

Softouch Ayurveda Village Kerala



Namaste Guest,

Escape to Softouch Ayurveda Village, a hidden gem tucked away in serene Chalakudy, Kerala. Our exclusive resort harmoniously merges lavish luxury with authentic Ayurvedic experience, delivering an unparalleled retreat. With just 12 meticulously crafted rooms, experience utmost privacy and personalized indulgence. The resort's architecture and interiors are inspired by Kerala's traditional designs and infused with modern amenities.

This all-inclusive package embraces accommodation, two daily massages, delectable full board meals, invigorating Yoga sessions, a comprehensive consultation with a renowned doctor, provision of medicines throughout your stay, an enchanting local excursion, and seamless airport transfers for a truly seamless experience.

At our resort, we take a holistic approach to wellness and rejuvenation. Our expert Ayurvedic practitioners curate personalized experiences for our guests, starting with a consultation with an Ayurvedic doctor. With the guidance of our in-house Ayurvedic medical resident doctor, guests can indulge in a range of treatments such as Abhyanga massage, Panchakarma, Shirodhara, and more. Each experience is designed to promote physical, mental, and spiritual well-being, helping you restore balance and harmony to your life.



Welcome to the Softouch way of life!

Welcome to Kerala

Discover the enchanting allure of Kerala, India's southwest gem, where pristine backwaters, lush landscapes, and cultural richness converge. Immerse yourself in the tranquil beauty of the Malabar Coast, explore vibrant cities like Thiruvananthapuram and Kochi, and experience the warmth of Kerala's hospitality. From Ayurvedic retreats to captivating wildlife sanctuaries, Kerala offers a mesmerizing tapestry of experiences for every traveler.

Softouch Ayurveda Village is conveniently situated just 27 kilometers from the Cochin International Airport. We will discuss the complimentary pickup & drop-off service with you upon booking.

Kerala experiences a wet and maritime tropical climate, with 120 - 140 rainy days per year. The seasonal heavy rains of the southwest summer monsoon, which typically occur from June to August, infuse the region with lush greenery and create a refreshing ambiance. Daily temperatures range between 19.8°C and 36.7°C, providing a pleasant environment throughout the year.

Embrace the enchanting beauty of Kerala as you embark on your holistic journey at Softouch Ayurveda Village, where nature and wellness intertwine in perfect harmony.

KERALA WEATHER FORECAST

| | JAN | FEB | MAR | APR | MAY | JUN | JULY | AUG | SEPT | OCT | NOV | DEC |
|----------------|---|---|---|---|---|---|--|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |
| HIGH °C | 31.6 | 32 | 32.7 | 33.5 | 32.4 | 29.4 | 28.4 | 28.3 | 29.5 | 30.6 | 31.3 | 31.6 |
| LOW °C | 21 | 23.4 | 26 | 27.8 | 26.8 | 22 | 21.5 | 22.5 | 22 | 22 | 21.6 | 20.7 |
| |  |  |  |  |  |  |  |  |  |  |  |  |
| RAINFALL IN MM | 14.6 | 16.6 | 36.1 | 110.6 | 265.3 | 654 | 690 | 404 | 543 | 279 | 160 | 46 |
| AVG RAIN DAYS | 3 | 3 | 5 | 12 | 17 | 26 | 28 | 24 | 18 | 15 | 13 | 4 |

Grand Cottages & Villas



3 GRAND COTTAGES

The Grand Cottages offer an exclusive and charming experience. Nestled amidst lush greenery on our farm, these cottages feature a **private balcony** that offers stunning garden views. The Cottages boast a king-size bedroom, spacious toilets, and a private entrance, providing a truly enchanting stay. Additionally, being located near our Ayurveda Spa allows you to indulge in rejuvenating treatments at your convenience.



2 GRAND VILLAS

Indulge in grandeur and comfort featuring a **separate living room, lounge area, private balcony**, and extra toilets, providing you with the ultimate living experience. With the option of combining two independent units into **one massive living unit**, our Grand Villas are perfect for group stays with **friends and family**. Enjoy garden-facing views and easy access to our Ayurveda Spa just around the corner.

