



MAYA SPA - Ayurveda & Holistic Packages

The Zuri Kumarakom, Kerala Resort & 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 (Rejuvenation Therapies) have been prescribed.

Ayurvedic 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 healthy they help in the maintenance of health and prevention of disease; for patients, they cure diseases and increase immunity.

The aims of all treatment systems are: -

- a. Maintenance of positive health in the healthy.
- b. Treatment of ailments in the unhealthy.

As the treatment approach in Ayurveda is strictly individualistic, the treatment of the same health problem varies from person to person. Hence along with the disease, the individual also should be thoroughly assessed. It is also important to assess the health in a normal person to prevent the occurrence of diseases.

Various Treatment Programmes @ The Maya Spa

REJUVENATION THERAPY
DETOXIFICATION PROGRAMME
WELLNESS PROGRAMME
BODY SLIMMING PROGRAMME
RELAXATION PROGRAMME (STRESS MANAGEMENT)
BEAUTY CARE 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 fixed after detailed consultation with the doctor.



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 16,000/ + 15% taxes

DBL – Rs 20,000/ + 15% taxes

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 |
| Group Yoga | 60 min | 5 sessions | 7 sessions | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 2 sessions | 3 sessions | 5 sessions | 10 sessions |
| Rejuvenation massage | 60 min | 1 session | 1 session | 1 session | 1 session |
| Abhyangam | 60 min | - | 1 session | 1 session | 2 sessions |
| Synchronized Abhyangam | 60 min | - | - | 1 session | 1 session |
| Marma massage | 60 min | 1 session | 1 session | 1 session | 1 session |
| Shirodhara | 60 min | 1 session | 1 session | 3 sessions | 5 sessions |
| Patra podala Swedanam | 60 min | 1 session | 1 session | 3 sessions | 5 sessions |
| Pizhichil | 60 min | 1 session | 1 session | 3 sessions | 3 sessions |
| Navarakizhi | 60 min | - | 1 session | 1 session | 3 sessions |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



DETOXIFICATION PROGRAMME

A Detoxification programme is vital to help you 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.

7 Days / 14 Days/ 21 Days

SGL – Rs 16,000/ + 15% taxes

DBL – Rs 20,000/ + 15% taxes

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 |
| Group Yoga | 60 min | 7 sessions | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 3 sessions | 5 sessions | 10 sessions |
| Abhyangam | 60 min | 1 session | 1 session | 1 session |
| Synchronized Abhyangam | 60 min | - | - | 2 sessions |
| Patra podala Swedanam | 60 min | 3 session | 5 sessions | 7 sessions |
| Pizhichil | 60 min | 1 session | 3 sessions | 3 sessions |
| Nasyam | 30 min | 1 session | 1 session | 3 sessions |
| Udwarthanam | 45 min | - | 2 sessions | 3 sessions |
| Shirodhara | 60 min | 1 session | 3 sessions | 5 sessions |
| Ayurvedic diet & lifestyle recommendation | 30 min | 1 session | 1 session | 1 session |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



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 about balancing your body fat and mass thus increasing your metabolism. The program includes traditional Ayurveda and international therapies, yoga, fitness training, swimming; even your food is taken care of – all this while you enjoy your holiday 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 20,500/ + 15% taxes

DBL – Rs 29,500/ + 15% taxes

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 |
| Group Yoga | 60 min | 5 sessions | 7 sessions | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 2 sessions | 3 sessions | 5 sessions | 10 sessions |
| Choice of Body wrap | 60-90 min | 1 session | 1 session | 1 session | 2 sessions |
| Hydrotherapy experience | 45-90 min | - | - | 1 session | 1 session |
| Balinese massage | 60 min | 1 session | 1 session | 1 session | 2 sessions |
| Rejuvenation massage | 60 min | 1 session | 1 session | 1 session | 2 sessions |
| Shirodhara | 90 min | 1 session | 1 session | 3 sessions | 3 sessions |
| Patra Podala Swedanam | 60 min | 1 session | 1 session | 1 session | 3 sessions |
| Deep Tissue Massage OR Aromatherapy | 60 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 |
| Synchronized Abhyangam | 60 min | - | - | 1 session | 2 sessions |
| Marma Massage | 60 min | - | - | 1 session | 1 session |
| Navarakizhi | 60 min | - | - | - | 1 session |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on 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 with special herbal powders and internal herbal medicine. There can be a possible weight reduction of approximately 3-5 kilos in two weeks. The effect of the slimming may show only after a week.

