



AYURVEDA & HOLISTIC SPA PACKAGE PROGRAMMES **MAYA SPA @ THE ZURI KUMARAKOM KERALA RESORT AND SPA**

Ayurveda is a holistic healing science, translates as the knowledge or science of life. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life. Ayurveda draws its concepts and practices from the Vedas. It is a five thousand years of wisdom distilled into a system of practice. Ayurveda aims at making a happy, healthy and peaceful society.

Ayurveda is much more than the well being of the body. Ayurveda defines health as 'Purity' of the body, mind and soul. It leads not merely to the well being of the individual; it leads to the well being of the universe. It restores harmony and existence.

This tradition of natural healing system has been a part of culture and daily life in India. It is the most natural way to refresh your self, eliminate all toxic imbalances from the body, and regain resistance and good health.

Ayurveda emphasizes the maintenance of positive health and prevention of disease in preference to their cure. For slowing down the aging process, maintenance of youthfulness and for increasing the immunity of the body against the attack of diseases, Rasayana or the Rejuvenation Therapies have been prescribed.

Ayurvedic therapies and medicines are time tested for their effectiveness and safety. In therapeutically effective doses, they are not only free from side effects, but they generally produce positive side benefits. For the healthy they help in the maintenance of health and prevention of disease; for patients, they cure diseases and enhance immunity.

As the treatment approach in Ayurveda is strictly individualistic, the treatment of the same health problem may vary from person to person. Hence along with the disease, the individual also should be thoroughly assessed for the body constitutional type and existing imbalances in the system. It is also important to assess the health status in a normal person to prevent the occurrence of diseases.

Various Treatment Programmes @ The Maya Spa

REJUVENATION THERAPY
PANCHAKARMA PROGRAMME
DETOXIFICATION PROGRAMME
WELLNESS PROGRAMME
BODY SLIMMING PROGRAMME
RELAXATION PROGRAMME (STRESS MANAGEMENT)
BEAUTY CARE PROGRAMME
ANTIAGING PROGRAMME
STRESS AND STRAIN RELIEF PROGRAMME
SPINE CARE PROGRAMME

OTHER TREATMENT PROGRAMMES - As per Doctor's advise.

Please note: As Ayurvedic system of treatment is strictly personalized, the exact treatment and medicines can be finalized only after a detailed personalized consultation with the Doctor.

Use of Spa therapies and facilities are limited to guests who are aged 16 years and above



Below mentioned rates are for Spa only. 10 percent discount will be applicable on Best available rates for room reservation. To book please visit our website www.thezurihotels.com or call us on +91 (0)481- 2527272

REJUVENATION THERAPY

Rejuvenation – The term itself means “reversing the aging process” and this program aims at making one feel younger. This program includes treatments using herbal oils and medicines, which revitalizes and detoxifies your body thus purifying you and making you feel completely rejuvenated. This therapy helps to slow down the aging process. The major benefits of this treatment is to prolong life span, strengthen sense organs, improve memory, obtain perfect health, youthfulness and increased physical endurance.

5 Days / 7 Days/ 14 Days/ 21 Days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	5 Days	7 Days	14 Days	21 Days
Ayurvedic Consultation	30 min	1 session	1 session	1 session	1 session
Personalized fitness training	60 min	2 sessions	3 sessions	5 sessions	10 sessions
Personalized Ayurvedic massage	30-60 min	5 session	7 session	14 session	21 session
Wellness consultation	30 min	1 session	1 session	1 session	1 sessions

Please note: There will be personalized treatment schedule after the consultation with our Doctor.



PANCHAKARMA PROGRAMME

Panchakarma – These are the body purificatory procedures which are mentioned in Ayurveda to purify our body. According to Ayurveda the human body is prone to get accumulate the toxins in the body due to improper food habits, life style, which in long term leads to various diseases. By having the purification of the body on regular basis we will be healthy. This program includes treatments using medicated herbal oils and also Vastis (medicated enemas which will help in removing the toxins away from the body), which revitalizes and detoxifies your body. The major benefits of this treatment is to prolong life span, strengthen sense organs, improve memory, obtain perfect health, youthfulness and increased physical endurance.

