⇒ **120 Minutes with Elephant:-** Includes 60 minutes ride in the spice plantation and 60 minutes timber, elephant bath, shower, photo session, feeding .Free serve tea & coffee.

Rate: ₹ 1500/- per person

⇒ **Half Day with Elephant:-** Includes 02 Hours Elephant ride, visit cardamom processing unit, plantation, elephant bath & shower, timber, feeding, photo session with complimentary tea / coffee & snacks.

Rate: ₹ 3000/- per person

⇒ **Full Day with Elephant:-** Includes 02 Hrs. & 30 minutes Elephant ride, elephant bath, shower, timber, plantation, jeep safari, tea factory, cardamom processing unit, feeding, lunch, tea & coffee, snacks, raw boat , waterfalls, view point. Timings:- 8 am to 6 pm .

Rate: ₹ 6000/ per person

Note: Please leave from the hotel 15 minutes in advance.

❖ **Spice Plantation Tour:** Spice Plantations are fascinating to wander as there are different sections for each plantation. The serene silence of the spice plantations in Kerala not only revives your mind but also keeps your body active. Many spices are nurtured in Kerala and some of these spices such as pepper, cinnamon, vanilla, nutmeg are also in priority and demand. A trip to spice plantations in Kerala gives you a feeling of green paradise. Walking through the aromatic gardens displays the nature's bounty. Walk amidst the green, terraced farms in Thekkady, while you hear the murmuring sound of the rippling stream. You can go for nature walks, bird watching treks, taste the various spices and breathe in the fragrant air while exploring the spice plantation in Thekkady. Pick up a few packets of the tea and spices grown here that make for a good buy. The spice plantation in Thekkady is a prime attraction of this beautiful land.

Timings: 9:00 AM till 5:00 PM.

Charges: ₹ 400/- for 2 persons.

Note: Please leave from the hotel 15 minutes in advance. **Transportation Charges are extra**

❖ **Martial Arts (Kalaripayattu):** Kalarippayattu is a martial art originated in ancient South India. Kung-fu, popularized by the monks of Shoaling Temple traces its ancestry to Bodhi Dharma, an Indian Buddhist monk and Kalarippayattu master.

Note: The Show starts at 6:00 PM. Please leave from the hotel 20 minutes in advance

Duration: 01 Hour. | Charges: @ ₹ 200 Per Person. Transportation charges are Extra

❖ **Kathakali:** Kathakali is a dancing theatre created, some 300 years ago, out of 1000 year old traditions. Kathakali has attracted great directors, actors and storytellers into Kerala for many years.

Note: The Show starts at 7:00 PM. Please leave from the hotel 20 minutes in advance

Duration: 01 Hour. | Charges: @ ₹ 200 Per Person). Transportation charges are Extra

❖ **Tribal Dance (a peep in the past):** Mannans are among the oldest indigenous group of people to inhabit Periyar Tiger Reserve. Till as late as 1940's, they used to live in the remotest areas of the tiger reserve eking out a simple living by fishing in the lake and cultivating a few crops. The dance program of one hour from evening 6pm to 7pm by tribal groups like Mannans & Paliyans.

Venue: Vanasree Auditorium

Note: The Show starts at 6:00 PM. Please leave from the hotel 20 minutes in advance

Duration: 01 Hour. | Charges: @ ₹ 300 Per Person. Transportation charges are Extra

❖ **Tea Factory Visit:** Buy organic tea and visit an organic tea factory and plantation, focused on the small tea growers of the area. The factory can be viewed from specially designed vantage points so that the visitors get a feel of the process without disturbing the production line

Timings: 9:00 AM to 4:00 PM Rates: ₹ 400/- for 2 persons. Please leave from the hotel 40 minutes before.

Note: Sunday Holiday

Duration 60 Mins. | Transportation Charges are Extra

In & Around THEKKADY

FULL DAY EXCURSIONS

- ❖ **Madurai:** MADURAI (City of temples) Main attraction is the Meenakshi Temple, South India biggest temple, you can also visit different small temples as well. Madurai is an ideal place for shopping. On the way back you can see the Vaiga Dam also vegetable farm, wineryards, etc.