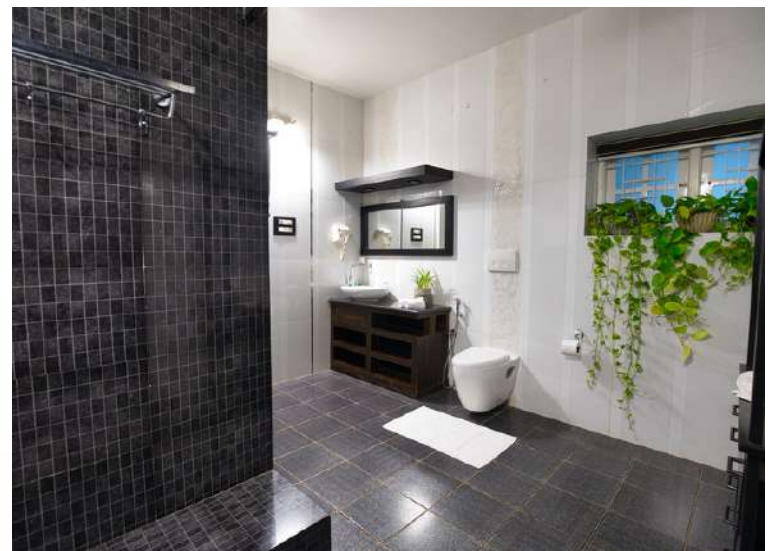
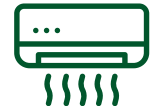


Pool Villa & Suite



1 POOL VILLA

Our Pool Side Villa are perfect for those seeking a spacious, luxurious stay with a touch of privacy. The villa is set around the main part of the resort and is directly **next to our refreshing pool**. Wake up to the sound of birds chirping in the morning and enjoy a leisurely swim or lounge on your **private patio**. The villa comes with a well-equipped **kitchenette** for your convenience. With ample space and elegant decor, the Pool Side Villa offers a serene atmosphere for a truly relaxing getaway.



1 EXECUTIVE SUITE

Experience comfort and convenience in our Executive Suite, which has a thoughtfully designed space featuring a **separate living room and bedroom**. The spacious toilet ensures a luxurious and refreshing experience. Located within the main resort complex, this room offers easy access to our library, pool, lounge area, and dining facilities. Immerse yourself in tranquility as you stroll just 2 minutes to reach our Ayurveda centre, where rejuvenating treatments await.



Grand & Presidential Suite



1 GRAND SUITE

Experience the luxury of the Grand Suite, offering a well-designed space with a **separate living room, bedroom,** and hot tub. The spacious toilet fitted with a hot-tub ensures a pampering and refreshing experience. Located within the main resort, the Suite offers easy access to our library, pool, lounge area, and dining facilities. Immerse yourself in tranquility as you stroll just 2 minutes to reach our Ayurveda centre.



1 PRESIDENTIAL SUITE

Indulge in the epitome of luxury at our Presidential Suite, situated in the resort complex. This lavish suite features a luxury bedroom, a **Jacuzzi** bathroom, and easy access to the pool, library, home theatre, and spa. With its **walk-in closet** and two toilets, it offers ample comfort and convenience. Immerse yourself in the serene ambiance of the surrounding nature, with the delightful sound of birds chirping, and enjoy access to the lounge area for a truly indulgent stay.



All-inclusive Ayurveda Resort

As you embark on a journey to Softouch Ayurveda Village in Kerala, rest assured that all bookings come with an all-inclusive package, ensuring a seamless experience. Take a glimpse at the comprehensive list below to discover the delightful inclusions that await you:



Escape to Tranquility

Relax with 2 daily Massages (60 min & 30 min session) included as part of the package at no extra cost!



Wellness Activities

Enjoy a swim in our pool, river fishing, lounge in Home Theatre or take a walk in our lush gardens!



Doctor Consultation

Consult daily with our Senior Ayurveda Doctor & get treated by professional therapists!



Full-board

Revitalize your Body by consulting with our Experts offering customized Meal Plans, fullboard!



