

With age, the body weakens and various ailments starts showing up. Somatheeram offers rejuvenation therapy, which is aimed at revitalizing the body, mind and the soul. It helps in strengthening the whole system, toning the skin and generating a state of well being. The procedures include Sirodhara, massaging with medicated oil and cream, intake of rejuvenative medicines, medicated steam bath and rejuvenating herbal face mask. This package can be availed for 7 or 14 nights.

### **Body Purification Therapy**

Otherwise known as Sodhana Chikilsa, body purification therapy helps in removing the toxins deposited in the body. The body is first made ready for the purification process by two main methods:

- Snehana Karma (Oil Therapy) – Therapy using oil and ghee preparations
- Swedana Karma (Sudation Therapy) – Making the body sweat using Njavarakizhi, Pizhichil, Elakizhi, steam bath etc.

After that the purification process is carried out by means of Panchakarma.

### **Please Note**

This package includes the following services for the duration of the stay:

- Accommodation in the booked category
- Daily Ayurvedic treatments
- Ayurvedic vegetarian full board
- Initial, daily and final consultation with the doctor
- Free medicines during the treatment period
- Composition of an individual Ayurvedic diet plan

In addition, along with every package booking, the following complimentary services are provided:

- Daily Yoga classes
- One half-day boat tour on the backwater
- Airport transfer from Thiruvananthapuram
- German, Italian, French and Russian translators



In case if any different **services** apply, it will be stated clearly along with the respective package. Duration of the treatments may vary according to the advice of the doctor and process may change depending upon the patient's body condition. Final decision will be taken by the consulting doctor.

**For the tariff rates ,please Check the season in which you would like to visit : [Somatheeram.in](http://Somatheeram.in)**