Note: (150 km, one way drive approximate 3&half hours) Transportation Charges: Innova Car : Applicable Charges

- ❖ **Munnar:** MUNNAR HILL STATION ● **Mattupetty**- Beautiful picnic spot & Boating facilities on the Mattupetty reservoir. ● **Echo Point** - Scenic Spot ● **Kundala Dam** – Picturesque place- artificial dam with pedal boating facility ● **Top Station** –Panoramic view of neighboring states. ● **Devikulam Hill Station** – Aerial view of green carpet tea plantation. ● **Power House Waterfalls** – View of excellent waterfalls.

Transportation Charges: Innova Car (A/c) - Applicable Charges

- ❖ **Idukki DAM:** IDUKKI DAM India's Biggest Arch Dam opens only for 15 days during Onam Holidays (August/September). Boating facilities are also available.

Transportation Charges: Innova Car (A/c) - Applicable Charges

In & Around THEKKADY

IN-HOUSE ACTIVITIES

- ❖ **Shalimar Plantation Visit:** Inside Shalimar Spice Garden, you will be able to find many spices and some Ayurvedic plants, the coffee you drink, as well as the pepper and cardamom you taste at the restaurant are fresh ground from our spice plantation. A guided tour will be conducted every evening at 15.00 Hrs. (if the weather permits). If you wish to participate please be at the reception at 14.50hrs.

Duration: 45 Mins – 75 Mins. Please ask Reception for the leaflet.

- ❖ **Shalimar Nature Walk:** Shalimar Nature Walk Starting from Shalimar Spice Garden. This walk is one of the big nature walk, where in the beginning you will go through narrow pathways, then through a little more open vegetation and finally you will walk on the outskirts of Murikkadi, the village surrounding Shalimar Spice Garden. Shalimar Panorama Walk around Shalimar Spice Garden, this walk mainly covers unpaved roads between spice fields & other crops and working man area's. It includes some very beautiful panoramas with even a view into Tamil Nadu.

Duration: 1.15 Hrs. – 1.45 Hrs. Please ask Reception for the leaflet

Distance of few Major Towns from Thekkady

| | | |
|-------------------------------------|------------------------|------------------------|
| ❖ Sabarimala Via Pullumedu : 50 Kms | ❖ Kumarakom : 130 Kms | ❖ Kollam : 200 Kms |
| ❖ Sabarimala Via Erumeli : 140 Kms | ❖ Alleppey : 170 Kms | ❖ Varkala : 200 Kms |
| ❖ Idukki : 65 Kms | ❖ Cochin : 180 Kms | ❖ Kodaikanal : 155 Kms |
| ❖ Munnar : 110 Kms | ❖ Trivandrum : 230 Kms | ❖ Ooty : 390 Kms |

Distance of Nearest Airports from Thekkady

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|------------------------|-----------------------|----------------------|
| ❖ Cochin : 180 Kms | ❖ Kozhikode : 290 Kms | Coimbatore : 160 Kms |
| ❖ Trivandrum : 230 Kms | ❖ Madurai : 160 Kms | |

Distance of Nearest Railway Stations from Thekkady

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|----------------------|------------------------|
| ❖ Kottayam : 110 Kms | ❖ Trivandrum : 230 Kms |
| ❖ Cochin : 180 Kms | ❖ Madurai : 140 Kms |

Teertha Ayurveda Spa



MASSAGES & TREATMENTS

- ❖ **Body Massage (without Head & Face):** This relaxing body massage will tone up muscles, improve circulation, and take away small aches, pains and fatigue, which does not include Head & Face.
Duration 45 Mins. | ₹ 1000
- ❖ **Abhyangam (Full Body Massage):** This relaxing body massage will tone up muscles, improve circulation, and take away small aches, pains and fatigue
Duration 60 Mins. | ₹ 1500
- ❖ **Steam Bath:** This is a unique treatment and under this treatment leaves of medicinal plants are boiled and resulting steam is passed to the whole body. This treatment is helpful in to eliminate impurities from the body, reducing fat and also helpful in fighting with some skin diseases
Duration 30 Mins. | ₹ 750
- ❖ **Abhyangam with Steam Bath:** This relaxing body massage will tone up muscles, improve circulation, and take away small aches, pains and fatigue. Followed by Steam Bath.
Duration 90 Mins. | ₹ 2000

❖ **Abhyangam with Siro Dhara:** This relaxing body massage will tone up muscles, improve circulation, and take away small aches, pains and fatigue. Followed by Siro Dhara.

Duration 90 Mins. | ₹ 3000

❖ **Therapeutic Massage:** Stronger massage indicated in some clinical conditions like pain, stiffness, sprains, etc.