Medicines Inclusive

Medicines recommended by the Doctor during consultation are provided free of charge during stay!



Daily Yoga Immersion

Awaken your inner self: Immerse in daily yoga sessions to enhance your mind, body, and soul!



Weekly Experiences

Discover Enriching Experiences as we take you to one of your preferred local itineraries on the list!



Airport Pickup & Drop

Enjoy complimentary Pickup and Drop-off Services in comfort from Cochin International Airport!

- Television is not provided in the room but is available in common areas, we recommend you book the Home theater to enjoy movies in high-quality format at no extra cost!

- Engage in fishing along the serene Chalakudy River or unwind on the Jetty surrounded by fresh air.

- Discover and support local artists with our curated collection of artwork available for purchase.

- Wi-Fi is available in all rooms, but we can limit access if you want to do a Digital Detox.

Ayurveda

Ayurveda, which translates to “science of life,” emphasizes therapies, massages, herbal medicines, diet control, and exercise to maintain health and fight illness. Kerala, the land of Ayurveda, has a rich tradition of this medicinal science that has been passed down through generations of Vaidyas. Ayurveda not only helps the body to control diseases but also teaches us to harmonize our body and mind with the universal laws of nature, thereby removing the roots of a disease.

We offer a range of treatments and therapies, including Abhyangam, Njavarakizhi, Nasyam, Pizhichil Sirodhara, Sundarya, Udvarthanam, Vasthi and more which can be customised directly at our Resort. Our experienced doctor will conduct a consultation to understand your specific needs and recommend appropriate treatments to help alleviate any ailments or discomfort you may be experiencing. Our experienced therapists are well trained in Ayurvedic massages.

As part of our offering, all guests are entitled to receive two daily massage sessions, with one lasting 60 minutes and the other lasting 30 minutes. To fully experience the health benefits of our Ayurvedic treatments, we have a minimum booking period of one week.

**Therapeutic Packages | Rejuvenation Massages
Weight Loss Programs | De-Stress Program
Skin & Hair Care packages**

- **Panchakarma treatments are also provided after Doctor consultation and approval**
- We also have our own herbal garden, which we use to create certain Ayurvedic medicines with care and diligence.
- Please note that certain treatments may be longer, such as 90 minutes, and in such cases, they will count as two sessions.
- Take advantage of our longer stay packages (14, 21, & 30 days), which provide extended opportunities to delve deeper into the benefits of Ayurveda & discounted rates.



Effective Therapies

- Abhyangam -



Abhyangam can be performed in several classical positions with long flowing strokes. The number of strokes used and amount of pressure applied during massage varies based on the individual's requirements and Prakriti. The massage enhances blood circulation & relaxes the mind.

Duration: 60 Mins

| Ideal treatment duration: 7 - 14 days

- Udwarthanam -



This program incorporates a series of treatments that synergistically work towards fat tissue breakdown and cholesterol reduction. It begins with herbal powder scrubs, followed by a vasodilating massage using warm medicated oil. It encompasses both internal medications & external therapies, complemented by a personalised regimen

Duration: 60 Mins

| Ideal treatment duration: 14 - 28 days

- Shirodhara -



A continuous stream of lukewarm medicated oil flows onto the forehead. A light 40-minute medicated oil massage of the full body precedes the treatment. The therapy helps reduce stress, migraines, and insomnia. It stimulates a vital point on the head called the 'Ajna Marma', which brings stability to the mind and consciousness.

Duration: 60 Mins

| Ideal treatment duration: 7 - 28 days

- Njavarakkizhy -



The massage with warm rice (medicinal rice-Njavara) bags dipped in milk and herbal decoction. A medicated oil massage follows. This massage nourishes tissue, softens and moisturizes skin, enhances the complexion, strengthens body muscles, and cures the stiffness of joints.

Duration: 75 Mins

| Ideal treatment duration: 7 - 14 days

Yoga

Yoga and Ayurveda go hand-in-hand as sister sciences. While Ayurveda focuses on the physical and mental health of the body, Yoga is primarily concerned with mental health. The practice of Yoga can prevent and alleviate stress and related disorders by balancing the neurohormones and metabolism and improving endocrine metabolism.

