

**Somatheeram Ayurveda Group is regarded as the trailblazer of Ayurveda tourism and the premier provider of authentic experiences of this ancient form of medicine in India**

. The group's first resort, the

### **Somatheeram Ayurveda Resort**

in Chowara in the south of the Indian state of Kerala, was established back in 1985 and was the first successful realisation of a medical wellness concept in the sphere of Ayurveda. In addition to Somatheeram, the group's portfolio includes the sister resort

### **Manaltheeram Ayurveda Beach Village**

(also in Chowara) and the

### **Soma Kerala Palace**

(an idyllic resort on a picturesque island on the Vembanad Lake near Kochi, consisting of a blend of architectural treasures from over 250 years of Keralan history rebuilt on the site since the year 2000). Other locations are the quietly situated

### **Soma Kuttanad Resort**

and

### **Soma Houseboats**

, both of which are in the beautiful Backwaters region of Alappuzha, and the

### **Soma Palmshore**

Hotel, the only hotel with a private beach in the prominent tourist destination of Kovalam.

### **Soma Birds Lagoon**

is situated at Thattekad Birds Sanctuary which is the biggest tropical bird Sanctuary in India with more than 300 bird species.

## **Fact File**

Established	:	1985
Location	:	Trivandrum, Kerala, India (9 km south of Kovalam)
Accommodation	:	Standard Rooms, Cottages and Kerala Houses (A
Climate	:	Tropical
Temperature	:	20-32° C
Nearest International Airport	:	Trivandrum (21 kms)

Somatheeram is :

- World's First Ayurveda Resort
- Winner of many national and international awards for excellence in Ayurvedic

Treatments

- Classified Heritage Ayurveda Resort and Green Leaf Classified Ayurveda Hospital
- An eco friendly venture owned and managed by Mr. Baby Mathew

The Ayurvedic Hospital and Research Centre at Somatheeram has:

- 20 well- experienced Ayurvedic doctors
- 90 Therapists with special training in administering Ayurvedic treatment
- 24 massage rooms, five treatment rooms
- Facilities available for dhara oil dip and herbal steam & bath
- Medicine Manufacturing Unit, Herbal Garden and an Ayurveda Academy