Duration 75 Mins. | ₹ 2000

MASSAGES & TREATMENTS

❖ **Udwarthanam:** This treatment is also known as powder massage. It is very effective in Obesity, Hemiplegia, Paralysis, Skin Diseases and impaired circulation. Special herbal powders are applied in a peculiar way on the body.

Duration 60 Min. | ₹ 1500

❖ **Pada Abhyangam:** This is a unique massage in which the masseurs use their toes and feet to apply varying degrees of pressure to specific areas of the body while holding onto a suspended rope for support. These pressure points help to stimulate blood circulation and revitalize nerve endings and muscles. It gives you a feeling of wellbeing as it improves blood circulation and clears the body of toxins.

Duration 45 Mins. | ₹ 2900

❖ **Back & Shoulder Massage:** A relaxing therapeutic massage of the back and shoulders with ayurvedic oils

Duration 30 Mins. | ₹ 750

❖ **Hand Massage:** Massage for hands from arms to the palm with ayurvedic oils. Also includes reflexology pressure point massage. Helps to relieve stress and improve blood circulation

Duration 30 Mins. | ₹ 750

❖ **Foot massage:** Massage for the foot from the knees to the soles with ayurvedic oils. Also includes reflexology pressure point massage. Helps to relieve stress and improve blood circulation.

Duration 30 Mins. | ₹ 750

❖ **Head massage with Dhoopa:** After head massage with ayurvedic oils, a special procedure called dhoopanam is carried out. It prevents hair fall and strengthens hair and relieves stress.

Duration 40 Mins. | ₹ 1000

FACIALS (FOR LADIES)

❖ **Fresh Fruit:** Includes cleansing of face thoroughly with ayurvedic preparations, face massage with Fresh fruits and face pack using ayurvedic lepas. Please book this facial 15 minutes in advance, as it needs fresh preparations to be used.

Duration 30 Mins. | ₹ 750

❖ **Fresh Flowers:** Includes cleansing of face thoroughly with ayurvedic preparations, face massage with Fresh flowers and face pack using ayurvedic lepas. Please book this facial 15 minutes in advance as it needs fresh preparations to be used.

Duration 30 Mins. | ₹ 750

❖ **Fresh Herb:** Includes cleansing of face thoroughly with ayurvedic preparations, face massage with Fresh herbs and face pack using ayurvedic lepas. Please book this facial 15 minutes in advance as it needs fresh preparations to be used

Duration 30 Mins. | ₹ 750

TREATMENTS

❖ **Siro Dhara:** This treatment involves continuous and rhythmic flow of medicated oil or herbal decoction (kashayam) over the forehead. It relaxes the central nervous system and also relieves insomnia, anxiety disorders, stress and tension induced problems, headaches; post paralytic complications, facial paralysis, Alzheimer's disease, Parkinsonism, loss of memory, etc.

Duration 40 Mins. | ₹ 2000

❖ **Thalam:** Application of different combinations of herbal powders with herbal oils or juices over the region of anterior fontanel of head. Effective in insomnia, migraine, burning sensation of eyes, ptosis, facial paralysis and pyrexia. Please book this treatment at least 12 hours in advance.

Duration 25 Mins. | ₹ 1000

TREATMENTS

❖ **Nasyam:** Application of ayurvedic nasal drops in traditional ayurvedic way. Effective in sinusitis, certain types of head-aches, facial paralysis, trigeminal neuralgia, convulsive disorders, frozen shoulder, brachial neuralgia, cervical spondylitis, ptosis, migraine, etc.

Duration 20 Mins. | ₹ 1000

❖ **Ksheera Dhoomam:** A unique kind of fomentation using medicated milk which is very effective in facial paralysis, speech disorders, lumbago, cervical spondylitis, spastic disorders and neurological problems.

Duration 30 Mins. | ₹ 1000

❖ **Ilakizhi:** Full body treatment done by two therapists -It is a variety of fomentation process using herbal leaves, boluses and medicated oils. Effective in arthritic conditions, lumbago, cervical spondylosis, frozen shoulder, sciatica, pain and stiffness of joints, post paralytic spasm, and other spastic conditions. Herbal powders (podi kizhi), citrus lemon and herbs (jambeera swedam), eggs and herbs (mutta kizhi), mutton and herbs (mamsa kizhi) can be used depending on the condition of the patient.