At Softouch Ayurveda, we provide daily inclusive guided Yoga and meditation sessions, led by our expert Yoga Masters, amidst the serene beauty of our lush gardens. Our Yoga hall is split into indoor and outdoor spaces. Embark on your wellness journey with a vital initial consultation, where our experienced Ayurveda doctor will attentively address your needs. After a thorough health assessment by our doctor and collaborative discussions with our esteemed Yoga masters, we will recommend personalized next steps tailored to your well-being.

Daily Yoga Sessions (60 minutes per session) | Included in the package

Morning Session: 6:30 am to 7:30 am | Evening Session: 4:00 pm to 5:00 pm

Experience the profound benefits of meditation as it harmonizes your body, mind, and soul. We invite those who are experienced in asanas and pranayamas to join these sessions to help restore balance and inner tranquility.

- Remember to bring your pool towel with you when attending Yoga sessions
- Dress comfortably in suitable clothing for ease of movement



Dining

Ayurveda recommends a pure vegetarian diet for all and emphasizes the importance of natural purity. At our Ayurveda restaurant, we offer personalized Ayurvedic diets and medicines to ensure optimal results during your stay.

We value cultural diversity and dietary preferences. While promoting a vegetarian diet as per Ayurveda principles, we offer flexibility so you can consult with our Ayurveda doctor to accommodate specific non-vegetarian or dietary needs.



- To provide a complete experience, we also offer live cooking demonstrations at our dining area, you can now learn to cook some real Indian dishes !

- Along with Ayurvedic medicines, we also use fresh ingredients from our farm to prepare your meals.

- Coffee, Tea, & Fresh juices are also available.

- All meals are included as part of the package



| Veg | Veg & Non-Veg | Veg & Non-Veg |
|---------------|---------------|---------------|
| 07:00 - 10:30 | 12:30 - 15:00 | 19:00 - 9:00 |

Included Trip Excursions

As you embark on a minimum 7-night stay at Softouch Ayurveda Village in Kerala, we offer you the opportunity to explore and create unforgettable memories with our complimentary destination experiences. Choose from the curated list below and allow us to take you there, free of charge:



- Athirapally Waterfalls -

Situated in Chalakudy Taluk of Thrissur District in Kerala on the Chalakudy River, which originates from the upper reaches of the Western Ghats at the entrance to the Sholayar ranges. It is the largest waterfall in Kerala and stands tall at 81.5 feet.

Time from Resort - 45 minutes



- Cherai Beach -

Cherai Beach, where dolphins grace the waters and backwaters meet the sea. Serene, accessible from Kochi, it captivates with cleanliness, tranquility, and unspoiled allure. A swimmer's haven with Chinese fishing nets and golden sands.

Time from Resort - 70 minutes



- Chimmini Wildlife Sanctuary -

Prides itself on its lush tropical rainforest, which has plenty of streams, mountains, and sprawling areas of deciduous trees inside. Known for its diverse flora and fauna, including several endemic species like the Malabar grey hornbill and the Indian elephant.

Time from Resort - 75 minutes



- Peechi-Vazhani Wildlife Sanctuary -

A wildlife sanctuary known for its rich biodiversity and home to several endangered species like the lion-tailed macaque, leopard, and sambar deer. There are more than 50 different kinds of orchids, exotic medicinal plants, teak, and rosewood here.

Time from Resort - 90 minutes

Daily Activities



- Monday -

Farm Discovery at 11:00 am

Explore our lush farms, breathe in the fresh air, and enjoy the seasonal delight of Mangosteen, Mangoes, Rambutan, Jackfruit, and other fruits directly picked by our staff for your indulgence.

Ayurvedic Garden Walk at 4:00 pm

Join our Ayurveda doctor for a guided tour where you'll learn about the health benefits of various plants. Gain insights into how we utilize these herbs in the preparation of our medicines.



- Tuesday -

River Deck Fresh Juices at 11:00 am

Relish tropical sunrays and savor refreshing juices while admiring the picturesque view of the Chalakudy river.