14 Days/ 21 Days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	14 Days	21 Days
Ayurvedic Consultation	30 min	1 session	1 session
Personalized fitness training	60 min	6 sessions	10 sessions
Panchakarma procedure	30 min	4 sessions	6 sessions
Personalized Ayurvedic massage	30-60 min	14 session	21 session
Wellness consultation	30 min	1 session	1 sessions

Please note: There will be personalized treatment schedule after the consultation with our Doctor.



DETOXIFICATION PROGRAMME

A Detoxification programme is vital to help you to prevent disease and to facilitate an incredible sense of well being and happiness. It is a passive process of purifying the whole body by eliminating the toxins accumulated as a result of improper diet and lifestyle. This enables you to attain proper balance of Vata, Pitta and Kapha, the bio regulating forces in your body resulting in improved immunity and optimum functioning of the body systems.

7 Days / 14 Days/ 21 Days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	7 Days	14 Days	21 Days
Ayurvedic Consultation	30 min	1 session	1 session	1 session
Personalized fitness training	60 min	3 sessions	5 sessions	10 sessions
Personalized Ayurvedic massages	30-60 min	7 session	14 session	21 session
Green coffee body wrap	90 min	-	1 session	2 sessions
Wellness consultation	30 min	1 session	1 session	1 session

Please note: There will be personalized treatment schedule after the consultation with our Doctor.

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WELLNESS PROGRAMME

If you are serious about improving your body, externally and internally, you will find it hard to resist this Wellness program devised exclusively for you. This program is all about offering a complete Spa holiday for your body and mind. The program incorporates traditional Ayurveda practices, international Spa therapies, yoga, fitness training, swimming; even your food is taken care of – all this while you enjoy your days amidst the serene and calm verdure of Kumarakom. This program aims at morphing you into a completely new individual feeling a lot lighter and in better shape. So if you love your body, remember to book yourself in to this program. After all IT'S YOUR BODY and YOU have to take care of it.

5 Days / 7 Days/ 14 days/ 21 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	5 Days	7 Days	14 Days	21 Days
Wellness Consultation	30 min	1 session	1 session	1 session	1 session
Personalized fitness training	60 min	2 sessions	3 sessions	5 sessions	10 sessions
Choice of Body wrap	90 min	1 session	1 session	1 session	1 session
Hydrotherapy experience	90 min	-	-	1 session	1 session
Balinese massage OR Deep Tissue Massage	60 min	1 session	1 session	1 session	2 sessions
Rejuvenation massage	60 min	1 session	1 session	1 session	1 session
Shirodhara	60 min	1 session	1 session	2 sessions	3 sessions
Patra Podala Swedanam	60 min	1 session	1 session	1 session	3 sessions
Choice of Facial	60 min	-	-	1 session	1 session
Sabai Stone Massage	90 min	-	1 session	1 session	1 session
Tropical Fruit Wrap	60 min	-	-	1 session	1 session
Cloud 9 Massage	90 min	-	1 session	1 session	1 session
Indian Head Massage	30 min	-	-	1 session	1 session

Use of Spa therapies and facilities are limited to guests who are aged 16 years and above



Synchronized Abhyangam	60 min	-	-	1 session	2 sessions
Marma Massage	60 min	-	-	1 session	1 session
Navarakizhi	60 min	-	-	-	2 sessions

Please note: There will be personalized treatment schedule after the consultation with our Doctor.

BODY SLIMMING PROGRAMME

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You do not have to starve yourself or exercise until you drop. Balance is the key with this therapy that will be tailor made to suit your constitution.

Treatments include body massages and dry scrubs with special herbal powders and internal herbal medicine to follow up with. There can be a possible weight reduction of approximately 2-5 kilos in two weeks. The effect of the slimming may show only after a week and the extend of weight loss will largely depend up on the body constitutional type of the individual, hormonal imbalances, if any and hereditary factors.

