

3 NIGHTS REJUVENTAION PACKAGE AT KUMARAKOM LAKE RESORT!!

Valid from 1st October 2012 to 30th November 2012 & 1st March 2013 to 30th April 2013.
All rates on double occupancy!!

1) Presidential Suite with Private Pool:	Rs 149999/-
2) Heritage Villa with private pool:	Rs 79999/-
3) Meandering Pool Villa:	Rs 69999/-
4) Luxury Pavilion Room:	Rs 65999/-

INCLUSIONS

- Transfers from and to Cochin International Airport, Muhamma boat jetty or Kottayam Railway station.
- Traditional welcome drink on arrival.
- Buffet breakfast, lunch and dinner at 'Ettukettu' our multi-cuisine restaurant
- Traditional tea/ coffee snacks every evening at our "Thattukada".
- Six Ayurvedic Treatments per person during the course of 3 days, 2 treatments per person per day. See Annexure I.
- Cultural Program every evening
- One hour sunset cruise every evening.
- Complimentary usage of Health club & indoor games on the house
- Yoga and meditation classes.
- **Minimum duration of stay is 3 nights. Extra Nights on prorated basis.**
- Taxes included are 12.5% luxury tax, 7.416% service tax and 12.5% VAT.....any other taxes as & when levied by the government will be extra as applicable.

Valid from 1st December 2012 to 22nd December 2012 & 6th January 2013 to 29th February 2013. All rates on double occupancy!!

1) Presidential Suite with Private Pool:	Rs 149999/-
2) Heritage Villa with private pool:	Rs 84999/-
3) Meandering Pool Villa:	Rs 74999/-
4) Luxury Pavilion Room:	Rs 69999/-

INCLUSIONS

- Transfers from and to Cochin International Airport, Muhamma boat jetty or Kottayam Railway station.
- Traditional welcome drink on arrival.
- Buffet breakfast, lunch and dinner at 'Ettukettu' our multi-cuisine restaurant
- Traditional tea/ coffee snacks every evening at our "Thattukada".
- Six Ayurvedic Treatments per person during the course of 3 days, 2 treatments per person per day. See Annexure I.
- Cultural Program every evening
- One hour sunset cruise every evening.
- Complimentary usage of Health club & indoor games on the house
- Yoga and meditation classes.
- **Minimum duration of stay is 3 nights. Extra Nights on prorated basis.**
- Taxes included are 12.5% luxury tax, 7.416% service tax and 12.5% VAT.....any other taxes as & when levied by the government will be extra as applicable.
- **Not Valid for the period 23rd December 2012 to 5th January 2013.**

Annexure I – 3 day Ayurveda Rejuvenation Program

Day I – Morning. Abhyangam – One Hour

This general body massage that uses traditional massage techniques and medicated herbal oils which will rejuvenate and relax the entire body by improving the circulation of vital life fluids and through discharge of waste materials.

Day I – Evening. Steam Bath & Nasyam – 30 Minutes

This highly effective therapy eliminates toxins by stimulating sweat glands and by improving blood circulation. Nasyam involves introducing herbal medicines into the nasal pathway, which cleanses the sinus and nasal cavity. It also nourishes the sense organs above the neck.

Day II – Morning. Pathrapotalaswedam – One Hour.

Leaves and powders of medicinal herbs are fried in medicated oil, bundled in a muslin cloth and then applied over the body in a rhythmic manner. This massage is very useful in treating arthritis, muscular aches, inflammatory conditions etc.

Day II – Evening. Sirodhara – 30 Minutes.

In this treatment a steady stream of decoctions or lukewarm oil is made to flow over the forehead while giving gentle massage to the head. This is very useful relaxation and rejuvenation therapy for the mind and body, and is very effective in treating insomnia, mental tension related problems, and some skin problems.

Day III – Morning. Njavarakizhy - One Hour.

This treatment involves a massage with medicinal rice called Njavara, cooked with milk and herbs. It is tied into a muslin cloth bag and applied on the body. Helps relieve muscle wasting and weakness of body.

Day III – Evening. Sirodhara – 30 Minutes.

In this treatment a steady stream of decoctions or lukewarm oil is made to flow over the forehead while giving gentle massage to the head. This is a very useful relaxation and rejuvenation therapy for the mind and body, and is very effective in treating insomnia, mental tension related problems, and some skin problems.

Annexure II – Quick facts and Suggested Itinerary.

Quick Facts

State	Kerala
District	Kottayam
Coordinates	9.35 N 76.26 E
Official language(s)	Malayalam, Tamil, Hindi and English
Kumarakom Climate / Weather	Summers:36°-20°; Winters: 16°-32°C

Getting There

Nearest Airport	Cochin Airport
Nearest Train Stations	Kottayam
Main Road Highways	NH 47

Best time to visit

Year round.

*The quaint town is a cluster of little islands, located on the banks of the Vembanad Lake in the Kuttanad region of Kerala. Renowned for its natural beauty, **Kumarakom** is an ideal base to experience the famous Kerala backwaters, replete with meandering lagoons, coconut trees, endless rows of paddy fields interspersed by waterways and canals. Just 16 Km from Kottayam, Kumarakom is also home to a bird sanctuary.*

The Vembanad Lake is a feast for the eyes with its traditional country crafts or Kettuvallams and canoes floating up and down. The lake and its surrounding area can be best explored on a houseboat. There is a small island, Pathiramanal or Midnight Sands which is worth a visit for its natural beauty. Kumarakom Bird Sanctuary is spread over 14-acres and is a favorite haunt of migratory and other water birds. Kottayam, 16 Km away is famous for its churches, temples and rubber plantations.

