



## **Somatheeram Ayurveda Village – FACT SHEET**

*Kerala, India*

### **Overview:**

**Somatheeram Ayurveda Group** manages and runs five interlinking brand names – Somatheeram Ayurveda Resort, **Manaltheeram Ayurveda Village, Soma Palmshore in Thiruvananthapuram, Soma Birds Lagoon** in Kochi and **Soma houseboats** in Alappuzha.

**Somatheeram**, a classified Heritage Ayurveda Resort.

A perfect hideaway, with Ayurvedic therapy, Yoga and Meditation along with captivating and comfortable surroundings and service. This resort is the world's first Ayurveda Resort.

Somatheeram and Manaltheeran both offer sun, white sands and some of the best beaches in the world, whilst focusing on rebalancing the body and mind through their programme of award winning ayurvedic treatments and yoga.

Somatheeram Ayurveda Village provides guests with an unforgettably relaxing experience that will leave them refreshed, rejuvenated and rebalanced.

### **Location:**

Located on the picturesque Malabar Coast, 7km south of the world-renowned Kovalam Beach, lies Somatheeram Ayurveda Resort and its sister property Manaltheeran Ayurveda Beach Village. Somatheeram spread around 15 acres of lush greenery, Set in a tantalising environment of palm trees, bewitching blue waters and sun soaked beaches.

### **Address:**

Somatheeram Ayurveda Village  
Chowwara P.O. South of Kovalam  
Trivandrum  
Kerala, India 695 501

Tel. +91 471 2268101  
Fax: +91 471 2267600

### **Email:**

[mail@somatheeram.in](mailto:mail@somatheeram.in)

### **Web Site:**

[www.somatheeram.in](http://www.somatheeram.in)

### **A Brief History:**

The resort opened its doors to welcome the first guests in 1985, and has since gone from strength to strength.

Somatheeram Ayurveda Village



### **Accommodation**

Somatheeram offers a variety of Kerala houses and cottages set amongst coconut groves. The resort has 80-double/twin accommodations in a variety of stunning cottages and traditional Kerala Houses (air-conditioned).

The very comfortable **Kerala houses (air-conditioned)** with their antique doors, pillars & furniture have three bedrooms, one deluxe with living room and the other ordinary room, which can be rented separately.

More traditional accommodation can be found in the **round thatched cottages** made of natural mud. Offering a less expensive option and lining the coast, these rustic cottages offer sea views.

### **Swimming Pool:**

Pool service available from 8 am to 6pm.

Oyster shaped pool merging with blue sea, providing hypnotic view of the setting sun and set of Jacuzzis. The poolside has umbrellas and long reclining cots; beverages and light refreshments for the pool users will be served from the restaurant.

### **Dining:**

Laying 200 feet above the sea and offering superb views, guests can enjoy an extensive menu of superb organic creations in the restaurant. Serving regional Indian specialties, tandoori, grilled, continental and chinese cuisines. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes on offer.

### **Yoga:**

Yoga, the science of man, based on ancient Indian wisdom and culture, is an art of living a healthy and balanced peaceful and contented lifestyle.

The yoga and meditation programme at the resort is one of the best in the world. All classes are led by traditionally trained Indian gurus and take place on the beach on cool morning, or under a shade outdoors on warmer days.

### **Ayurvedic Treatments:**

Ayurvedic is an ancient Indian science of 'healthy living' which aims to treat the same spectrum of mental and physical disorders as western medicines, as well as offering more aesthetic treatments to improve skin condition and body tone.



Exclusive and celebrated Ayurvedic treatments are being offered at Somatheeram Ayurveda Resort in India to prepare the body, mind and soul for another fast paced and hectic year. All are designed specially for those clients who want to bring renewed universal energy, stress management, weight loss, personal growth, and a sense of balance to their lives.

Somatheeram Ayurvedic Resort, the worlds first Ayurveda Resort sits in a tranquil and relaxing environment. The resort features an outstanding range of features and Ayurvedic treatments to purify, rejuvenate, slim, rebalance and de-stress lives, which have been in the fast lane for too long. With many treatments aimed at specific disorders, the resort merges the best of both worlds – health-regaining Ayurvedic treatments, stunning beaches, superb facilities, organic food, yoga and meditation.