14 Days / 21 Days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	14 Days	21 Days
Consultation with Ayurvedic Doctor	30 min	1 session	1 session
Diet Consultation with Chef	30 min	1 session	1 session
Personalized fitness training	60 min	12 sessions	18 sessions
Personalized Ayurvedic massages	30-60 min	18 sessions	25 sessions
Green Coffee Body Wrap	60 min	1 session	1 session
Wellness consultation	30 min	1 session	1 session

Please note: There will be personalized treatment schedule after the consultation with our Doctor.

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RELAXATION PROGRAMME (STRESS MANAGEMENT)

Stress is a normal part of life. Due to our hectic life style human body has a tendency to get Psycho somatic inconveniences such as Insomnia, Ulcer, Hypertension, Fatigue, Tension headaches etc.

This Relaxation Programme includes special treatments along with Yoga for the total relaxation of Body Mind and Soul.

5 Days / 7 Days/ 14 days/ 21 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	5 Days	7 Days	14 Days	21 Days
Wellness Consultation	30 min	1 session	1 session	1 session	1 session
Personalized fitness training	60 min	2 sessions	3 sessions	7 sessions	10 sessions
Rejuvenation Massage	60 min	1 session	1 session	2 sessions	2 sessions
Marma massage	60 min	1 session	1 session	1 session	2 sessions
Synchronized Abhyangam	60 min	-	-	1 session	3 sessions
Patra podala Swedanam	60 min	-	-	3 sessions	5 sessions
Shirodhara	60 min	1 session	2 sessions	5 sessions	7 sessions
Tropical Fruit Wrap	60 min	1 session	1 session	1 session	1 session
Indian Head Massage	30 min	1 session	1 sessions	1 session	1 session
Foot Reflexology	60 min	1 session	1 session	1 session	1 session

Please note: There will be personalized treatment schedule after the consultation with our Doctor.

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BEAUTY CARE PROGRAMME (SKIN CARE)

The most natural way to enhance your beauty. Various treatments include herbal facials, herbal packs, rice and milk pouch massages, along with herbal preparations. It purifies the blood, cleanses the skin and promotes a better complexion. It improves the appearance and tones the body and reduces the occurrence of skin problems.

5 Days / 7 Days/ 14 days/ 21 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	5 Days	7 Days	14 Days	21 Days
Wellness Consultation	30 min	1 session	1 session	1 session	1 session
Personalized fitness training	60 min	2 sessions	3 sessions	7 sessions	10 sessions
Choice of Body wrap	60-90 min	1 session	1 session	1 session	2 sessions
Njavara kizhi	60 min	1 session	1 session	3 sessions	3 sessions
Pizhichil	60 min	-	-	-	3 sessions
Choice of Facial	60-90 min	1 session	1 session	1 session	2 sessions
Rejuvenation Massage/Marma Massage	60 min	1 session	1 session	3 session	5 sessions
Rejuvenating Eye Treatment	30 min	1 session	1 session	1 session	1 session
Facial Massage	30 min	1 session	1 session	1 session	1 session
Scalp Massage	30 min	-	1 session	1 session	1 session
Fruit cream Massage	60 min	-	-	1 session	1 session
Udwarthanam	45 min	-	-	1 session	2 sessions
Maya Hand and Foot Care	60 min	-	1 session	1 session	1 session
Maya Hair and Scalp Care	60 min	-	1 session	1 session	1 session

Use of Spa therapies and facilities are limited to guests who are aged 16 years and above



Floral Indulgence	60 min	-	-	1 session	1 session
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Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.

ANTIAGING PROGRAMME

Today's hectic life style and high stress levels has taken a toll on each and every part of the body and also leading to early onset of aging in the body. This program has been designed carefully incorporates traditional Ayurveda practices, international Spa therapies, fitness training, – all this while you enjoy your days amidst the serene and calm verdure of Kumarakom. This program aims at helping the mind, body, soul to rejuvenate and stop the ageing process in the body and also morphing you into a completely new individual feeling a lot lighter and in better shape..

