

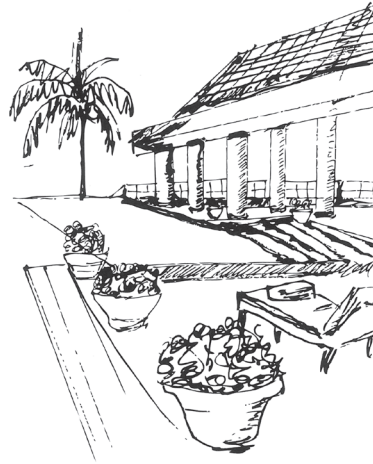
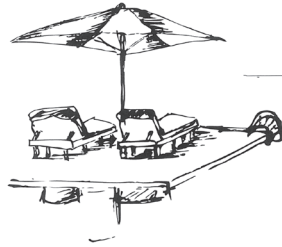


# *Favourite Kerala*

A y u r v e d a & S p a



Experience the  
'Science of Life,'  
at a location influenced by  
"God's Own Art."



## *Your inner and outer health depends on the harmony of your five senses*

At Favourite Kerala Ayurveda & Spa, we ensure that each of them find the perfect location to maintain a balanced and healthy life.

Feel your senses soaring in anticipation as you approach Favourite Kerala', the wellness destination at the Leela Raviz in Kovalam. Recipient of a number of awards from Lonely Planet India- "Best Resort Hotel" in 2012, "Best Hotel For Relaxation" in 2013 & "Best Indian Luxury Hotel" in 2014, The Leela Raviz offers plenty in the way of pampering all your senses.

As you undergo treatment at Favourite Kerala, your senses will tingle. With the visual opulence of the palm-fringed cliff-top location enchanting you. Or the fragrance of scented herbs wafting into your nostrils. The beating of waves providing a backdrop to the melodies that soothe your ears.

Or else the tantalizing cuisines made from our home-grown organic vegetable gardens to delight your taste buds. And last but not the least, the feeling of enchantment about the authentic treatments that makes you feel transported to a blissful state.

Treat all your senses to a special something at Favourite Kerala, even while you enjoy rejuvenation of body and mind along with an upliftment of soul.



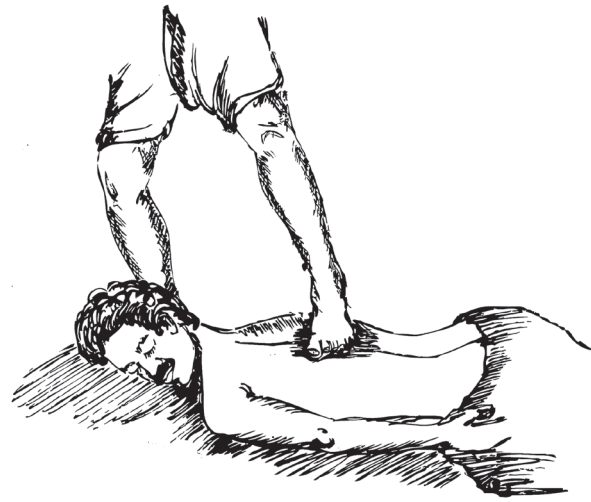
## *An Ancient Science, Now A Modern Art*

Ayurveda, the Ancient Indian science of life, is not just a tradition, but a philosophy in itself. Over 5000 years old, it espouses an ideal lifestyle in order to establish and maintain physical, mental and spiritual health. Ayurveda interprets countless possibilities of diseases and suggests remedies to direct man from the imbalances of contemporary life to the pathway of natural living.

Ayurveda considers each individual as a cell in the body of Mother Nature, each one having its own duties. When they function in perfect harmony, they unite with the mega symphony, known as Perfect Health. During our life time this symphony can be disturbed by the changes in climate and lifestyle.

