



NABH-ACCREDITED · CHALAKUDY, KERALA

Softouch Ayurveda Village Hospital

A doctor-led Ayurveda hospital and resort — twelve rooms set within a serene 18-acre farm along the banks of the Chalakudy River, 25 km from Cochin Airport. All-inclusive, and unhurried.

+91 97455 70555

info@softouchayurveda.com

www.softouchayurveda.com

WHERE YOU'LL STAY

Cottages & Villas



3 — Grand Cottages

Independent units in a garden setting, each with spacious rooms, a private balcony and a modern en-suite. Nestled amidst the lush greenery of our farm, with a private entrance.



2 — Garden Villas

An independent unit blending elegance and privacy — large rooms, a king-size bed, a tastefully designed living space and a private en-suite. The highlight is the large balcony over the gardens, with the pool right next door.



1 — Grand Villa

Two bedrooms with separate living rooms, a work area, a large private balcony and four washrooms. The two independent units combine into one — ideal for family and group stays.



Nurturing wellness, embracing tranquility

WHERE YOU'LL STAY

Suites & Villas



1 — Ayur Villa

A refined haven beside the Ayurveda Centre — a large living room, a spacious work area, a private en-suite and an additional toilet. An extra bed accommodates up to three guests.



1 — Pool-facing Villa

An independent villa facing the natural pool, with a large art-adorned patio, an open-air bathroom, a separate toilet and a work area — spacious and luxurious, with a real sense of privacy.



3 — Suites

Within the main building, each with a living room, bedroom and spacious washroom — no balcony. The Presidential adds a Jacuzzi and walk-in wardrobe, the Grand a bathtub, the Executive two washrooms.



Nurturing wellness, embracing tranquility

INCLUDED WITH YOUR STAY

All-inclusive by design

Daily Ayurveda treatments

Between 90 and 120 minutes of therapy each day, split across morning and afternoon — the exact plan is scheduled by your doctor. We offer over 80 Ayurveda treatments, delivered in six rooms, two with Jacuzzis and four with steam baths.

Daily doctor consultation

Daily health discussions with our resident doctors, and consultations with our Chief Physician three times a week. A free pre-arrival online consultation is recommended.