- Team of Doctors :** The Ayurvedic Center at Somatheeram Managed by an experienced team of 15 Ayurveda doctors headed by Medical Superintendent Dr C.S Nair (with more than 50 years of experience)
- Team of Therapists:** A team of 90 well experience therapists, most of them are hail from traditional ayurveda treatment families.
- Treatment Rooms:** The Ayurvedic Center at Somatheeram is located in two dedicated bungalows with 30 treatment rooms.
- Ayurvedic Menu:** Diet (Pathya) is an important factor in Ayurvedic Treatment. Over the years Somatheeram has been following a special Ayurvedic Menu, which was crafted by our team of doctors, based on the research with reference to old Ayurvedic Texts. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes based on the Tridoshas (Vatha, Pitha and Kapha) properties.
- Herbal Garden:** **SOMATHEERAM/Manaltheeram** maintains a good herbal garden, with nearly 600 varieties of herbs. The destruction of forest and the scarcity felt in the availability of medicinal herbs have necessitated the plant cultivation of medicinal plants.
- Medicine Manufacturing:** The availability of the genuine medicines is the major problem. To overcome this and give our guests the best of service, we have our own ayurveda medicine manufacturing unit, which is under close supervision of our team of doctors. A research and development wing is also in operation.



**Ayurveda Academy**

Somatheeram is on a mission to spread the ancient knowledge of Ayurveda around the world. We no longer want to deprive the Western World from this fascinating traditional Indian method of healing. With the introduction of the Ayurveda Academy and by offering a wide selection of courses to interested students of Ayurveda, we believe we have reached another milestone in our mission.

**Lectures & Seminars**

In Somatheeram/Manaltheeram, we are regularly giving lectures and conducting seminars on subjects related with Ayurveda and Healthy Living. Our visiting faculties include lecturers and eminent professors from various Ayurvedic Universities. Guests are given opportunities to clear their doubts at the end of the session. We also provide the assistance of interpreters for these programmes.

**Ayurveda Cooking**

Evening cooking demonstration to share the ancient knowledge of Ayurveda diet around the world.

**Recreation:**

Other recreational amenities include visits many places of interest in Kerala, such as Trivandrum, the backwaters, the Neyyar Dam and Wildlife Sanctuary, the Padmanabhapuram Palace etc. The resort also provides guest with a cultural programme, bird watching, fishing, hiking/walking and can arrange tours to historical sites on request

**Climate:**

India enjoys a pleasant and temperate climate, with warm sunny days most of the year. Average temperatures range from 20 – 34 C. December to May is the hottest and driest period: temperatures average 28-30C, reaching 34C in May. August and September are the coolest months when it drops to 24C.

**Airport:**

Somatheeram and Manaltheeran are both 21 kms from Trivandrum International airport, which has regular domestic flights to Chennai, Mumbai and Delhi, plus international flights to the All European Countries, UK, USA and Scandinavian Nation etc. Transfers or taxis to and from the airport are easily arranged by the resort.

**Awards**

Somatheeram Ayurveda Village has honored with many awards.

OUR HOSPITAL IS ACCREDITED BY **NABH - National Accreditation Board for Hospitals & Healthcare Providers**. NABH is the highest National Grading & Recognition of Quality Control of Government of India, for Hospitals and Health Care Providers.



OUR HOSPITAL IS ALSO ACCREDITED BY

- ❖ **“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.

The First and only Ayurveda Resort Honoured with **"HALL OF FAME"** by Government of India **4 TIME NATIONAL AWARD FROM GOVT. OF INDIA** (Year 2013 to 2018) for the best Ayurveda Center in India.

**6 TIMES (Year 2010 to 2017) STATE AWARD WINNER FROM GOVERNMENT OF KERALA** for the Best Approved and Classified Ayurveda Center in Kerala



Chairman & Managing Director:

Mr. Baby Mathew



**“Green Leaf” Classified Ayurveda Resorts**

Information/enquires

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