



THE NATTIKA BEACH  
AYURVEDA RESORT

# INFORMATION GUIDE





# THE NATTIKA BEACH

Dear Guest,

We warmly welcome you to The Nattika Beach Ayurveda Resort. It is our pleasure to have you in our Ayurveda Resort. Our aim is for your stay to be a Holistic and Healing Experience through the medium of Ayurveda. We hope you will have an unforgettable time in our paradise.

Ayurveda is the core of our philosophy. Our Ayurveda treatments and the tailor-made Ayurveda vegetarian buffet are based on this. Please read this book thoroughly to help you be informed about all that we have to offer to you.

During your stay we hope that the Comfortable Rooms, Open Gardens, Friendly Staff, Delicious Food and the expansive Nattika Beach invites you to dream and relax.

Wishing you a warm welcome.

Team Nattika





# GEOGRAPHIC INFORMATION

To give you a clear idea on which part of the world you are located we've compiled some information for you.

Kerala is in the southwest of India, located on the Malabar Coast. The state has an area of 38,863 km (15,005 sq. mi) and is bordered by Karnataka to the north and northeast, Tamil Nadu to the east and south, and the Arabian Sea on the west. Thiruvananthapuram is the state capital. Kochi and Kozhikode are other major cities that are worth a visit.

The Nattika Beach Resort is in Nattika Panchayat in Thrissur district in Central Kerala. The Resort is 60 km away from the Cochin International Airport.

Not far away from the resort there is Triprayar, situated in the middle between Kodungallur-Guruvayoor-Ernakulam Highway (NH17). Triprayar is a small town, where you can do shopping or watch the hustle and bustle of India.

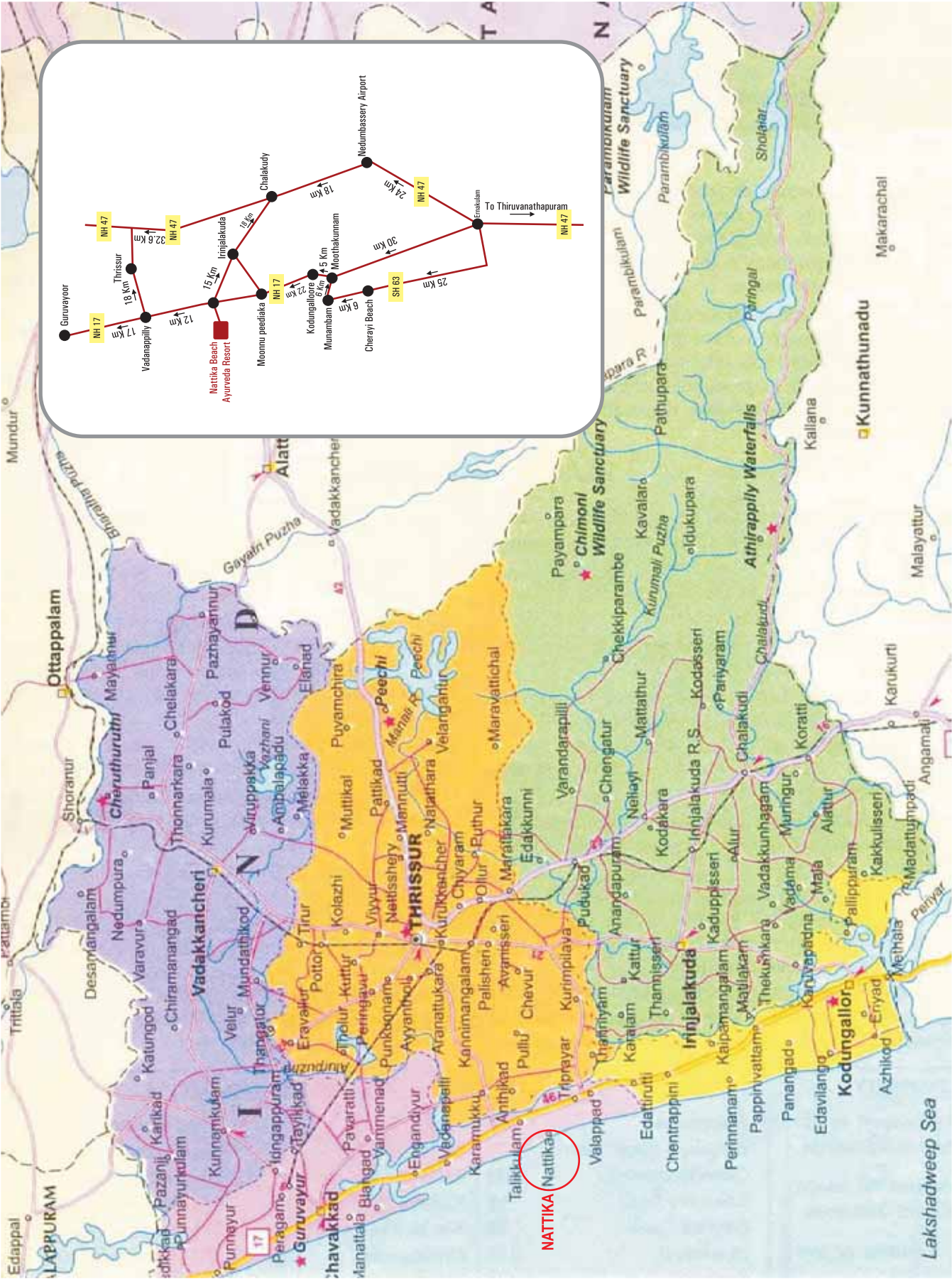
With 120-140 rainy days per year, Kerala has a wet and maritime tropical climate that is influenced by the seasonal heavy rains of the southwest summer monsoon from June to August.