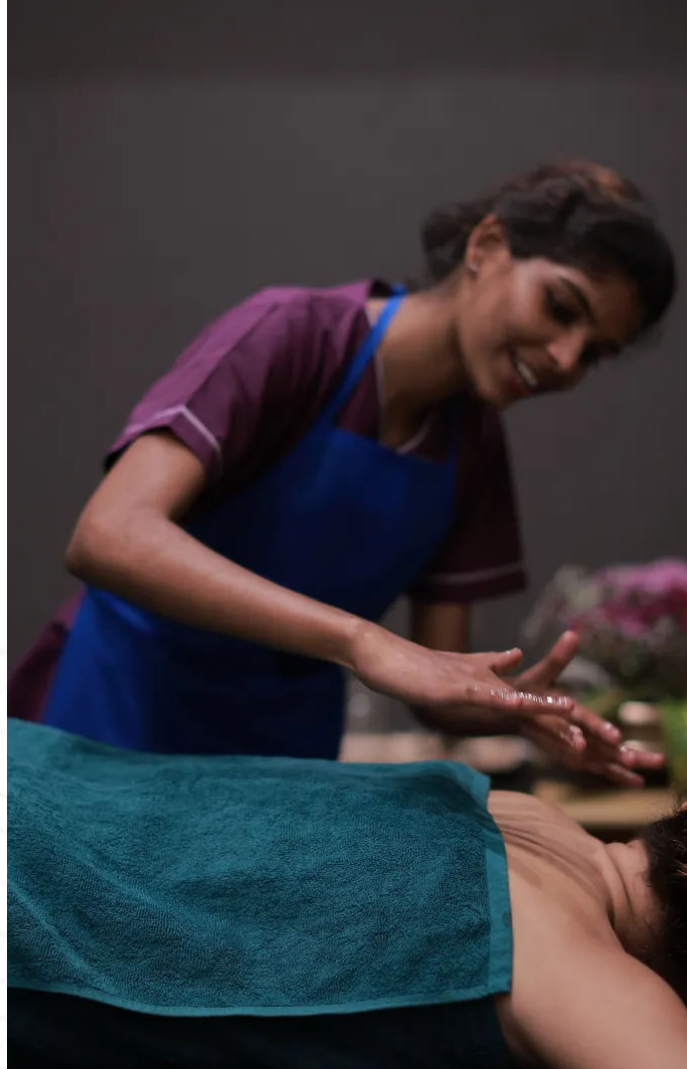
Daily yoga & meditation

Invigorating one-hour morning and evening sessions with our yoga master, Sanjay, in the open-air hall and on the river deck.

Healthy vegetarian meals

Full-board Sattvic cuisine built around your body type, cooked with farm-fresh organic produce and labelled by dosha.

Panchakarma is our speciality — classical, doctor-supervised, prescribed only after consultation, and needing a minimum stay of two weeks.



Nurturing wellness, embracing tranquility

INCLUDED WITH YOUR STAY

And everything around it

Wellness activities

A scenic pool, fishing and kayaking from the private jetty, a 15-seat home theatre, a spacious library, cycling and jogging, and over 1.5 km of paved walking paths through 18 acres.

Inclusive medications

Complimentary Ayurvedic medicines prescribed by our doctors during your stay — natural, high-quality oils from Kottakkal, AVP, Sitaram and Ananda Vaidhyasramam. Visit our pharmacy to learn more.

Cochin airport transfers

Complimentary round trip from Cochin International Airport (COK), 25 km / 50 minutes, with stays of 7 nights or more. We meet international arrivals at Pillar A6 and domestic arrivals at Pillar 24, placard in hand; driver details arrive by WhatsApp the day before. Rail pick-up from Chalakudy station (9 km, 20 minutes) can also be arranged.

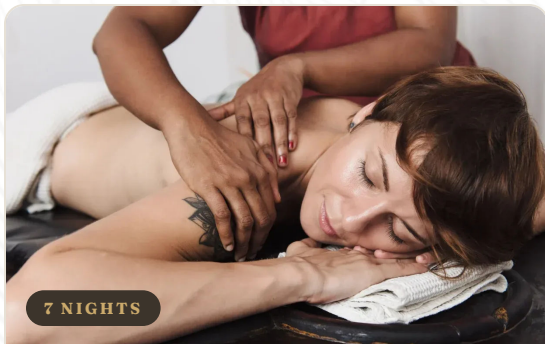
Day trips & excursions

A complimentary trip to the Athirappilly Waterfalls and Hanging Bridge with stays of 7 nights or more; a Chalakudy village outing for stays of two weeks or longer.



Nurturing wellness, embracing tranquility

Ayurveda Packages



7 NIGHTS

Ayurveda Rejuvenation

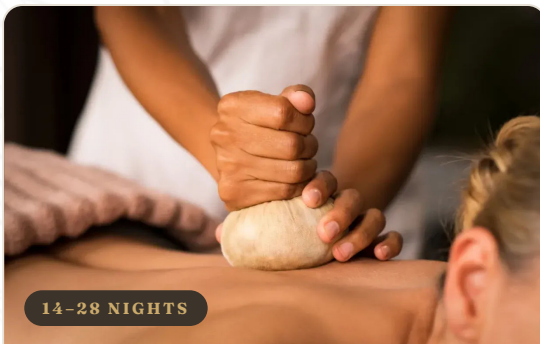
Rasayana therapy to rebuild strength, immunity and vitality. Abhyangam, Patra Potala Swedam, Nasyam and Vasti, with localised Kati Basti and Greeva Basti where needed — supported by a dosha-specific diet, yoga and daily consultation.



