



THE NATTIKA BEACH  
AYURVEDA RESORT

## About 'The Nattika Beach Ayurveda Resort'

The Nattika Beach Ayurveda Resort was opened in 2009 as an exclusive resort offering the ultimate in relaxation and seclusion from the hustle and bustle of city life. The green leaf certified Ayurveda resort lies nestled amidst graceful coconut groves, spread over 16 acres of beautifully landscaped beachside gardens. Set on the breathtakingly beautiful and serene Nattika beach in Thrissur, Kerala - the place is a haven for Ayurveda & Yoga holiday makers. The integration of our Ayurveda centre 'Swastha' which was launched in October 2010, quickly became well known for the authentic treatments and for the individual care extended by our medical team. Vedic way of wellness in all its purity can be explored here at the Ayurveda centre. Sourced from our own certified organic farm comes pesticide free, nutrient balanced food produces that at the kitchens turn to great flavours prepared by our Ayurveda culinary experts. In addition to the mesmerizingly beautiful surroundings, you would find all luxury comforts, delicious dining, and a host of enjoyable activities.

The Nattika Beach Ayurveda Resort is located on the shores of one of the most beautiful beaches in Kerala. Accommodation includes 52 villas built in traditional architecture and comes in four categories which are Superior Deluxe villas, Deluxe Villas, Deluxe Twin villas and Twin villas. All villas have separate verandah. Resort's villa facilities include Air conditioner, mini refrigerator, telephone, television, electronic safe lockers, tea/coffee maker, hair dryer and 24 hours running hot and cold water.

The Ayurveda Treatment Program is held under the personal guidance of our Ayurveda Doctors at all stages. Further our guests are encouraged to normally stay for a period of 14 days or more in order to be able to fully immerse the senses to the Ayurvedic Lifestyle. Ayurveda massages are also offered to the guests. Professional therapists supervise the comprehensive massage therapies our experienced Yoga masters lead the yoga sessions at the Yoga center.

Our restaurant 'Vapika' serves organic Ayurvedic vegetarian cuisine. Our exquisite Ayurveda Buffet menu at Nattika have perfected the age old Ayurvedic recipes and one also get a chance to learn them at our live cooking demonstrations every week. To experience the true sense of Kerala classical music and traditional arts sessions are also conducted at our restaurant.

The Ayurvedic medicines play a vital role in your treatment; hence we ensure that the oils and medicines are sourced organically. Thus we have an inbuilt oil manufacturing unit which produces around 22 different types of organic oils under the brand name "Nattika Life". These organic oils extracted from the forest herbs without the employment of chemically-formulated fertilizers, growth stimulants, antibiotic or pesticides are processed in our resort factory under the expertise of Ayurveda 'Vaidyas' following the ancient traditional methods.

An environment of peace and a relaxed state of mind is promoted here and hence most of our guests spend time reading their favourite books on one of the beach beds either at the beach or the swimming pool after experiencing an Ayurvedic Massage or Yoga Session. Keeping up with our Ayurveda philosophy we are an Alcohol Free Ayurveda Resort. The resort also offers services like Doctor on call, taxi service and telephone with international direct dialling facility in each room, internet, fax, classical instrumental music on weekends, Foreign exchange facility and back water cruise in houseboats. Sightseeing trips to local places of interest as well as other major tourist centers are also done on request.



# Group Details – A Brief Timeline

**1980** – KC Mathew and Sons – Timber Merchants – The original business of the group is the import of Premium woods from all around the world.

**1996** - The group's first resort property 'Coconut Bay Beach Resort' was founded by our group chairman & Managing director Mr. Ranjit Mathew. 'Coconut Bay Beach Resort' is a Green Leaf certified 100 % European client-base Ayurveda luxury retreat, A beachside retreat with 22 luxurious villas and 5 beach rooms . German travel forum 'Holiday check' 5 star certified based on European Travellers reviews.