The daily temperatures range between 19.8 °C to 36.7 °C.











RESORT LAYOUT | RESORT ANLAGE





# AYURVEDA CENTER LAYOUT





# ROOMS AT NATTIKA

Our traditional Kerala style Villas come in five categories



**Superior Deluxe Villa**  
(101 - 104)



**Deluxe Villa**  
(201 - 210)



**Deluxe Twin Villa-Front  
Row Direct** (323 - 330)



**Deluxe Twin Villa**  
(311 - 314) (317 - 338)



**Twin Villa**  
(301 - 310) (315 - 316)

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All our villas are equipped with air conditioning and fans.  
Standard features include Mini-Fridge, TV, Direct dial telephone and Sun loungers.





Every day our yoga masters conduct several yoga sessions in the open yoga hall.

#### MEDITATION SESSIONS

We invite you to achieve complete rest. Meditation regulates the imbalance in physical body, mind and soul. Then we will get an idea about life management.

#### WELLNESS SESSIONS

We invite those who are not familiar with asanas and pranayamas to attend these sessions.

#### PROGRESSIVE SESSIONS

We invite those who are experienced in asanas and pranayamas to attend sessions.

- Session 1 - 06:00AM to 06:30AM – Meditation (30 minutes)
- Session 2 - 06:30AM to 07:30AM – Progressive Yoga Session (60 minutes)
- Session 3 - 07:45AM to 08:45AM – Wellness Yoga Session (60 minutes)
- Session 4 - 10:30AM to 11:30PM – Yoganidra, Interactive Session and Yoga Lecture
- Session 5 - 04:30PM to 05:30PM – Wellness Yoga Session (60 minutes)
- Session 6 - 05:30PM to 06:00PM – Meditation, Mantra Chanting and Pranayama

There will not be any session on Sundays from 05:30PM to 06:00PM.  
Please remember to carry your pool towel with you while coming for yoga sessions.

\*Dress: Comfortable clothing.

Please note that it is mandatory to consult with the yoga master before starting your yoga program so that the master can guide you to choose the most favorable sessions. Your consultation will be done based on the medical report received from your consultant physician. As per your convenience, you can directly walk-in for consultation at the yoga hall anytime from (morning) 10:00 am to 10:30 am & evening. 04:00 pm to 04:30 pm





- » Our Ayurveda restaurant offers a completely Vegetarian Ayurvedic Buffet. The buffet has been prepared keeping in mind the Ayurvedic Diet Principles by our Executive Chef Joshy and our In-house Dietician Dr. Nitha.
- » Restaurant timings are as follows:
  - ▶ 07.00 am till 10.00 am for breakfast
  - ▶ 12.00 pm till 03.00 pm for lunch
  - ▶ 06.45 pm till 09.45 pm for dinner.
- » Tandoori dishes are available from 7 pm - 9.30 pm every evening at Dinner.
- » Alcohol consumption is not recommended in Ayurveda concept, hence Alcohol is neither served in the restaurant nor in the resort premises.
- » Every Tuesday and Friday there is a live cooking demonstration on Ayurvedic and Indian cuisine with our chef and dietician to which we cordially invite you.
- » Indian Spices are available for sale, please ask our restaurant team for more information.

**Following items are included in your package during your stay:**

Breakfast, Lunch and Dinner – Ayurvedic Buffet and Vegetarian dishes are included.

Tender Coconut, Tea and Fruit juices during the meal periods only.

Herbal tea & Herbal water may be ordered at any time of your choice.





# LIVING A HEALTHY AYURVEDA DIET

Dear Guest,

During your Ayurveda Cure we aim to provide you with an Ayurveda Diet that is fully in line with the Ayurveda Principles.

Below is a list of essential points that would help you to select the right food for you from our Ayurveda Buffet at Vapika.