Fishing Experience at 4:00 pm

Try your luck fishing from the riverbank. Our staff will assist you in baiting and provide tips on the types of fish caught. If successful, we can even prepare the fish for you the following day.



- Wednesday -

Indian Cooking Class at 6:00 pm

Join our talented chef in the open-air kitchen to learn the art of preparing authentic Indian dishes. The class includes a cooking demonstration, hands-on assistance, and a recipe to take home with you.



- Thursday -

Guest Meetup at the Library at 11:00 am & 5:00 pm

Connect with fellow guests at our library or venture out to the lobby or beautiful gardens. Enjoy coffee, tea, fresh juices, and traditional Indian bites while fostering new friendships.

Ayurveda Q&A Open Session at 5:00 pm

Join our interactive Q&A with our Ayurveda doctor.



- Friday -

Private Movie Night at 9:30 pm

Reserve your private session or join the weekly group movie poll with newfound friends at the resort. Indulge in a luxurious home theater experience with access to Netflix, Amazon, Disney, and more.



- Saturday -

Pool Time with Refreshing Drinks and Juices at 4:30 pm

Enjoy a refreshing dip in the pool while we serve you fresh drinks and juices.

Bonfire and Barbecue Delights at the Pool Lounge at 6:30 pm

Savor delicious barbecue bites and cozy up by the bonfire at our poolside lounge.



- Sunday -

Refresh, Relax & Renew

Take a break and explore all the resort facilities at your own pace. Rest assured, we will be there to assist you every step of the way.

Flora & Fauna

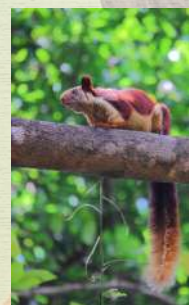
At Softouch Ayurveda Village, we invite you to embrace the true hosts of our surroundings—the captivating nature with its abundant plants, animals, and birds. As you immerse yourself in the spectacular views of untamed nature, you will witness the harmonious existence of flora and fauna that create a tranquil and healing atmosphere.

Here, you will be delighted by the presence and melodies of migratory and local birds, adding to the enchantment of your stay. Keep an eye out for frequent sightings of birds such as Malabar Trogon, Greater Coucal, Mynas, Pigeons, and Eagles, while animals like Indian Giant squirrels, Civet Cats, Wild Pigs & Foxes may also make occasional appearances.

As you explore the surroundings, you will encounter a rich array of botanical treasures. From the vibrant Mangosteen, Rambutan, Mangoes, Bananas, Jackfruit, Nut Meg, Plumeria, Bamboos to Lang Lang each plant contributes to the natural beauty and healing ambiance of our environment.

Indulge in the tranquil cocoon of silence that awaits you at Softouch Ayurveda Village, where nature's hospitality and healing embrace you with open arms.

Immerse yourself in nature's serenity and disconnect from electronic devices during your stay. Please respect and help maintain the special ambiance we have created by refraining from activities that disrupt the harmony of our surroundings.



Frequently Asked

Package Inclusions

- Luxury Suite, Villa, or Cottage Accommodation of your choice
- In-house doctor consultation for customized 60- & 30-day daily Ayurvedic treatments
- Ayurveda diet consultation and three daily meals (veg options are standard but we also serve non-veg dishes)
- Daily Yoga sessions in a natural setting
- Free pick up & drop off from Cochin Airport
- Hand-selected tourist visit options for minimum one-week stays
- Access to resort facilities: swimming pool, home theatre room, farm walks, fruit picking, games, library area

Kindly remember

- Recommended minimum stay is one week for a complete rejuvenation experience
- Packages are available for 7, 14, 21, and 30 days and can be Booked online
- Kindly inform the reservation in advance if there is a suspected pregnancy, as Ayurvedic treatments are not recommended usually
- Wifi is available throughout the resort, but we can limit your access and keep your devices locked in a safe place to facilitate digital detox if you wish
- Forward a copy of your Doctor's Report to doctor@softtouchayurveda.com after booking confirmation