**2009** - The Nattika Beach Ayurveda Resort, Thrissur, Kerala opened in December 2009. Green Leaf certified 100 % European client base Ayurveda luxury retreat, A beach side Ayurveda resort built in 16 acres of land with 52 villas. German travel forum 'Holiday check' 5 star certified for best sustainable practises and consistently rated high by European travellers. Recipient of TripAdvisor's 'Travellers Choice' for 5 consecutive years 2014, 2015, 2016, 2017 & 2018, TripAdvisor-Hall of fame recognition -2018. The resort was listed under Top 25 Hotels for Service-India By TripAdvisor in 2018

**2017** – Relaunch of Safire Residency – A 19 room Budget hotel near the Trivandrum Railway Station. Clean and Crisp Service Provider, has already gotten 1000 reviews on booking.com with an average score of 8.6

**2018** – Nattika Life Oil Production Facility- In a huge step towards complete self-sustainability in all aspects of our Ayurvedic experience, we are proud to announce the foundation of our 'Nattika Life'. A dedicated in house 1500 sq. foot space has been setup for the production of our own Thaila's and Medicated Oils. Currently we are producing around 22 different Ayurvedic Oils with a monthly output of more than 1000 Litres.

By setting up our own Ayurvedic Oil production facility we have dramatically improved the efficacy of the Ayurveda Treatments for our guests. The Best and most Natural ingredients are sourced for all oil preparations and along with daily inputs from our team of Doctors and Two Well-known Ayurvedic Vaidya's - that are engaged full time in the production of our own Ayurveda Oils.

**2019** – An iconic hotel property by the beach 'Hotel Rockholm'.Kovalam, Kerala. Rockholm traces its origins to the early 1980's when it was first built as seaside hotel. Almost 40 years later, it has now been brought into the future with a comprehensive renovation that has preserved the essence and spirit of the original design. The Hotel focus on creating a luxurious setting integrated seamlessly into a sustainable beach experience. Launched in November 2019.

**2020** - The group has another Iconic Beachside Ayurveda Resort Project and another international project in the pipeline which is slated to launch by end of 2022.



**COCONUT BAY  
BEACH RESORT**



THE NATTIKA BEACH  
AYURVEDA RESORT



SAFIRE  
RESIDENCY



NATTIKA LIFE  
AN AYURVEDA HERBAL OIL COMPANY



ROCKHOLM  
AT THE LIGHT HOUSE BEACH



# THE NATTIKA BEACH

## AYURVEDA RESORT

### Why Work with Our Group?

1. All Team members are eligible for an increment every six months. Robust Appraisal system to determine the increment amount.
2. We have a common tipping system and all team members are eligible for Tips. Tips are distributed frequently to all team members.
3. Team Members are provided with free food and accommodation. Food menu on cyclic basis with chef's special on certain days. Weekly thrice non-vegetarian food for both lunch and dinner. South Indian breakfast.
4. Team Members who have worked over one year and who get newly married are given cash gift after the marriage.
5. We will provide a safe and dynamic working environment for you to learn and grow. Discipline is the corner stone principle of our company.
6. Opportunity to work in new projects – pre-opening team - launched by the group.





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**THE NATTIKA BEACH**  
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THRISSUR, KERALA

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**SAFIRE**  
RESIDENCY

TRIVANDRUM, KERALA

A 19 room Budget hotel near the Trivandrum Railway Station. Clean and Crisp Service Provider, has already gotten 1000 reviews on booking.com with an average score of 8.6

  
**NATTIKA LIFE**  
AN AYURVEDA HERBAL & OIL COMPANY

THRISSUR, KERALA

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**ROCKHOLM**  
AT THE LIGHT HOUSE BEACH

KOVALAM, KERALA

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# ROCKHOLM

AT THE LIGHT HOUSE BEACH



  
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**SAFIRE**  
RESIDENCY

  
**NATTIKA LIFE**  
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