Day I:

Arrive at Cochin International Airport and be transferred to one of our luxury cars for a 90 minute drive.

Arrive at the Kumarakom Lake Resort and be met & welcomed by our friendly guest relation executives. Enjoy a refreshing welcome drink and cold towels and be escorted to your room which is kept ready for you on arrival.

Familiarize yourself with the unique features and amenities of your room and the mural painting and the hand woven fabrics and antique furniture and the intricate wood carving work on the ceiling.

Time to relax and unpack and explore the facilities and features of the resort spread over 25 acres.

Attend your prefixed appointment with our in house Ayurveda doctor where you will be briefed of the various ayurvedic procedures and fix the timings of your personalized treatment over the next three days.

Be present for your Day I morning ayurvedic session – Abhyangam – One Hour.

After a sumptuous lunch, siesta time and by 5 pm wander into our traditional tea shop and enjoy the flavor of local tea and snacks served at our Thattu Kada.

5.30 pm sunset cruise on the Vembanad Lake with classical music and an un-spoilt sunset or be present for your Day I evening ayurvedic session – Steam Bath & Nasyam.

Return to the resort and time to yourself.

Dinner time from 7.30 pm to 11.00 pm and option of dining at Ettukettu which serves an international multi cuisine buffet or ala carte or dine at our Seafood restaurant The Vembanad or order room service and relax with a bottle of wine or beverage of your choice.

After dinner take a leisurely walk and sit on the banks of the lake and enjoy the sounds of nature.

Overnight at Kumarakom Lake Resort.

Day II

6.30 to 7.30 am yoga and meditation by the pool side and later enjoy a swim in the infinity pool and enjoy the scenery on the lake of the fishermen and the birds.

Enjoy our lavish breakfast buffet spread at the Ettukettu and do not forget to relish the traditional Kerala breakfast delicacies which have been rated as one of the 10 best breakfasts of the world by the Nat Geo Traveler

After breakfast time to yourself or try your hand at pottery or cane weaving or fishing in the canals.

Time for your Day II morning ayurvedic treatment - Pathrapotalaswedam – One Hour.

Back for a dip in the pool and lunch at the resort. After lunch the ideal time for a siesta and get ready for your next appointment.

Day II evening ayurvedic session. Sirodhara – 30 Minutes.

Follow it up with complimentary tea and snacks at the Thattu Kada and the sunset cruise once again or sit by the infinity pool and enjoy an uninterrupted view of the sunset and the lapping sound of the waters.

Alternatively after tea one may go for a bicycle ride in the village and enjoy the sights and sounds of village life and make sure you capture these moments on camera. Return to the resort and time to yourself.

Dinner time from 7.30 pm to 11.00 pm and you have multiple options of dining at Ettukettu which serves an international multi cuisine buffet or ala carte or dine at our Seafood restaurant The Vembanad or order room service and relax with a bottle of wine or beverage of your choice.

After dinner relax on one of the many swings or hammocks spread across the resort. You could also go for a midnight dip in the pool. The experience under the moonlit sky with your loved one is a must do.

Overnight at Kumarakom Lake Resort.

Day III

6.30 to 7.30 am yoga and meditation by the pool side and later a work out in the gym will be the right way to start your day.

After breakfast at the resort you have the option of going on a 2 hour canal cruise. During the cruise you can enjoy the scenic beauty of the backwaters and the swaying palms and the gentle breeze across the Vembanad Lake. Try your hand at fishing and have the catch cooked for you by our chef.

Return from your cruise by and time to yourself to relax and unwind and get ready for your Day III morning ayurvedic session Njavarakizhy - One Hour.

After lunch explore the resort and observe the architectural details of the ancient structures in the resort most of which are more than 200 years old. Also explore the variety of rare and exotic plants and trees around the resort.

After tea time for your Day III evening ayurvedic session - Sirodhara – 30 Minutes.

Dinner time from 7.30 pm to 11.00 pm and you have multiple options of dining at Ettukettu which serves an international multi cuisine buffet or ala carte or dine at our Seafood restaurant The Vembanad or order room service and relax with a bottle of wine or beverage of your choice.

During dinner at the Ettukettu you also have the opportunity to view a classical dance performance of Kathakalli or Mohiniattam depending on the schedule for the day.

Overnight at the Kumarakom Lake Resort.

Day IV

Start early and take a trip by car or boat to the bird sanctuary close by and explore the thickly wooded area and observe a variety of birds in their natural surroundings.

Back to the resort for breakfast and after breakfast try your hand at some water sports and speedboat rides.

Back to your room and time for yourself, pack and prepare to check out by 12 noon and transferred back to Cochin International Airport.

The above itinerary purely suggests ideal ways to spend your precious time at the Kumarakom Lake Resort on a 3 night rejuvenation package. Please check with your travel agent or our Sales associates as to what is included in your package and for what services you would have to pay at the resort. The Various ayurvedic sessions may be altered according to your arrival and departure timing and will be solely done in consultation with our Ayurvedic Doctor.