## **Fruits and Fruit Juices**

Fruits and Fruit Juices should not be consumed during your meal time. We recommend you to have cooked fruits for Breakfast, Lunch and Dinner. You can consume Fruits and Fruit Juices, at least one hour before / after your Breakfast and Lunch. Consumption of fruits and fruits Juices after the Dinner is not at all recommended.

## **Yogurt, Lassi and Raitha**

Do not consume these heavy milk products in the Morning and

Evening. You may do so for Lunch. We encourage you to have buttermilk instead of Yogurt, Lassi or Raitha.

## **Raw Vegetables / Salads**

You can consume raw vegetables / salads contain raw vegetables only during the lunch time. It is preferable to have cooked vegetables and steamed vegetables for Dinner. It will be helpful for a healthy digestion. It is not recommended to have salads contain raw vegetables and dairy products during dinner.

## **Coffee**

We do not recommend coffee when you are in Ayurveda treatment. It will contradict the benefits of rejuvenation and detoxification.

You may notice that in our Ayurveda Buffet spread, some of these items may be present.

These are available in the buffet because the special dietary recommendations may vary for each individual.

Always remember life is full of choices and we encourage you to make the right dietary choices by following our guidelines for an effective Ayurveda Cure.







## WHAT IS AYURVEDA ?

The term Ayurveda is composed of two words: Ayus (Life) and Veda (Knowledge/ Science). Translated literally means the Knowledge of life. The Ayurvedic science of healing arose about 5000 years ago.

It is supposed that Ayurveda was created by the hindu god 'Brahma' - the creator of the universe and everything in it with a vision for the well being and health of all living things.

Ayurveda is believed to be the oldest health system of mankind and was transmitted orally from generation to generation at first. Later they decided to hold on the acquired findings in ancient writings called Veda. Vedas are the first scientific texts known to mankind. Ayurveda is considered as the subtext of 'Atharva veda'.

## VISION OF AYURVEDA

Ayurveda envisage the attainment of the best in all aspects of life - which are dharma, artha, kaama and moksha meaning to live ethically and integrally (dharma), attaining wealth in a virtuous manner (artha), having righteous desires and fulfilling it morally (kaama), and finally attaining the eternal salvation (moksha) through the previous steps.

Health of the body and mind is essential for fulfilling the above described life's duties or aims and for attaining health, we have to follow the principles of Ayurveda.



# WELCOME TO THE NATTIKA BEACH AYURVEDA CENTER

## ■ BRIEF HISTORY

Within a short span of opening the Ayurveda Center in October 2010, The Nattika Beach Ayurveda Center has become well known for the authentic treatments we offer and the individual care extended by our medical team consisting of expert doctors and therapists.

The Ayurveda department is lead by a team of qualified doctors under chief physician Dr. Hema. There are female and male Ayurvedic therapists who are well versed in Ayurveda, kalari and reflex massage techniques with good work experience in the field. Furthermore our Service includes a German translator and a dietician who permanently work in our Center.

Our Ayurvedic Center is built in such a way allowing abundance of natural light and fresh air and it consists of treatment rooms, steam bath chamber rooms, doctor's consultation rooms, Ayurveda store, pharmacy, lounge and lobby for guests. The treatment rooms have a unique design and lot of space allowing ambient light and air without compromising on privacy. All the treatment tables (pathy) are made of wood and dimensions as prescribed in traditional Ayurvedic classics.

## TREATMENT PROGRAM INSIGHT

The treatment program for each guest is unique and designed strictly by the doctors only after considering the imbalance of doshas, body constitution, presenting complaints etc. Treatments are given in a view to cure the basic problems underlying the presenting complaints. The genuineness of treatments and the authenticity of the treatment plan as prescribed in classic Ayurveda texts are never compromised.

The medicines used for treatment are the best available from manufacturers who comply GMP and ISO norms. Traditional preparations as well as new Ayurvedic therapeutic forms like capsules and extracts are used.

For proper assessment and treatment diagnosis, it is important to disclose information about your complaints since childhood, medical reports and history, personal information, habits and indulgences, nature, preferences etc. Only the information which doctors feel necessary for drawing up prakriti (constitution) and vikriti (imbalance) are sought and all patient data is kept private and confidential.

The treatment is accompanied by a diet plan suiting the constitution, complaints and treatments done. The treatment, diet plan, medicines for regular treatment and consultation will be informed to the guests. The diet recommendations will be given to the restaurant also. However, changes can happen to the treatment program depending on the progress and conditions during the course. Some activities have to be restricted during some therapies, which also will be informed by the doctor.

Yoga asanas are also chosen according to individual needs after discussions with the doctors and yoga masters.

Treatment time and consultation time are fixed on a daily basis.



### Green Leaf Certification by Govt. of Kerala



Green Leaf - A classification of Ayurveda Centers that possess highest degree of quality and service, by the Govt. of Kerala.