14 Days / 21 Days

SGL – Rs 16,000/- + 15% tax

DBL – Rs 20,000/- + 15% tax

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 |
| Group Yoga | 60 min | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 12 sessions | 18 sessions |
| Karuthakayal Mud Wrap | 60 min | 1 session | 1 session |
| Udwarthanam | 45 min | 7 sessions | 10 sessions |
| Abhyangam | 60 min | 1 sessions | 3 sessions |
| Choorna Swedanam | 60 min | 1 session | 1 session |
| Patra Podala Swedanam | 60 min | 2 sessions | 3 sessions |
| Green Coffee Body Wrap | 60 min | 1 session | 2 sessions |
| Tropical Fruit Wrap | 60 min | 1 session | 1 session |
| Ayurvedic diet & lifestyle recommendation | 30 min | 1 session | 1 session |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



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 diseases such as Insomnia, Ulcer, Hypertension, Fatigue, Head ache 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 16,000/ + 15% taxes

DBL – Rs 20,000/- + 15% taxes

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 |
| Group Yoga | 60 min | 5 sessions | 7 sessions | 14 sessions | 7 sessions |
| Personalized fitness training | 60 min | 2 sessions | 3 sessions | 7 sessions | 10 sessions |
| Relaxation massage | 60 min | 1 session | 2 sessions | 2 sessions | 3 sessions |
| Rejuvenation Massage | 60 min | 1 session | 1 session | 2 sessions | 3 sessions |
| Marma massage | 60 min | 1 session | 1 session | 2 sessions | 3 sessions |
| Synchronized Abhyangam | 60 min | - | - | 1 session | 3 sessions |
| Patra podala Swedanam | 60 min | - | - | 3 sessions | 3 sessions |
| Shirodhara | 60 min | 1 session | 2 sessions | 3 sessions | 5 sessions |
| Tropical Fruit Wrap | 60 min | 1 session | 1 session | 1 session | 1 session |
| Indian Head Massage | 30 min | - | 1 sessions | 3 sessions | 3 sessions |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



BEAUTY CARE PROGRAMME

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. The treatment prevents hair turning grey and falling out. It improves the appearance and tightness of the tissues and reduces the occurrence of skin disorders.

5 Days / 7 Days/ 14 days/ 21 days

SGL – Rs 16,000/ + 15% taxes

DBL – Rs 20,000/- + 15% taxes

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 |
| Group Yoga | 60 min | 5 sessions | 7 sessions | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 2 sessions | 3 sessions | 7 sessions | 10 sessions |
| Choice of Body wrap | 60-90 min | 1 session | 1 session | 2 sessions | 2 sessions |
| Njavara kizhi | 60 min | - | 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 | 60 min | 1 session | 1 session | 3 session | 5 sessions |
| Aromatic Moor with Pine Essential oil | 60 min | 1 session | 1 session | 1 session | 1 session |
| Rejuvenating Eye Treatment | 30 min | 1 session | 1 session | 1 session | 1 session |
| Youthful Lip Treatment | 30 min | 1 session | 1 session | 1 session | 1 session |
| Tropical Fruit Wrap | 60 min | - | 1 session | 1 session | 2 sessions |
| Fruit cream Massage | 60 min | - | - | 1 session | 2 sessions |
| Udwarthanam | 45 min | - | - | 1 session | 2 sessions |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on 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 17,500/ + 15% taxes

DBL – Rs 21,500/- + 15% taxes

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 |
| Group Yoga | 60 min | 7 sessions | 14 sessions | 21 sessions |
| 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 | - | 3 sessions | 3 sessions |
| Takradhara | 60 min | 2 sessions | 3 sessions | 6 sessions |
| Shirodhara | 60 min | - | 3 sessions | 5 sessions |
| Relaxation Pack with Shirodhara | 60 min | 1 session | 1 session | 1 session |
| Indian Head Massage | 30 min | 2 session | 3 sessions | 3 sessions |
| Synchronized Abhyangam | 60 min | 1 session | 1 session | 3 sessions |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



SPINE CARE PROGRAMME

This program includes special treatments for neck pain and low back pain due to various conditions like neuro-muscular conditions, degeneration, disc problems etc. The treatment includes traditional massages and therapies from Kerala.

7 Days/ 14 days/ 21 days

SGL – Rs 16,000/ + 15% taxes

DBL – Rs 20,000/- + 15% taxes

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 |
| Group Yoga | 60 min | 7 sessions | 14 sessions | 21 sessions |
| Personalized fitness training | 60 min | 3 sessions | 7 sessions | 10 sessions |
| Abhyangam | 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 | 7 sessions |
| Pizhichil | 60 min | 1 session | 3 sessions | 3 sessions |
| Njavara kizhi | 60 min | - | 3 sessions | 3 sessions |
| Marma Massage | 60 min | 1 session | 1 session | 2 sessions |
| Ayurvedic diet & lifestyle recommendation | 30 min | 1 session | 1 session | 1 session |

Please note: The above mentioned are suggestive treatments and activities included in the programme, may vary with recommendations on consultation with our doctor.



A DAY IN THE RESORT

Daily Schedule

- 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 - Treatments / Fitness.
- 1.00-2.00P.M - Lunch at Lime tree (Choose from our Spa 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 Menu)
Early light dinner help you end the day well.

Over Night