Ayurveda's goal is to reconnect us to an exemplary life of Sathya, Dharma, Shanti, Prema and Ahimsa. This holistic approach makes it popular worldwide. At Favourite Kerala we have designed an authentic Ayurvedic treatment destination, with its own specialized Ayurvedic Doctors, Panchakarma Therapists, and traditional medicines from Kerala. Our treatments are extensive and we have a combination of Rejuvenation and Panchakarma (five fold detoxification treatments) therapies to harmonize your body, mind and soul.

Upon your initial consultation, your body constitution is determined and a package is designed in accordance with your individual needs. Our packages range from one or two days, right up to required Panchakarma of forty days.



## *Classical Ayurvedic Therapies*

### **ABHYANGA SNANA (60 Minutes)**

A whole body rejuvenative massage using Ayurvedic medicated oils, it enhances blood circulation, stimulates lymphatic flow, relieves body fatigue and related body aches, nourishes the skin, relaxes the body and removes stress.

### **SYNCHRONIZED ABHYANGA SNANA (75 Minutes)**

A traditional whole body massage using Ayurvedic medicated oils by two therapists, also popularly known as the “Four hands massage”. The synchronized movement increases blood circulation, stimulates the body and encourages proper energy flow throughout the body.

### **CHAVITTITHIRUMMU (60 Minutes)**

A traditional body massage from Kerala, done with the foot concentrating on the back followed by a short full body massage.

It ensures good blood circulation, tones and stimulates the muscles and makes the body flexible and firm. Recommended for males without any serious spinal problems.

### **KALARI MASSAGE (90 Minutes)**

Evolved from Kalaripayattu- the traditional martial art form of Kerala, it is a synchronized Chavattithirummu massage performed by two therapists. In this massage the marma or vital energy points are stimulated, thereby harmonizing the flow of energy within the body. It relieves aches and pains and also improves body flexibility dramatically.

### **HEAD, NECK & SHOULDER MASSAGE (30 Minutes)**

This massage is performed in a rhythmic motion by a therapist using a special massage oil over the head, neck and shoulders.



### **UDVARTHANAM (Powder Massage) (60 Minutes)**

This massage using special herbal powder is performed in a specific rhythmic motion (upward motion) by the therapists.

This treatment improves blood circulation, reduces numbness in the limbs and is also included in our slimming program.

### **NETRA SEKAM \* (20 Minutes)**

In this treatment, the eyes are washed with a special decoction made with several herbs. It gives good vision, protects the eyes from cataract and other eye disorders.

### **SHIRODHARA (45 Minutes)**

In this therapy, medicated oils are allowed to stream onto the forehead and onto the entire scalp after a therapeutic head massage is performed. This is one of the most popular among Ayurvedic therapies, as

it not only enhances mental relaxation but also cools the head, paving the way for a restful sleep.

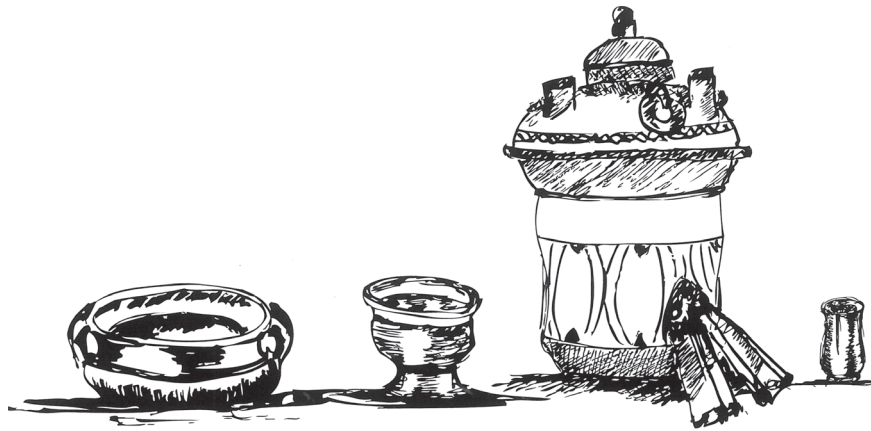
### **THAKRADHARA \* (60 Minutes)**

This treatment is similar to Shirodhara but instead of using oil, medicated buttermilk is poured over the forehead or over the whole body. This treatment not only cools the head but also provides good sleep. It is also useful in curing skin disorders.