Dr. Anjana Sathyan



Dr. Henry Prasad



14-28 NIGHTS

Detox & Rejuvenate

Full classical Panchakarma. Preparation through Snehana and Swedana, then the cleansing procedures themselves, then a structured rebuilding phase — herbal oil massage, Shirodhara, Njavarakizhi, Thalam and herbal steam baths throughout.



Dr. Jugunu Raj



Dr. Henry Prasad



14-28 NIGHTS

Immunity Boost

Abhyanga, Pizhichil, Njavarakizhi, Udvarthanam, Marma massage, Chavutti Thirumal, Tarpana, Shirodhara, Karnapoorana, Sneha Vasti and Ksheera Dhara, with internal herbal medicines to rebuild Ojas and resilience.



Dr. Jugunu Raj



Dr. Henry Prasad

Every programme is finalised by your physician after a free online consultation. Panchakarma is prescribed only on site and needs a minimum of 14 nights.



Ayurveda Packages



Weight Loss

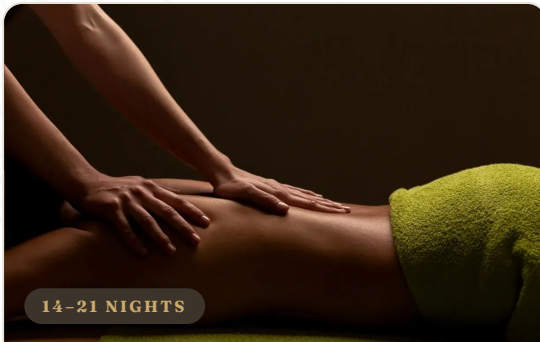
Padabhyangam, Udvartanam, Podikkizhi, Lepam and medicated steam baths to pacify Kapha and kindle Agni, combined with a reduction-focused organic diet, pranayama and core-strengthening yoga.



Dr. Jugunu Raj



Dr. Henry Prasad



Spinal Strength

Personalised to your condition — Snehana, Swedana, Virechana Karma, Basti, Vatahara and Vedana-shamaka Chikitsa, with Kati Basti and Greeva Basti, plus yoga asanas adjusted to your comfort to relieve pain and restore mobility.



Dr. Jugunu Raj



Dr. Henry Prasad



Youth Restoration

Abhyangam, Ushma Swedam, Virechanam, Matra Vasti, Njavara Kizhi, Ksheera Dhara and Rasayana preparations, with nutritional guidance and meditation to counteract the factors that accelerate ageing.



Dr. Jugunu Raj



Dr. Henry Prasad

Each plan begins with an in-depth Ayurvedic diagnosis — constitution, dosha balance, agni, ojas and sattva — and ends with a final assessment and lifestyle guidance to take home.



Ayurveda Packages



7-14 NIGHTS

Corporate Stress Management

Thalam, Shirodhara, Patra Potali Swedam, Nasyam, head & foot massages, Njavara Kizhi and Netra Dhara, complemented by a balanced diet, yoga and meditation — building sattva and robust protection against burnout.



Dr. Jugunu Raj



Dr. Henry Prasad



7-14 NIGHTS

Computer Strain Injury

For neck, shoulder, wrist and eye strain from screen work. Njavarakizhi, Pizhichil, Shirodhara, Abhyangam and head & face massages, with Greeva Basti and Netra Tarpana to release the load and recharge vitality.



Dr. Jugunu Raj



Dr. Henry Prasad



14-21 NIGHTS

Pre-conceptional Care

Led by our Ayurveda gynaecologist. Preparation of both partners through Shodhana and Rasayana — addressing menstrual irregularity, PCOS, endometriosis and hormonal imbalance at the root, with fertility support and dietary guidance.



Dr. Anjana L R



Dr. Henry Prasad

Longer stays allow deeper work. Where a range is shown, your physician advises the right length for your condition during the pre-arrival consultation.