Duration 60 Mins. | ₹ 3000

❖ **Ilakizhi:** Application on selected area of the body done by two therapists. Same treatment as mentioned above, but application is focused only on one affected area of the body.

Duration 30 Mins. | ₹ 2000

❖ **Njavara Kizhi:** This is a special type of fomentation using cloth boluses filled with njavara rice cooked in medicinal decoction. Effective in rheumatism, pain and stiffness of joints, post paralytic rehabilitation, muscular weakness and atrophy, spastic and neurological disorders. Treatment done by two therapists.

Duration 60 Mins. | ₹ 3000

❖ **Kayasekam (Pizhichil):** Pouring of medicated oils over the body. Effective in post paralytic rehabilitation, pain and stiffness of joints, spastic and nervous disorders, rheumatic disorders, sexual weakness, muscular weakness, and in prevention of nervous and rheumatic disorders.

Duration 90 Mins. | ₹ 4000

❖ **Ksheera Dhaara:** Similar to Siro Dhara, but instead of oil, medicated milk is used. Found effective in chronic insomnia, mental disorders, anxiety disorders, burning disorders in the eyes, stress, psychiatric and psychosomatic disorders. Please book this treatment at least 12 hours in advance.

Duration 40 Mins. | ₹ 1500

❖ **Takra Dhara:** Similar to Siro Dhara, but instead of oil, medicated buttermilk is used. Found effective in chronic insomnia, mental disorders, anxiety disorders, burning disorders in the eyes, stress and tensions, psychiatric and psychosomatic disorders. Please book this treatment at least 12 hours in advance.

Duration 40 Mins. | ₹ 1500

❖ **Shiro Vasthi-** Selected medicinal oils are made warm and poured in a hollow leather cap fitted on the head and is retained there for 45 minutes. Highly effective in post paralytic rehabilitation, facial paralysis, Alzheimer's disease, Parkinson's, ptosis, brachial neuralgia, insomnia and other nervous disorders. *Please book this treatment at least 1 hour in advance.*

Duration 45 Mins. | ₹ 2000

❖ **Katee Vasthi:** A well is made with an herbal paste around the lumbosacral region and selected medicinal oils are poured and retained there for 30 minutes. This is effective for low backache, sciatica, etc. Please book this treatment at least 1 hour in advance.

Duration 45 Mins. | ₹ 1500

❖ **Uro Vasthi:** The process is similar to Katee Vasthi but it is focused on the thoracic region. Effective in chronic bronchitis, cough, bronchospasm, costo-chondritis, etc. *Please book this treatment at least 1 hour in advance*

Duration 45 Mins. | ₹ 1500

TREATMENTS

❖ **Choorna, Valuka Swedanam and Podikizhi:** This is a specific hot application using medicated powders or sand. This is very effective in certain types of rheumatic inflammations, sprains etc. Treatment done by two therapists

Duration 60 Mins. | ₹ 2500

❖ **Pichu:** A piece of clean cotton with a small hole is placed on the affected part. Then warm oil is poured and squeezed on the affected part with the help of another clean cotton. Very effective for relief from low backache, spondylitis, and cervical pain.

Duration 30 Mins. | ₹ 1000

❖ **Dhoomapanam:** This involves inhalation of medicated fumes through the nostrils to clear sinusitis, head ache, common cold etc.

Duration 15 Mins. | ₹ 750

SPECIAL PACKAGE FOR COUPLE

❖ **Couple Treatment Package:** This couple treatment package includes 60 Min. Full Body Massage, 30 Min. Siro Dhara & 30 Min. Steam Bath for Gents **AND** 60 Min. Full Body Massage, 30 Min. Siro Dhara & 30 Min. Facial (Fresh Fruit **OR** Fresh Flowers **OR** Fresh Herb) for Ladies

Duration 120 Mins. | ₹ 6500

YOGA

❖ **Yoga Session:** Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India. Practicing yoga can be a great exercise as it provides many physical health benefits. Some of the physical benefits of yoga are improving flexibility, increasing strength, preventing aches and injuries, and improving muscle tone. Stretching your body that is tight in different ways can increase flexibility and bring about a greater range of motion to the joints and muscles. In time, you will increase flexibility in your hips, shoulders, back, and hamstrings. *Please book 24 Hrs. in advance.*

Duration 60 Mins. | ₹ 1000

N.B: The above rates are excluding GST Rate of 18%