### **PIZHICHIL (Medicated Oil Bath) (60 Minutes)**

In Pizhichil, luke-warm medicated oil is poured continually and uniformly over the body from a defined height and simultaneously massaged by skillful hands. This treatment increases blood circulation and strengthens muscles and nerve tissues. This massage is helpful for rejuvenation.

\* Book 24 hours in advance



### **KSHEERA DHARA \* (60 Minutes)**

Medicated milk is poured over the forehead or over the whole body. This treatment is good for curing insomnia, relieving mental tension and head aches.

### **NJAVARAKKIZHI \* (60 Minutes)**

A highly rejuvenating massage using a pouch containing the special medicinal rice “njavara”, cooked with a milk decoction of medicinal herbs. A special effect of this massage is softening of the skin and strengthening of the muscles.

### **PATHRA PODALA SWEDAM (60 Minutes)**

In this treatment, specific herbal leaves and herbal powders are bound into a bundle and soaked in warm medicated oils and applied externally to different points on the body. This therapy is useful to treat generalized body pain, stiff joints, low backache, Sciatica and similar ailments.

### **KATI VASTHI (45 Minutes)**

In this therapy, a herbal paste boundary is made on the lower back and a specially prepared, warm medicated oil is poured into it. A series of treatments is recommended to treat back pain and spinal disorders.

### **NASYAM (45 Minutes)**

It is a process by which the medicated oil is administered through the nostrils, followed by a medicated gargle and herbal smoke. Nasyam is very useful in the diseases of neck and head.

### **LEPANAM (30 Minutes)**

In this treatment, selected herbs are made into a paste and applied externally for a fixed amount of time to the affected part of the body. This therapy is good to relieve the pain from inflamed joints, trauma and skin diseases.

\* Book 24 hours in advance



### **FOOT MASSAGE (30 Minutes)**

This begins with bathing and cleansing the feet. Later, gentle pressure is applied to restore vital energy using anti-inflammatory oil on the feet and ankles to reduce swelling and relieve weariness. It is a great treat for the feet.

### **BACK MASSAGE (30 Minutes)**

The massage begins once you are lying comfortably. Hot oil is applied to the whole back and the massage works carefully up the spine, then the waist and shoulder areas which are often stressed and in need of attention. The massage also focuses on marma (energy points) over the whole back, arms and hands with the aim of first reducing excess 'dosha' and then nurturing the body.

## ***Marma Therapy***

Marma is defined as an anatomical site where muscles, veins, arteries, tendons, bones and joints meet up. Stimulating or massaging the Marma points gives benefits to the area of their locations. It can be used as a part of rejuvenation or preventative therapy.

### **GENERALIZED MARMA THERAPY (60 minutes)**

A massage concentrating on revitalizing Marma points thereby rejuvenating mind and body. It helps relieve you of stress, anxiety and lack of energy.

### **THERAPEUTIC MARMA THERAPY (45 minutes)**

This massage, done under the strict supervision of a Marma specialist, helps cure various ailments that originate due to energy vitiation of Marma points in the body. It is useful for conditions like peri-arthritis, frozen shoulder, low back ache, general body weakness, tingling sensation in the fingertips and toes, numbness of extremities, muscular aches etc.



## *Ayurvedic Beauty Care*

### **MUKHALEPAM (60 Minutes)**

This herbal facial treatment opens congested pores and restores moisture to tissues while adding a healing dimension to the facial skin. Experience again a blemish free skin tone and visibly enhanced complexion.