WHO LOOKS AFTER YOU

Our Doctors & Yoga Master



Dr. Henry Prasad

CHIEF PHYSICIAN &
SENIOR CONSULTANT

Practising since 2006, with a Postgraduate Diploma in Acupuncture. Specialises in rheumatoid conditions, skin disorders and varicose veins. Over 15 years with Softouch across the UAE, Malta and Djibouti.



Dr. Jugunu Raj

CONSULTANT
PANCHAKARMA
SPECIALIST, MD

MD in Panchakarma, with a strong foundation in classical therapies. Treats musculoskeletal, digestive, skin and lifestyle disorders — addressing the root cause rather than the symptom.



Dr. Anjana L R

AYURVEDA
GYNAECOLOGIST &
FERTILITY CONSULTANT

MS in Prasuti Tantra & Streeroga. Holistic women's healthcare — menstrual irregularities, PCOS, endometriosis, infertility, hormonal imbalance, fertility support and pregnancy care.



Dr. Anjana Sathyan

RESIDENT AYURVEDA
DOCTOR, BAMS

Our resident doctor, consulting guests daily. Best Coordinator Award 2023, and instrumental in establishing our NABH accreditation. With us since the beginning.



Sanjay Anand R

YOGACHARYA · CERTIFIED
YOGA THERAPIST

29 years on the yoga path. BSS Certificate in Therapeutic Yoga, yoga faculty at M.G. University, Kottayam, and an examiner for Yoga Alliance (USA) and S-VYASA. Classical asana, pranayama and meditation, every level.

You consult a doctor every day of your stay, and our Chief Physician three times a week.



Nurturing wellness, embracing tranquility

SIGNATURE THERAPIES

Rejuvenation Massages

Abhyangam

60-90 MIN

A deeply relaxing full-body massage performed in seven postures with specially crafted herbal oils — strengthening the nervous system and restoring physical, mental and emotional balance.

Njavarakizhi

60-90 MIN

Fomentation of the whole body with boluses of Njavara rice cooked in milk and herbs. It eliminates toxins, purifies the tissues, nourishes the joints and muscles and pacifies Vata.

Shirodhara

30-60 MIN

A slow, steady stream of medicated oil, decoction or buttermilk poured over the forehead. It improves concentration, relieves sleep problems and lowers stress, anxiety and fatigue.

Padabhyangam (foot)

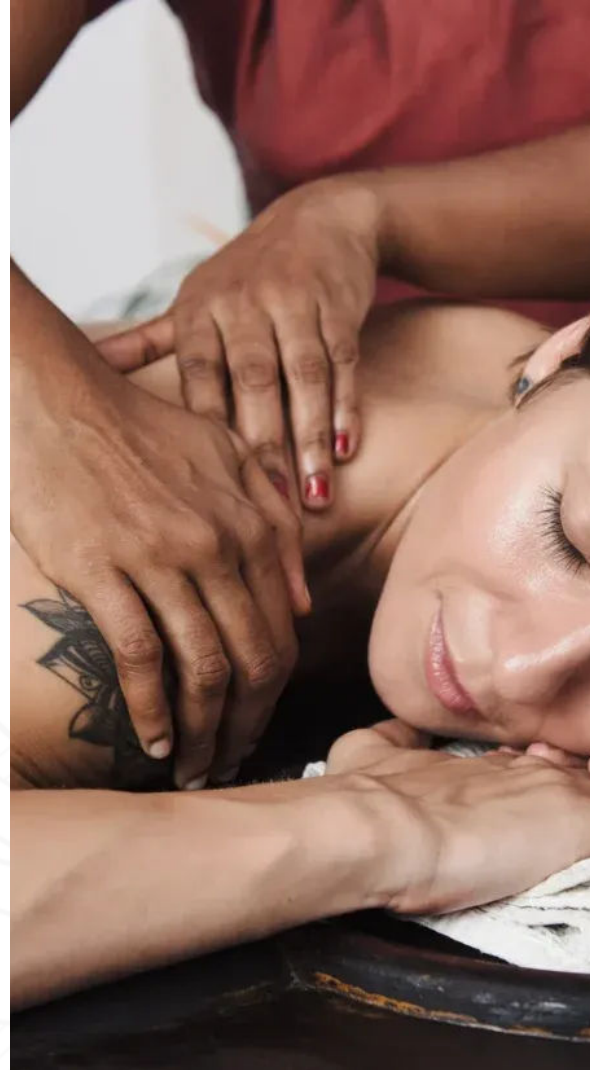
30 MIN

A soothing foot massage that calms and balances the nervous system, improves circulation, eases swelling in the lower legs and benefits insomnia and mental fatigue.