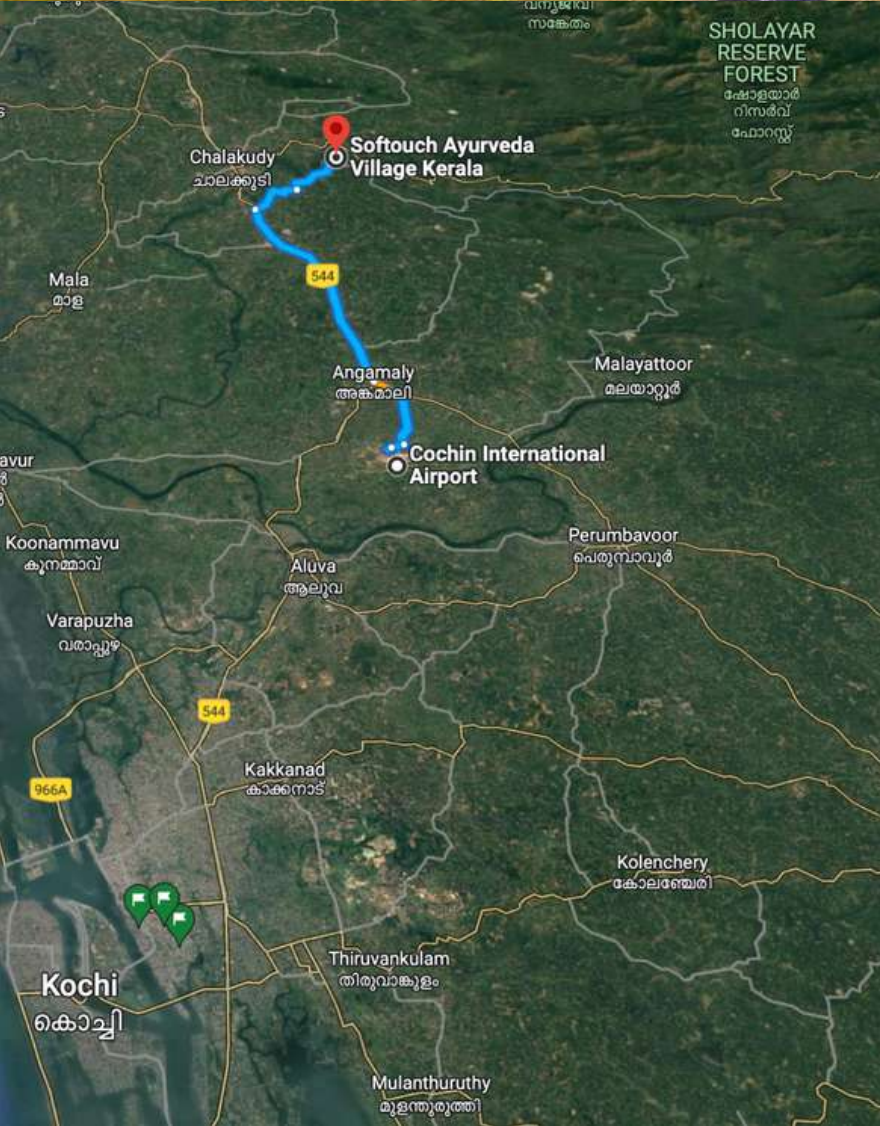
Cancellations

- To book, you can do so online, through the reservation form, or by emailing info@softtouchayurveda.com
- 50% advance payment is required to confirm your booking, with the remaining amount due 2 weeks prior to arrival
- Payments are done through a secure payment link, and all major currencies (\$, €, £, ¥, ₹) are accepted, as well as Mastercard & Visa

The cancellation policy are as follows:

- If cancelled at any point, 20% of the booking invoice amount will be charged
- If cancelled between 29 to 11 days prior to arrival, 50% of the booking invoice amount will be charged
- If cancelled between 10 to 4 days prior to arrival, 75% of the booking invoice amount will be charged
- If cancelled between 3 days and the scheduled arrival date, 85% of the booking invoice amount will be charged
- If cancelled after arrival at the resort or in the case of early departure, 100% of the booking invoice amount will be charged

Contact Us



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