### **KESHINI\* (60 Minutes)**

Enriching herbal powders are infused in medicated oils and natural protein conditioner massaged into scalp to balance and restore the hair's vitality and shine. This is complemented by a relaxing neck and shoulder massage while the hair mask seeps in for deep conditioning and restoring. Leave the infused treatment on the hair and scalp for deeper treatment benefits while you relax.

### **TANUSREE \* (120 Minutes)**

A sensuous massage designed to refine skin texture and clean away surface impurities and toxins through holistic healing, concentrating on the head, face and body. It starts with head massage and hair pack, mukha lepam, herbal scrub, massage with natural fruit puree and herbal shower providing antioxidants and vitamins to condition the skin.

\* Book 12 hours in advance





## **DINACHARYA PACKAGE (120 Minutes)**

Dinacharya is considered as a daily regime to cleanse the five senses, relax, rejuvenate & detoxify the body to impact a healthy life style. Dinacharya includes: Anjana, Nasya, Gandoosha (kavala), Dhoomapana, Karnapoorana, Abhyanga, Udwartana and Snana.

### **ANJANA**

Application of medicine to the lower eyelids to protect the eye from eye disorders, to improve eyesight & enhance the natural beauty of eye.

### **NASYAM**

Administration of medicated oil through the nostrils to cleanse the sinuses and prevent premature greying of hair and baldness.

### **GANDOOSHA/KAVALA**

Medicated gargle to be practiced every morning, which strengthens teeth, gums and cleanses the tongue. It improves oral hygiene, maintains clarity & brings out a sense of freshness

### **DHOOMAPANA**

Inhalation of medicinal smoke through nose which enhances sense of smell. It also prevents disorders of head & neck and is also helpful in preventing premature greying & hair fall.

### **ABHYANGAM**

Application of medicated herbal oil all over the body in a moderate speed & pressure to reinstate the body and mind to a relaxed mood. It improves blood circulation & decreases effects of ageing, removes stress, fatigue & pain.

### **UDVARTANAM**

Massage with herbal powder on your body to exfoliate rejuvenate your skin. It gives you a well toned body and improve skin texture & complexion.

### **SNANA**

A medicated warm shower to conclude the rejuvenating experience



## *The Science Of Discipline From Millenniums Ago.*

“Yoga” is a practical aid, not a religion. It is an ancient art based on harmonizing the system of development for mind, body and spirit. The word “YOGA” comes from the Sanskrit root

“YUJ” which means “to join” or “to unite”.

Yoga is a classical Indian science dealing with the search for the soul. The word Yoga signifies both the way to discover the soul and union with it. Yoga philosophy was systematised some 2000 years ago by Sage Patanjali in a single treatise Yoga Sutra. It is built on a foundation of ethics (Yama) and personal discipline (Niyama). These are universal percepts found in all societies.

Yoga is a practical philosophy involving every aspect of a person’s being. It sharpens the intellect, aids concentration; steadies emotion and encourages caring concern for others and above all gives hope to life and well being. The practice of breathing techniques calms the mind. Through meditation, inner peace is experienced. In the realm of the spiritual, Yoga brings awareness and the ability to be still. Continued practice of Yoga will give you a sense of peace, well-being and above all a feeling of being at one with your environment.

Spirituality completes full health and puts human affairs in the perspective of the universal. Striving towards this goal is the main aim of Yoga.



### **YOGA AWARENESS PROGRAMME (60 minutes)**

Demonstration of different Asanas, Surya Namaskara & Pranayama

### **GENERAL YOGA (60 minutes)**

Loosening exercises, basic Asanas, Relaxation techniques &

Pranayama

### **ADVANCED YOGA (90 minutes)**

Demonstration & teaching of classic Asanas.

Surya Namaskara, Relaxation techniques, Pranayama and Meditation.

