



Soma Manaltheeram Ayurveda Beach Village – FACT SHEET ***Kerala, India***

Overview: **Somatheeram Ayurveda Group** manages and runs five interlinking brand names – **Somatheeram Ayurveda Village, Manaltheeram Ayurveda Beach Village, Soma Palmshore in Thiruvananthapuram, Soma Birds Lagoon** in Kochi and **Soma houseboats** in Alappuzha.

Manaltheeram is one of the sister concerns of Somatheeram with same facilities and services.

Manaltheeram where, the skill of nature amalgamates with human Architectural ethnicity and knowledge. You are released from the stress and strain of modern life by the incessant tropical sea breeze and the lulling waves of the Arabian Sea. Here, time does not stand still nor does it move at snail's pace. But time sets, a rhythm in tune with the sun and waves, in harmony with your own heart beat.

Manaltheeram Ayurveda Beach Village offer sun, white sands and one among the best beaches in the world, whilst focusing on rebalancing the body and mind through their programme of award winning ayurvedic treatments and yoga.

Location: Located on the picturesque Malabar Coast, 9km south of the world-renowned Kovalam Beach. Manaltheeram spread around 12 acres of lush greenery and Sets in a tantalising environment of palm trees, bewitching blue waters and sun soaked beaches.

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A Brief History: The resort opened its doors to welcome the first guests in 1992, and has gone from strength to strength.

- Accommodation 60 Nos** Manaltheeram with its complex of thatched huts & air-conditioned kerala houses overlooking the ocean fills your days with the caring and sharing of a village life. Each hut & air-conditioned kerala house that you occupy is, an independent entity where modernity and Architectural ethnicity join together to relax your mind and body.
- There are three kinds of accommodation, two are cottages-simple, almost hermit like and aesthetically laid out. And the third is the air-conditioned Kerala Houses.
- Swimming Pool:** Pool service available from 8 am to 6pm.
- Oyster shaped pool merging with blue sea, providing hypnotic view of the setting sun and set of Jacuzzis. The poolside has umbrellas and long reclining cots; beverages and light refreshments for the pool users will be served from the restaurant.
- Dining:** The restaurant at Manaltheeram with its reed curtains, wicker chairs and the lawn with its paved paths becomes the venue for sharing of food in the evenings.
- There would be performances of ethnic dances or other art forms, all of which adds to the ambience of relaxation. Guests can enjoy an extensive menu of superb organic creations in the restaurant.
- Serving regional Indian specialties, tandoori, grilled, continental and Chinese cuisines. Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes on offer.
- Yoga:** Yoga, the science of man, based on ancient Indian wisdom and culture, is an art of living a healthy and balanced peaceful and contented lifestyle.
- The yoga and meditation programme at the resort is one of the best in the world. All classes are led by traditionally trained Indian gurus and take place on the lawn on cool morning, or under a shade outdoors on warmer days.
- Ayurveda Treatments:** Ayurveda is an ancient Indian science of 'healthy living' which aims to treat the same spectrum of mental and physical disorders as western medicines, as well as offering more aesthetic treatments to improve skin condition and body tone.

Exclusive and celebrated Ayurvedic treatments are being offered at Manaltheeram Ayurveda Beach Resort in India to prepare the body, mind and soul for another fast paced and hectic year. All are designed specially for those clients who want to bring renewed universal energy, stress management, weight loss, personal growth, and a sense of balance to their lives. With many treatments aimed at specific disorders, the resort merges the best of both worlds – health-regaining Ayurvedic treatments, stunning beaches, superb facilities, organic food, yoga and meditation.

Team of Doctors: The Ayurvedic Center at Manaltheeram Managed by an experienced team of 13 Ayurvedic doctors headed by Deputy Chief Physician Dr.Madhuri (Formerly Deputy Director of Ayurveda, Govt of Kerala with 45 years experience). The Ayurveda physician devises the rejuvenation programme for each individual after a thorough evaluation.

Team of Therapists: A team of 60 well experienced therapists, most of them are hail from traditional ayurveda treatment families.

Treatment Rooms: The Ayurvedic Center at Manaltheeram is with 24 ayurveda treatment rooms with dhara oil dip facilities and herbal steam & bath facilities, six (6) of which are lay in the grounds beneath the palm trees, where guest can truly relax to the sights and sounds of the Ocean.

Ayurvedic Menu: Diet (Pathya) is an important factor in Ayurvedic Treatment. Over the years, Manaltheeram has been following a special Ayurvedic Menu, which was crafted by our team of doctors, based on the research with reference to old Ayurvedic Texts.

Guests following the Ayurvedic programmes can also choose to dine from the range of 250 Ayurvedic dishes based on the Tridoshas (Vatha, Pitha and Kapha) properties.

Herbal Garden: **Manaltheeram** maintains a good herbal garden, with nearly 600 varieties of herbs. The destruction of forest and the scarcity felt in the availability of medicinal herbs have necessitated the plant cultivation of medicinal plants.

Medicine Manufacturing: The availability of the genuine medicines is the major problem. To overcome this and give our guests the best of service, we have our own ayurveda medicine manufacturing unit, which is under close supervision of our team of doctors. A research and development wing is also in operation.

- Ayurveda Academy:** We are on mission to spread the ancient knowledge of Ayurveda around the world. We no longer want to deprive the Western World from this fascinating traditional Indian method of healing. With the introduction of the Ayurveda Academy and by offering a wide selection of courses of Ayurveda, we believe we have reached another milestone in our mission.
- Lectures & Seminars:** In Manaltheeram, we are regularly giving lectures and conducting seminars on subjects related with Ayurveda and Healthy Living. Our visiting faculties include lecturers and eminent professors from various Ayurvedic Universities.
- Ayurveda Cooking** We have demonstrations on Ayurveda cooking to share the ancient knowledge of Ayurveda diet around the world.
- Recreation:** Other recreational amenities include visits many places of interest in Kerala, such as Trivandrum, the backwaters, the Neyyar Dam and Wildlife Sanctuary, the Padmanabhapuram Palace etc. The resort also provides guest with a cultural programme, bird watching, fishing, hiking/walking and can arrange tours to historical sites on request
- Climate:** India enjoys a pleasant and temperate climate, with warm sunny days most of the year.
Average temperatures range from 22 – 34 C
November to February (tourist season): temperature average 24-30C.
March to May: temperature average 28-32C reaching 34C in May.
August and October (best time for Ayurveda Treatments): The coolest months when it drops to 22-28C, it is with occasional rainfalls.
- Airport:** Manaltheeram is 21 kms from Trivandrum International airport, which has regular domestic flights to Chennai, Mumbai and Delhi, plus international flights to the All European Countries, UK, USA and Scandinavian Nation etc. Transfers or taxis to and from the airport are easily arranged by the resort.
- Awards:** Manaltheeram has honored with many awards for excellence in Ayurveda.

OUR HOSPITAL IS ACCREDITED BY **NABH - National Accreditation Board for Hospitals & Healthcare Providers**. NABH is the highest National Grading & Recognition of Quality Control of Government of India, for Hospitals and Health Care Providers.

OUR HOSPITAL IS ALSO ACCREDITED BY

- ❖ **“Green Leaf”** by Govt. of Kerala.
- ❖ **Quality Management System** by British Standard Institution (ISO 9001:2015).
- ❖ **Ayurveda Europe Certification** by Europe Audit Institute, Germany.



Chairman & Managing Director:

Mr. Baby Mathew



“Green Leaf” Classified Ayurveda Resorts

Information/enquires

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