

SOMATHEERAM WITH BACKWATERS OF KERALA 12 Nights - 13 Days

New Delhi – Cochin – Thekkady – Alleppey – Kovalam – Delhi



Step into a world of tranquility and restoration.....

This 12-night, 13-day Somatheeram & Backwaters Kerala journey offers a deep dive into authentic Ayurveda and Kerala's serene waterways, blending holistic healing with cultural exploration, featuring personalized rejuvenation at the beachfront Somatheeram resort, daily yoga/meditation, traditional Ayurvedic therapies, healthy organic cuisine, and immersive houseboat cruises through Alleppey's tranquil backwaters, all while experiencing local village life and India's stunning natural beauty.

Day 01 – Delhi - Arrival Cochin

Upon arrival, connect your next flight Cochin. (Flight from Delhi - Cochin will be booked as per the arrival timing of the guests). Arrive at Cochin. Upon arrival, you will be received and transferred to your hotel. The evening is free to explore the surroundings at leisure. Overnight at the hotel.

Day 02 – Cochin

Half-day city tour covering Mattancherry Dutch Palace, Jewish Synagogue, St. Francis Church, and the Chinese Fishing Nets. Later, enjoy shopping at Jew Town. In the evening, witness a traditional Kathakali dance performance. Overnight at the hotel.



Day 03 – Cochin to Thekkady

Drive to Thekkady (190 km / approx. 4½ hours). Thekkady is set amidst spice plantations and is home to the Periyar Wildlife Reserve. Rest of the day at leisure. Overnight at the hotel

Day 04 – Thekkady

Morning boat ride on Periyar Lake offering opportunities to spot wildlife. In the evening, visit the spice plantations. Overnight at the hotel.



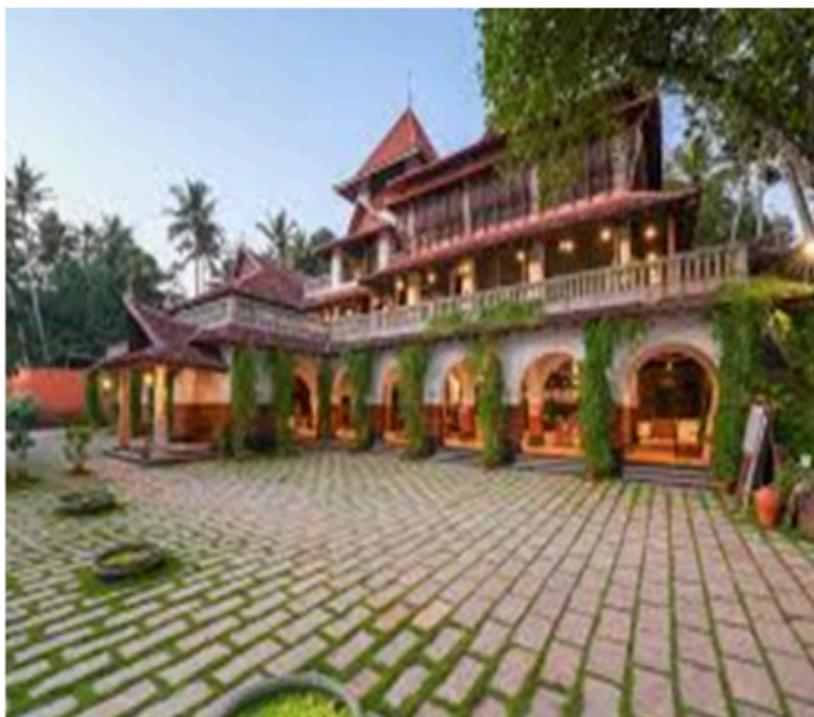
Day 05 – Thekkady to Alleppey

After breakfast, drive to Alleppey, the heart of Kerala’s backwaters. Enjoy a day cruise with lunch. Later, check in at the resort and relax by the backwaters. Overnight at the hotel.



Day 06 - 12 – Alleppey to Somatheeram Ayurvedic Health Resort in Kovalam.

After breakfast, drive to Kovalam. Check in at the beach resort for 7 nights and enjoy leisure time by the beach.



It is located on the Malabar Coast in Kerala, is recognized as the world's first Ayurveda hospital in a resort ambiance". It is widely acclaimed for combining authentic, medical-grade Ayurvedic treatments with a serene, natural environment.

This package includes the comprehensive 7-day Stress Relief Program as the base. Should you require a more specialized, longer-term program or wish to extend your stay, additional nights are available at a preferred rate. Includes accommodation, Ayurveda treatments, full-board vegetarian meals, daily doctor consultation, and one yoga session per day.