### **SURYA NAMASKARA SERIES (60 minutes)**

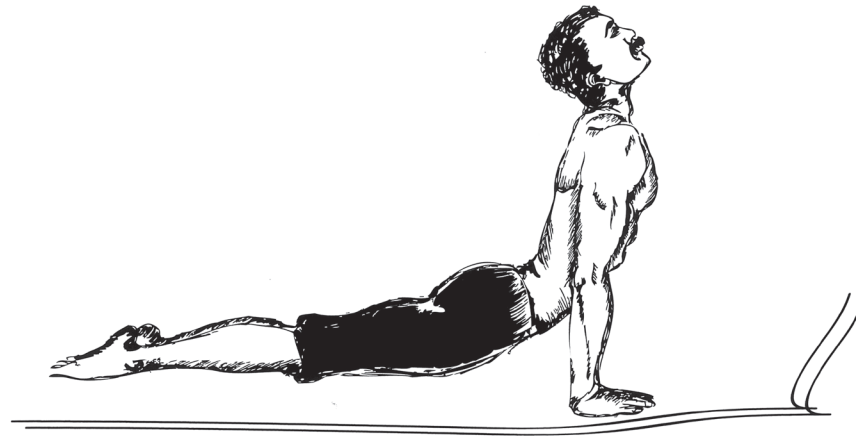
Classic Sun salutation comprising 12 steps and its variations.

### **PRANAYAMA (60 minutes)**

To regulate the flow of Prana (Life force) through proper breathing and control the subtle energy within the body and ultimately attain a mindless state. Knowledge of basic Asanas is a must. It includes Kapalabhati Kriya, sectional breathing & different Pranayamas.

### **MUDRAS & BANDHAS (60 minutes)**

A combination of subtle physical movements which deepen awareness and concentration. Mudras enable us to develop awareness of the flow of Prana in the body. Bandhas aim to lock the Prana in particular areas and redirect the flow into Sushumna nadi for the purpose of spiritual awakening. Knowledge of Asanas & Pranayama is a must.



### **MEDITATION (30 minutes)**

The most powerful personal growth and mind development program on Earth. Constant practice of meditation develops magnetic and dynamic personality, cheerfulness, powerful speech, lustrous eyes, physical health and boundless energy.

### **THERAPEUTIC YOGA (90minutes)**

This ancient method is for the relief and elimination of all kinds of diseases and defects. This method confers absolute health, balancing the positive and negative energy and purifying the body.

#### **Special Therapeutic Yoga for:**

- Diabetes
- Back Pains
- Obesity and related problems
- Breathing Disorders
- Digestion related problems
- Hypertension

### **YOGA FOR CHILDREN (60 minutes)**

Mind and body development program for children. Fun imaginary animal poses, actions, sequences and balances. Helps to improve concentration. It includes Asanas, Suryanamaskara & Pranayama.

### **SHAT KARMAS (60 minutes)**

Creates harmony between the two major pranic forces Ida & Pingala, thereby attaining physical and mental purification and balance. This includes demonstration & explanation of Kapalabhati, Neti, Vamana, Dhauti, Trataka. Knowledge Of Asanas & Pranayama is a must.



## *Yoga Packages*

### **BASIC YOGA (3 days)**

This includes fat burning exercises, Yoga exercises for eyes and neck, basic Asanas, Relaxation techniques, Pranayama

### **INTERMEDIATE YOGA (7 days)**

This includes classical Asanas, Surya Namaskara, Relaxation techniques, Pranayama, Mudras and meditation.

### **ADVANCED YOGA (14 days)**

This includes classical Asanas and its variations, Surya Namaskara, Relaxation techniques, Pranayama, Shat Karmas, Mudras &

## *Essence Of Wellness*

### **INDIAN MAGIC (90 Minutes)**

“Our Signature Massage”

Specialized oils blended with Aswagandha, Bala root and Agarú herbs help to rejuvenate both aching muscles and tired minds.

### **SWEDISH MASSAGE (60 Minutes)**

A popular, traditional massage designed to loosen parts of the body that are tense and stressed. It also increases circulation and improves your overall skin and muscle tone.

