

Softouch Ayurveda Village Chalakudy, Kerala

An NABH-accredited, doctor-led Ayurveda hospital & resort across 18 riverside acres — all-inclusive, 50 minutes from Cochin airport.

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Accommodation

- 3 Grand Cottages:** Garden setting, spacious rooms, private balcony, modern washroom set as an independent unit
- 2 Garden Villas:** Independent unit with large rooms, large balcony, en-suite set next to the Garden Villa
- 1 Grand Villa:** Two bedrooms with separate living rooms, work area, large balcony, 4 washrooms. Can be combined as a single unit
- 1 Ayur Villa:** Adjacent to the Ayurveda centre, with a large living room, separate work area and two washrooms
- 1 Pool-facing Villa:** Pool-facing independent unit with bedroom, grand patio, work area, open-air bathroom and an extra washroom
- 3 Suites:** Part of main complex, with living room, bedroom and large washrooms. Presidential features Jacuzzi, Grand Suite has a Bathtub & Executive with 2 washrooms

Ayurveda & Panchakarma

- Holistic Wellness:** Experience tailored, doctor-led programmes — Rejuvenation, Detox & Panchakarma, Stress & Burnout, Weight Management, Spinal & Joint Care, Pre-conception & Fertility, Computer-Strain, Immunity, and Youth Restoration
- Panchakarma Treatments:** After detailed consultation with our Doctor, the appropriate treatment will be recommended, starting from 2 weeks.

Our Physicians Dr. Henry Prasad — Chief Physician & Senior Consultant

Dr. Jugunu Raj — Consultant Panchakarma Specialist, MD

Dr. Anjana L R — Ayurveda Gynaecologist & Fertility Consultant

Dr. Anjana Sathyan — Resident Ayurveda Doctor, BAMS

5 spacious rooms with 6 beds, two featuring Jacuzzis, 4 equipped with steam bath, large toilets with heat pump systems

Dining

Breakfast: Diverse Vegetarian Kerala style options, fresh juices

Lunch & Dinner: Relish freshly cooked flavourful home made meals

Cooking Lessons: Learn how to cook Authentic healthy dishes every Thursday, snap your favourite items and we will teach you

Area: Intimate dining area set next to cosy natural atmosphere

Included with Direct Bookings

- Two Daily Ayurveda Massages:** Personalised Ayurveda treatments scheduled in the morning and mid-day after Doctor consultation
- Full-board Meals:** Enjoy healthy Vegetarian meals based on your body type.
- Daily Yoga & Meditation:** Invigorating morning & evening 1 hour session with our Yoga Master in a serene atmosphere
- Doctor Consultation:** Discuss your health matters with our Resident Doctors daily and thrice a week with our Chief Consultant.
- Natural Medicines:** Ayurvedic medicines prescribed by the Doctor during stay
- Airport Transfer:** Free pick-up & drop-off from Cochin Airport (COK), around 25 Km

Services & Facilities

- 18 Acres of Tranquility:** Forest-like environment, meticulously maintained, enjoy bird watching or walks along our 1.5 km paved paths
- Riverside Access:** Enjoy views of the Chalakudy river from the private jetty, explore further on our Kayaks or indulge in fishing

Poolside Serenity: Scenic outdoor pool, loungers, and fresh pool towels

Home Theatre: Access Netflix / Amazon Prime in our 15 seat setup

Play and Relax: Engage in fun with Pool table, Carrom, Chess, or weekly pottery

A Haven for Book Lovers: Immerse yourself in our spacious Library

WiFi: Complimentary 250 Mbps Wi-Fi access in all rooms & public spots

Parking: Secure parking area, E.V. Charging Facility available

Comfort Options: King size beds, twin size extra bed, living room and/or balcony based on room type. Kettles & Safety Lockers are available in all rooms

Points of Interest

Trip to Athirapally Waterfall & Hanging Bridge is included with 7 nights stay

Chalakudy Town visit is included with 14 nights stay

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| Athirapally Waterfalls:
26 km · 50 min | Cherai Beach:
40 km · 75 min |
| Kodanad Elephant Sanctuary:
38 km · 60 min | Fort Kochi:
64 km · 120 min |

Visitor Information

- Languages:** English, Malayalam & Hindi speaking staff
- Translation:** German & Russian Translator can be arranged for a fee
- Payment Methods:** Debit / Credit Card, Bank Transfer, Online, UPI
- Climate:** The temperature is between 20°C and 35°C (68°F - 95°F)
- Conditions:** June - August (Monsoon) , Summer: April & May (Hottest Months)
- Transport:** We can also assist with Taxis for any of your travel needs

NABH Accredited

Nurturing wellness, embracing tranquility