Shiro Abhyangam (head)

15 MIN

Massage of the head, neck and shoulders with warm herbalised oil, working the marma points to boost scalp circulation, calm the mind and promote hair growth.



SIGNATURE THERAPIES

Wellness Massages

Elakkizhy

60 MIN

Warm roasted medicinal leaves in a muslin bolus, applied after a full-body massage. It promotes detoxification, opens the pores and slows age-related joint degeneration.

Narangakkizhy

45-60 MIN

A warm bolus of lemon, Shatapushpa, grated coconut and rock salt applied to the muscles and joints, relieving pain, inflammation and tension and improving flexibility.

Avikkizhy

45 MIN

A pouch of potent herbal powders heated with herbal-decoction steam, rhythmically stamped over the body by two therapists to open the micro-channels and expel swelling.

Ksheera Dhara

30-45 MIN

A continuous stream of lukewarm medicated milk poured over the forehead. It soothes the hypothalamus, induces sleep and enhances mental clarity and cognitive function.

Swedana therapy

30-45 MIN

Herbal-steam therapy that expels toxins through the skin, rebalances Vata, Pitta and Kapha, improves circulation and complexion and eases the effects of ageing.



SIGNATURE THERAPIES

Beauty & Skin Care

Udvarthanam

45-60 MIN

An invigorating dry herbal-powder massage using vigorous upward strokes. It exfoliates dead skin, reduces excess body fat, strengthens the muscles and removes body odour.

Ksheera Sekam

45-60 MIN

A gentle cascade of medicated milk poured over the whole body, inducing perspiration to purge toxins — revitalising the nervous system, deepening sleep and overcoming fatigue.

Njavara facial

30-45 MIN

Boluses of Njavara rice cooked in herbal decoction and milk, gently massaged over the face and neck to nourish the skin, stimulate the lymphatic system and restore radiance.