### **AROMA THERAPY MASSAGE (60 Minutes)**

This massage, which uses individually chosen essential oils, is a multi-sensory experience in relaxation. It is a complete face, scalp and body massage that focuses on vital acupressure points. It strengthens the nervous system and restores vitality.



### **JET LAG REVIVER (60 Minutes)**

The perfect massage to revive body and mind of weary travelers.

Specific blends of Lavender, Yang Yang and Sandalwood oils are used to revive travellers.

### **BALINESE MASSAGE (60 Minutes)**

This typical massage, originated in Bali, Indonesia, comprises stroking, stretching exercises and reflexology techniques with the use of essential massage oil used in the process. It not only increases blood flow but also loosens muscles, eases pain and relaxes the patient. It is a kind of deep massage aimed at working almost every single muscle in the body, done often to bring about a relaxed state of mind.

### **SPORTS AND FITNESS MASSAGE (60 Minutes)**

A massage that is useful before or after exercise. It's blend of essential oils like Lavender, Rosemary and Clove help to increase circulation and warm the muscles. It relieves aches & pains and prevents strains, so is ideal for those involved in sports and fitness or those who do strenuous physical work.

### **REFLEXOLOGY (60 Minutes)**

An ancient oriental method of massage, here pressure is applied to different points of the feet, corresponding to individual parts of the body. This technique drains away stress and tension while restoring a natural flow of energy in the body.

### **HOT STONE (90 Minutes)**

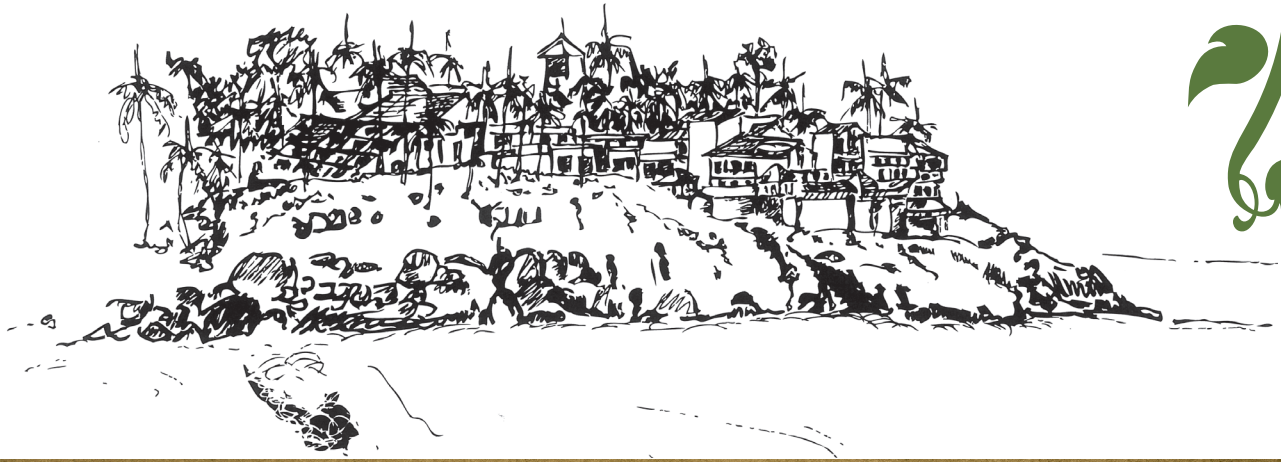
Experience a deep sense of relaxation by this unique treatment that uses ergonomically crated warm stones to manipulate the tired muscles.

### **BODY POLISHES AND SCRUBS**

All polishes and scrubs are done using the best of therapists and materials.

- Hand and Body Care Sugar and Tamarind Sparkling Body Polish 30 Minutes
- Hydrating Sea Salt Crystal Rose Bath Scrub 30 Minutes
- Marigold and Basil Sand Scrub 30 Minutes





**THE LEELA**

KOVALAM

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