PROGRAMS

•STRESS MANAGEMENT PACKAGE

If you suffer from stress or burn-out symptoms, the Stress Management Package is the right choice. Among other things, this package includes pouring warm oil onto the forehead (Shirodhara), herbal steam baths as well as yoga and meditation. It is the goal to let body and soul come to rest.

Particularly suitable for: Stress, feelings of mental overload, nervousness, burnout, powerlessness, insomnia, anxiety disorders, exhaustion, muscular tensions, neck and shoulder problems.

Course of Treatment: Initial consultation, cleansing phase, purgation, rejuvenation phase, regeneration phase, final consultation.

Goal of the treatment: Stress Relief.

Rec. minimum duration: 7-14 days

Duration of treatment: 160-180 min. daily

Group yoga for: Beginners, Advanced students

Meditation: Included



•REJUVENATION PACKAGE

This package is designed to relax and vitalize the body. In addition to medical steam baths, herbal medicine and soothing face masks, it also includes two highlights of Ayurvedic treatment: full-body massages (Abhyanga) and pouring of warm liquids onto the forehead (Shirodhara). Their base are warm herbal oils, which are mixed according to centuries-old recipes.

Particularly suitable for: Powerlessness, exhaustion, muscular tensions, listlessness, pain in the cervical vertebrae.

Course of the treatment: Initial consultation, rejuvenating phase, regeneration phase, final consultation.

Goal of the treatment: Recovery, Vitalization

Rec. minimum duration: 9 days

Duration of treatment: 90-120 min daily.

Group yoga for: Beginners, Advanced students

Meditation: included



•BODY PURIFICATION PACKAGE

This Ayurveda package cleanses the body and mind. Among other things, the focus is on cleansing procedures (Panchakarma), oil applications (Snehana), herbal steam baths (Swedanam), pouring of warm oils onto the forehead (Shirodhara) and – as a climax – the royal oil bath treatment (Pizhichil). In their treatments, doctors and therapists draw on the effectiveness of traditional remedies – such as Ayurvedic oils, herbs and ghee.

Particularly suitable for: Exhaustion, muscular tensions, listlessness, digestive disorders, lack of appetite. general weakness, heaviness of the body.

Course of Treatment: Initial consultation, cleansing phase, purgation, rejuvenation phase, regeneration phase, final consultation.

Goal of the treatment: Detox, balance of the Doshas

Rec. minimum duration: 14-21 days

Duration of treatment: 90-120 min daily

Group yoga for: Beginners, Advanced students

Meditation: included



•SLIMMING PACKAGE

Losing weight, feeling freer and more comfortable as well as prevent the harmful effects that can occur due to overweight – these are the goals of this special Ayurvedic treatment. Traditional medicinal herbs play a central role in this treatment: they unfold their effect in powder massages, oils, steam baths and medicines. Individual and varied nutrition supports the treatment.

Particularly suitable for: Overweight, type II diabetes, hypertension, high cholesterol values, joint pain during movement, lipid metabolic disorder, digestive problems.

Goal of the treatment:weight reduction

Rec. minimum duration:21-28 days

Duration of treatment:90-120 min. daily

Group yoga for:Beginners, Advanced students

Meditation:included

Course of Treatment: Initial consultation, cleansing phase, purgation, rejuvenation phase, regeneration phase, final consultation.



Day 13 – Trivandrum a Delhi

After breakfast, drive to Trivandrum to connect with your flight to Delhi. Upon arrival at Delhi, connect to Terminal 3 for international flight.

Hotels (4★ or Similar)

Dates	City	Hotel	Nights	Meal Plan
Day 01-03	Cochin	Old Court House or Similar	02	Breakfast
Day 03-05	Thekkady	Mountain Courtyard or Similar	02	Breakfast
Day 05-06	Alleppey	World Backwaters or Similar	01	Breakfast
Day 6 - 13	Kovalam	Soomatheeram Wellness Center	7 nights	ALL MEALS

Cost Includes

Accommodation on single/double occupancy basis
 Assistance at airport on arrival and departure
 English-speaking local guides in Cochin
 Kathakali dance performance tickets
 Day cruise with lunch in Alleppey
 Monument and park entrance fees as per itinerary
 Air-conditioned vehicle for all transfers and sightseeing
 SOOMATHERAN WELLNESS CENTER: Includes accommodation, Ayurveda treatments, full-board vegetarian meals, daily doctor consultation, and one yoga session per day.

Cost Excludes

International airfare, visa fees, insurance
 Personal expenses such as laundry, tips, drinks
 Meals not mentioned in the itinerary
 Any services not specifically mentioned under inclusions

Important Notes

• Rates are subject to change in case of tariff or tax revision. • Dutch Palace is closed on Fridays; Jewish Synagogue is closed on Fridays and Saturdays.

“Conclude your journey with renewed body, mind, and spirit”.