Mukha Lepam

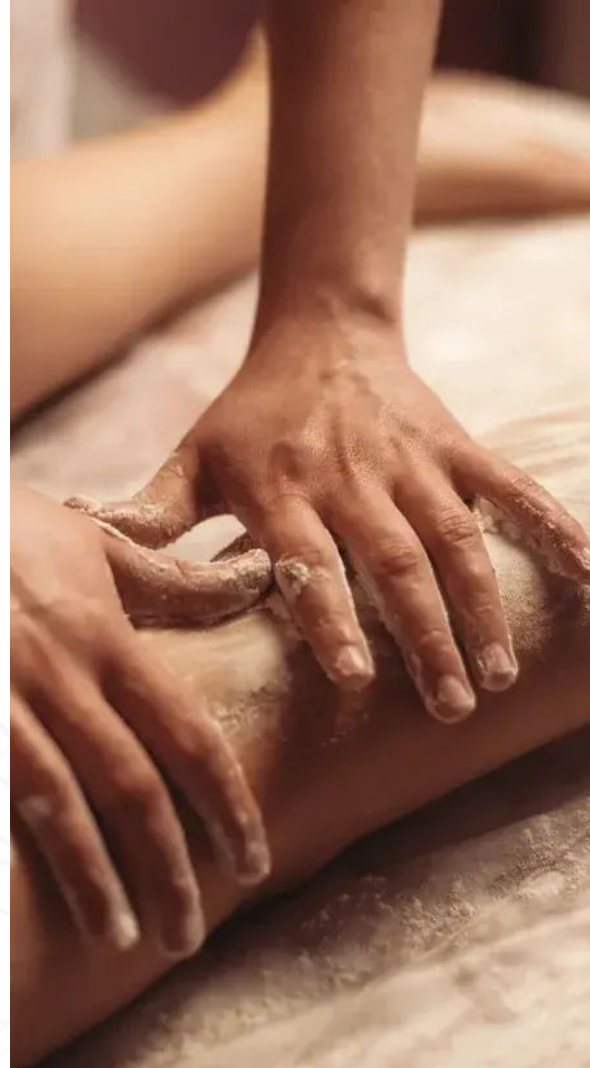
30-45 MIN

A face massage followed by curated herbal pastes targeting pigmentation, wrinkles, dark circles and dullness — toning and tightening the skin and retaining facial vitality.

Mukhabhyangam

15-20 MIN

A revitalising face massage with Nalpamaradi and Kumkumadi Taila, increasing lymph flow, toning the facial muscles to prevent sagging and reducing sun damage.



Popular Ayurveda Massages

Pichu

30-45 MIN

A sterile cotton pad soaked in Ayurvedic oils held over swollen joints or sore muscles — very effective for degenerative, painful spinal problems and for strengthening tissue.

Kativasthi (back & spine)

30 MIN

Warm oil retained over the lumbar spine within a herbal-dough wall, lubricating the intervertebral joints, reducing low-back pain and stiffness and restoring mobility.

Januvasthi (knee)

30 MIN

Warm medicated oil pooled over the knee joint within a gram-flour compartment, boosting circulation, helping bone density and increasing mobility by raising synovial fluid.

Urovasthi (chest)

30 MIN

Warm medicated oil retained over the chest within a black-gram-flour wall, strengthening the neuromuscular system and relieving muscular chest pain.

Upanaham

30 MIN

Herbal bandaging applied warm or cold to clear stagnant blood and ease chronic, hardened swellings — beneficial in osteoarthritis, tennis elbow and heel spur.

Dhanyamla Kizhy

30 MIN

A warm bolus of grains and fermented Dhanyamla liquid applied at a precise temperature, easing inflammation, stiffness and pain by eliminating excess doshas.



Food as Medicine

Personalised by our doctor

A detailed plan categorised into Vata, Pitha and Kapha, followed closely by our culinary team using farm-fresh organic ingredients and foods that aid healing.

Vegetarian, as per Ayurveda

Built on the six tastes — sweet, sour, salty, pungent, bitter and astringent — to maintain balance and reduce the risk of lifestyle disease.

Organic & hands-on

Fresh produce from our own farm, plus weekly cooking classes where you learn authentic dishes and take the recipes home.

Fruit from the farm, in season

Whatever the season is giving: mangosteen, jackfruit, lychee, mango, papaya, banana, pineapple and rambutan, picked on the estate and served at its best.

Juices, herbal teas & tender coconut

Freshly pressed juices, tender coconut straight from the palm, and herbal teas — Shankhupushpam, hibiscus and cinnamon — throughout the day.



A SAMPLE WEEK

On Your Plate

	BREAKFAST	LUNCH	DINNER
Monday	Porridge of Millet, Coconut Chutney, Vegetable Thoran	Rice, Kalan Curry, Cabbage Thoran, Koorka (Chinese Potato), Salad, Pickles	Porridge of Millet, Coconut Chutney, Vegetable Thoran
Tuesday	Sweet Potato, Chutney, Grilled Vegetables, Drumsticks	Rice, Dal Curry, Lentil, Kovakka (Ivygourd), Salad, Pickles	Sweet Potato, Chutney, Grilled Vegetables, Drumsticks
Wednesday	Puttu of Millet, Green Gram Curry	Rice, Yam with Peas, Ladies Finger, Thoran, Beans Mezhukkupuratty, Butter Milk, Salad	Puttu of Millet, Green Gram Curry
Thursday	Pathiri, Chapati, Veg Mixed Curry	Rice, Sambar, Banana Flower Thoran, Beetroot Mezhukkupuratty, Salad	Pathiri, Chapati, Vegetable Mixed Curry
Friday	Tapioca in Coconut Milk with Chutney, Green Gram Soup	Rice, Olan (Ash Gourd), Small Onions, Raw Banana Curry, Ridge Gourd	Tapioca in Coconut Milk with Coconut Chutney, Green Gram Soup
Saturday	Idiyappam, Potato Stew, Grilled Vegetables	Fried Rice, Lemon Rice, Paneer Butter Masala, Papad / Cauliflower Chilli	Idiyappam, Potato Stew, Grilled Vegetables
Sunday	Vellayappam, Vattayappam, Chana Masala, Bread & Omelette	Veg Biriyani / Lemon Rice, Salad, Papad	Wheat Porotta, Corn, Green Peas in Coconut Milk, Steamed Vegetables