7 Days/ 14 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	7 Days	14 Days
Wellness Consultation	30 min	1 session	1 session
Personalized fitness training	60 min	3 sessions	5 sessions
Hydrotherapy experience	90 min	-	1 session
Balinese massage OR Deep Tissue Massage	60 min	1 session	2 session
Rejuvenation massage	60 min	1 session	2 session
Shirodhara	60 min	1 session	2 sessions
Patra Podala Swedanam	60 min	1 session	1 session
Myoxy Caviar & Pearl facial	90 min	1 session	2 session
Himalayan Salt Scrub & chandan pack	90 min	1 session	1 session
Cloud 9 Massage	90 min		1 session
Pizhichil	60 min	1session	1 session
Navarakizhi	60 min	1session	2sessions



Please note: There will be personalized treatment schedule after the consultation with our Doctor.

STRESS AND STRAIN RELIEF PROGRAMME

An effective treatment for the release of day-to-day strain and stress of modern hectic lifestyle.

It calms your mood, brings relaxation to the body and mind, It helps you slow down the pace of life.

7 Days/ 14 days/ 21 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	7 Days	14 Days	21 Days
Wellness Consultation	30 min	1 session	1 session	1 session
Personalized fitness training	60 min	3 sessions	7 sessions	10 sessions
Relaxation massage	45 min	2 sessions	3 sessions	3 sessions
Marma Massage	60 min	-	2 sessions	3 sessions
Aromatic moor mud wrap	90 min	1 sessions	2 sessions	3 sessions
Shirodhara	60 min	1 session	4 sessions	7 sessions
Indian Head Massage	30 min	1 session	1 session	1 session
Synchronized Abhyangam	60 min	1 session	1 session	3 sessions
Tropical Fruit Wrap	60 min	-	1 session	1 session
Patra podala Swedanam	60 min	1 session	1 session	1 session

Please note: There will be personalized treatment schedule after the consultation with our Doctor.



SPINE CARE PROGRAMME

This program includes special kind of Ayurvedic treatments to strengthen the spine and offers preventive care against many kinds of spinal problems. Beneficial in giving relief to neck pain and low back pain due to various conditions like neuro-muscular problems, degeneration, disc problems etc. The treatments include a combination of effective traditional massages and therapies from Kerala.

7 Days/ 14 days/ 21 days

SGL – Rs 3750 per day (Spa only)

DBL – Rs 7000 per day (Spa only)

The package consists of the treatment sessions as indicated below, Yoga and Fitness program.

Includes	Duration	7 Days	14 Days	21 Days
Wellness Consultation	30 min	1 session	1 session	1 session
Personalized fitness training	60 min	3 sessions	7 sessions	10 sessions
Abhyangam/Rejuvenation Massage	60 min	1 session	1 session	3 sessions
Synchronized Abhyangam	60 min	-	1 session	3 sessions
Patra podala Swedanam	60 min	3 session	5 sessions	5 sessions
Pizhichil	60 min	1 session	3 sessions	3 sessions
Ayurveda Back Massage	30 min	2 sessions	3 sessions	3 sessions
Kativasthy	30 min	3 sessions	4 sessions	4 sessions
Njavara kizhi	60 min	-	-	3 sessions
Marma Massage	60 min	-	1 session	1 session

Please note: There will be personalized treatment schedule after the consultation with our Doctor.

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A DAY IN THE RESORT

Daily Schedule

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|---------------------------------|---|
| 5.30 A.M | - Wake up. |
| 6.15 A.M | - Morning Walk. |
| 7.00-8.00A.M | - Group Yoga Session. |
| 8.30-9.30A.M | - Break fast |
| 8.30-9.30A.M | - Read News paper/ Rest |
| 10.00 - 01.00P.M
OR Fitness. | - Treatments (only one session in a day, either morning or afternoon) |
| 1.00-2.00P.M | - Lunch at Lime tree (Choose from our Spa Diet Menu**) |
| 2.00-3.00P.M | - Library/ Rest. |
| 3.00-6.00P.M | - Treatments/ Fitness/ Wet Area/ Herbal Garden Visit. |
| 6.00-7.00P.M | - Bicycle ride/ Village walk |
| 7.30-8.30P.M | - Dinner. (Choose from our Spa Diet Menu**) |

Early light dinner help you end the day well.

Over Night

Points to Note

**Diet not part of Spa pricing

Package valid throughout the year except from 22ND December 2011 to 3RD Jan 2012