



THE NATTIKA BEACH

AYURVEDA RESORT

PRE-ARRIVAL CHECKLIST

Ayurveda is a holistic science,
so it's important to prepare your body and mind for the treatment.
We have listed a few tips to help you be ready for your healing.

Dietary Preparations

Refrain from Non-vegetarian food, beverages like coffee and tea it is advisable to reduce or stop these before coming for treatment for about 12 days prior. This will reduce the physical and mental stress in starting the treatments.

We do not permit alcohol consumption and smoking in the resort.

If you are allergic to any substance or food, please inform the doctor and also carry relevant antidote if any.

Weather and Clothing

Since the climate in Kerala is hot and humid almost throughout the year, it is advisable to get cotton clothes made of thin and airy material which are loose fitting. The above clothing is recommended for the months from **October to May**, which is a peak season for us.

June to October is considered the rainy season and it is best to wear clothes that you can dry up easily. Also we do provide umbrellas in the room. It is advised to wear open slippers or sandals which are airy and with tying facility near the ankles. For both dry and rainy season, it is good to have hats.

You could wear comfortable and loose clothing for yoga & meditation classes and beach wear for pool/beach.

On the first day after doctor's consultation, you will be provided with an organic Cotton bag gown and disposable undergarments before the treatment. Fresh Gown undergarments will be provided on daily basis

Guest are requested to wear adequate clothing when they use public areas: such as the beach, restaurant, reception, lounges etc. It is forbidden to visit the restaurant or the reception in swimwear, in a pair of swimsuits, without shorts or pants.

If you wish to not travel outside the resort, we recommend that you pack light, as you will not enquire many clothes. Carrying swimwear and a light shawl is advisable.

Doctors Consultation & Treatment

We recommend you to carry your relevant medical reports for the first consultation also carry enough quantity of medicines if you are on any medication.

Your individual Treatment plans are made by the doctors after proper deliberations we ask you to please cooperate, as it will assist in providing better results.

At Nattika, the diagnosis is done using AshtasthanaPareeksha (Eight step Diagnosis) and not by NadiPariksha (Pulse diagnosis)

In case of suspected diagnosis of any infectious diseases, our Ayurveda doctors may ask you to conduct the relevant tests after your arrival.

Our Ayurveda doctors will be happy to offer advice and suggestions on your concerns For any assistance you can write on to our dedicated email ayurveda@thenattikabeach.com

Staying Connected

With the Government of India tightening regulations on the sale of prepaid mobile SIM cards to foreigners, one can only get a sim card from the airport. Vodafone & BSNL are good options in terms of network coverage at our resort

The electrical supply for the plug points at our resort is 220/240V and 50Hz. Carry the appropriate “round pin” electric connectors similar to European ones or a multi pin travel adaptor.

Please make sure to carry a valid visa which should be in accordance to your arrival & departure date in India.

Tipping

Quality service is customarily acknowledged at our resort by gratuity (Tipping) which is purely made at your discretion.

If you wish to provide a tip to our team kindly use the Tipping Boxes provided, please note that we have a centralized tipping system to ensure that the tips are distributed among all team members.

We exchange foreign currency at the resort, alternatively you can use Foreign Currency for tipping the staff as well.

Laundry Package

We provide a special laundry service package for your entire stay. If you would like to avail it prior to arrival, please let us know. Under this package, the laundry pick up will be done on a daily basis at your requested time.

Laundry package (Unlimited Washing & Pressing) - Only for 7 days & above

50 euro – 7 days

65 euro – 14 days

80 euro – 21 days