An example only — the menu changes daily with the season, and your doctor tailors it to your dosha. Seasonal fruit from our farm, freshly pressed juices and tender coconut are served alongside, every day.



Nurturing wellness, embracing tranquility

A TYPICAL DAY

Your Daily Rhythm

07:15 – 08:15
Morning Yoga

09:00 – 13:00
Ayurveda Treatment

14:30 – 18:00
Second Session

17:30 – 18:30
Meditation

08:30 – 10:00
Breakfast

13:00 – 14:30
Healthy Lunch

Day to evening
Mindful Leisure

19:00 – 20:30
Light Dinner

Treatment times are set by your doctor after consultation — your rhythm is personal, never rushed. Each evening your consultant messages you the next day's treatment plan, so you always know what tomorrow holds.



Nurturing wellness, embracing tranquility

BEFORE YOU ARRIVE

Policy & Practicalities

RESERVATIONS & PAYMENTS

Booking Call +91 97455 70555 or email info@softouchayurveda.com. A free pre-arrival online consultation is recommended, so our doctors can prepare a personalised treatment plan for you before you arrive.

Deposit A 50% deposit confirms your booking; the balance is due on arrival.

Payment Bank transfer, card, UPI or cash — cash up to a maximum of ₹2 lakh per booking. Card terminal and UPI are accepted at the resort. An invoice is provided on check-out.

e-Visa Most nationalities may enter on an Indian e-Visa, applied for online before travel. Cochin (COK) is an approved e-Visa airport.

STAY & AYURVEDA

Minimum stay 3 nights. One week is recommended for a genuinely rejuvenating experience.

Panchakarma requires a 14-night stay. Your plan is advised by our Senior Ayurveda Doctor via a free online consultation before arrival.

Pregnancy & menstruation full-body massage is avoided; neck and spine therapies may still be offered. Treatments are not recommended during suspected pregnancy — please tell us in advance.

Medical reports kindly forward any relevant reports to doctor@softouchayurveda.com so our team can prepare for your case.

CANCELLATION & POSTPONEMENT

Up to 45 days before arrival free cancellation — a full refund, excluding any applicable bank or payment-gateway transaction fees.

31–44 days 10% of the booking value retained.

15–30 days 50% of the booking value retained.

Within 14 days, no-shows or early departures 100% of the booking value retained.

Postponements considered case by case, with flexibility.

GOOD TO KNOW

Getting here Cochin Airport (COK) is 25 km / 50 minutes — the round trip is included with stays of 7 nights or more. Chalakudy railway station is 9 km / 20 minutes; rail pick-up can also be arranged.

WiFi & entertainment complimentary 250 Mbps throughout. No TVs in the rooms by design — a 15-seat home theatre instead. For a digital detox, we can store your device safely.

Languages our team speaks English, Malayalam and Hindi. German and Russian interpreters can be arranged for a fee.

Private yoga one-to-one sessions with our yoga master can be arranged at ₹1,000 per session.

+91 97455 70555

info@softouchayurveda.com

www.softouchayurveda.com



Nurturing wellness, embracing tranquility