

FULL BOARD AYURVEDA PACKAGES – “WELLNESS”

Relax and Rejuve Program- “Rasayana Therapy”

Rasayana therapy enhances the life force and immunity of a person and rejuvenates the cells and tissues in his body. This therapy is believed to hold old age and related infirmities at bay. It is held that the Rasayana are the secret of the long, healthy, energetic lives of the sages of yore. This program makes one in a state of “Niraamaya” – Free of Ailments.

“Slim Body” by Ayurveda

Time tested Ayurveda proves that losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Body slimming package includes body massage by special herbal powders, herbal oils and internal herbal medicine.

Purification and Detoxification Program – “Panchakarma Therapy”

Food habits, sedentary life style, climatic variations and occupational hazards can cause accumulation of toxins inside the body that can lead to the imbalance of the tridoshas- “basic physical energies”. In addition to the body's natural mechanism to get rid of these toxins, Panchakarma therapy helps to purify the whole body to attain proper balance of Vata, Pitta and Kapha.

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Ayurveda Beautification Program – “Shareera Kandhi”

Ayurveda beautification program is for improving the complexion and toning up the body. Ayurveda says “Inner peace brings outer beauty” and it suggests that when persons have high self worth or see the divine within, they radiate true beauty. Thus outer beauty is a reflection of inner beauty. Ayurveda advocates time tested treatments and herbal products to improve complexion and color.

Ayurveda Get Away from Stress and Strain

An effective and prominent Ayurveda program for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace. Stress and Strain Relief package includes different traditional Ayurveda massages for soothing the body, mind, & soul.

Anti-ageing Formula by Ayurveda- “Kaya Kalpa Chikitsa”

Kayakalpa is a legendary system of total body rejuvenation. It purifies nurtures and revitalizes the constituent elements of the body, mind and psyche with a series of customized therapy sessions, herb-mineral preparations, vital breathing practices, dietary guidelines, and daily living recommendations.

Bone and Joint Care Ayurveda Program

This program includes special treatments for neck pain and low back pain due to various musculo - skeletal disease conditions. The treatment includes traditional massages herbal oils, pouches with special herbal leaves, medicated spinal baths and internal medications.

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SUMMER (April 16th 2010 – September 30th 2010)

Treatment Program	Duration	Couple Occupancy					Single Occupancy				
		5 Days	7 Days	14 Days	21 Days	28 Days	5 Days	7 Days	14 Days	21 Days	28 days
Relax & Rejuve Body Slimming Purification& Detoxification Beautification Stress and Strain Get Away Anti ageing Formula	60 mins	1673	2304	4531	6607	8759	1096	1516	2994	4396	5835
	90 mins	1957	2702	5272	7670	10164	1239	1715	3364	4927	6538
	120 mins	2090	2873	5594	8088	10581	1305	1801	3525	5136	6747

WINTER (October 1st 2010 – April 15th 2011)

Treatment Program	Duration	Couple Occupancy					Single Occupancy				
		5 Days	7 Days	14 Days	21 Days	28 Days	5 Days	7 Days	14 Days	21 Days	28 days
Relax & Rejuve Body Slimming Purification& Detoxification Beautification Stress and Strain Get Away Anti ageing Formula	60 mins	2123	2934	5791	8497	11279	1501	2083	4128	6097	8103
	90 mins	2407	3332	6532	9560	12684	1644	2282	4498	6628	8806
	120 mins	2540	3503	6854	9978	13101	1710	2368	4659	6837	9015

X'mas / New Year (December 22nd 2010 – January 8th 2011)

Treatment Program	Duration	Couple Occupancy					Single Occupancy				
		5 Days	7 Days	14 Days	21 Days	28 Days	5 Days	7 Days	14 Days	21 Days	28 days
Relax & Rejuve Body Slimming Purification& Detoxification Beautification Stress and Strain Get Away Anti ageing Formula	60 mins	2623	3634	7191	10597	14079	1951	2713	5388	7987	10623
	90 mins	2907	4032	7932	11660	15484	2094	2912	5758	8518	11326
	120 mins	3040	4203	8254	12078	15901	2160	2998	5919	8727	11535

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The package inclusions are:

- Ayurveda therapy for the selected duration. (60/90/120 mins)
- One to one consultation with our Ayurveda Physician.
- Internal herbal medicines during the period of treatments.
- Daily Yoga for 60 mins.
- All rooms have Tea/coffee maker, satellite TV & Bottled water per person per day.
- Breakfast, Lunch & Dinner as per menu prescribed by Doctor in consultation with chef.
- Two way Airport transfer.
- The above rates are offered for Rock Garden room category.
- Inclusive of all taxes.

Other Terms and Conditions

- Upgrade supplement for higher room category per Night

	Winter	Summer
Heritage Premium	€181	€68
Heritage superior	€68	€38
Heritage Classic	€15	€10

- As Ayurvedic system of treatment is strictly personalized, the exact treatment and medicines can be fixed after detailed consultation the doctor.

Reservation Terms and Condition

- All packages will be reserved only by 100% payment / credit card guarantee.
- Cancellation / No show charges: Cancellations before 30 days of guest's scheduled arrival will not attract retention charges. For cancellations between 7 to 30 days of guest's scheduled arrival at the hotel, 50% of the advance will be forfeited. And in case of cancellations within 7 days and no show, entire deposit will be forfeited.
- Taxes: The Hotel reserves the right to adjust rates within the contract period in the event of alterations by government.
- More than two persons in a room not allowed including children above 5 years
- Check in 1400 Hrs. Check out 1200 Hrs.

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Bank Charges and Transfer Fees: The Hotel does not accept responsibility for the payment of bank charges or fees resulting from the transfer of money from your account to our bank. Any such fees or charges are your responsibility and cannot be deducted from payments. Our bank and account number details are:

Name of the Beneficiary : Surya Samudra Holiday Resort PVT LTD.
Bank Name : HDFC Bank
Bank Branch Address : Vazhuthacaud, Trivandrum.
Bank A/c No : 00632000001265
Type of Account : Current Account
Bank MICR Number : 695240002
IFSC Code : HDFC0000063