The Nattika Beach Ayurveda Resort is now NABH accredited, the highest recognition in the healthcare industry. National Accreditation Board for Hospitals & Healthcare Providers (NABH) is a constituent board of Quality Council of India (QCI), set up to establish and operate accreditation programme for healthcare organizations.

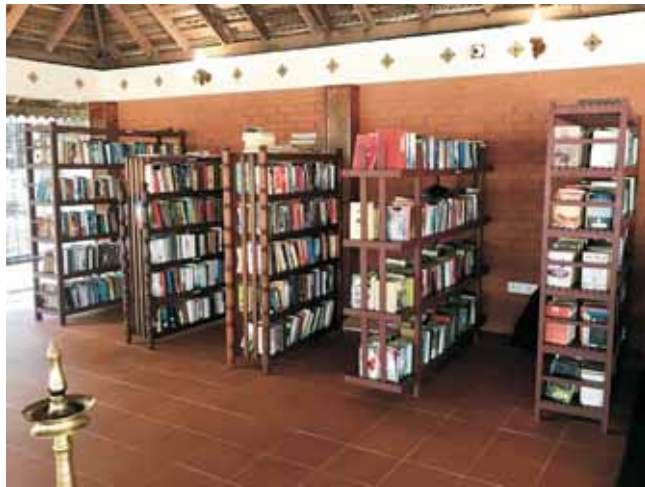
NABH is an institutional member of International Society for Quality in Health Care (ISQua) as well as member of its Board and Accreditation Council. NABH standards for hospitals has been accredited by ISQua. The accreditation of NABH standard for hospitals authenticates that NABH standards are in consonance with the global benchmarks set by ISQua and thus hospitals accredited by NABH will have international recognition.

International Society for Quality in Health Care (ISQua) is an international body which grants approval to Accreditation Bodies in the area of healthcare as mark of equivalence of accreditation programme of member countries.

NABH is also one of the founder members of newly emerging Asian Society for Quality in Healthcare (ASQua). This initiative is to strengthen the Asian representation at international level and improve the quality structure in healthcare.







## RENOVATION AND REDESIGN OF YOGA HALL



The moksha Yoga Hall comes in a traditional yet highly functional design, effortlessly combining natural materials with ecology. The roof is made out of dry bound palm leaves all lovingly integrated in the stunning natural surroundings. The flooring which is done with the natural Terracotta tiles and the pillars draped in woven bamboo is a masterpiece of precision craftsmanship, imparting the structural harmony of the hall. The space is opened into a high ceiling to breathe and is open sided from three sides allowing abundant natural light and sea breeze.

The Moksha hall also comes with an inbuilt library comprising of the books in German, English and Russian languages.





## Beach Lounges **Ananda** and **Vishrama**

We have named our beach lounge 'Ananda' which as per the Vedas means 'eternal bliss'. We have given this name since we believe that it will be a space for our guests to imbibe joy and happiness. This lounge is intended for the recreational purposes in order to keep one's mind healthy and active. While participating in a game, there is always a good amount of laughter. Laughing together and having fun will always keep one happy and healthy.

The twin Lounge 'Vishrama' which as per the Vedas means 'Relaxation' is intended as a place for de-stressing the mind and body. Conceptualized in a design to let the maximum ocean breeze flow-in, Vishrama provides a comfortable beach side setting for an amazing picturesque of the pine forest and the Arabian sea where our guests can read their favorite novels or browse the internet.

Panamanian Teak Wood, Purple Heart and a Pincoda Timber have been used to re-design these two spectacular Lounges by the Beach.

The exquisite artisan tiles that are used in our lounge supporting beams are inspired from the Mediterranean tile style of design. The intricate floral geometric pattern are hand-painted using the technique 'CuerdaSeca' (technique of applying colored glazes to ceramic surfaces) which makes it unique and special.







**NATTIKA LIFE**

AN AYURVEDA HERBAL & OIL COMPANY

In a huge step towards complete self-sustainability in all aspects of our Ayurvedic experience, we are proud to announce the foundation of 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 Liters.

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, we have Two Well-known Ayurvedic Vaidya's - Vaidyar Sasi and Vaidyar Mohanan, along with two assistants that are engaged full time in the production of our own Ayurveda Oils.

Guest also have the option of taking home both 500 ml and 250 ml glass bottles packed and sealed Nattika Life Ayurvedic Oils, currently available in our Souvenir shop and Ayurveda Pharmacy.

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A well guided trip to the Organic Garden and The Nattika Life Ayurveda oil manufacturing unit will be organized for our guest's every Monday's at 11 am. and every Friday's 3 pm. Please contact the reception to make a booking.





## NIRAMAYA SOUVENIR SHOP

Niramaya Is a perfect shopping destination for our guests within the resort premises who are seeking for an extensive range of traditional artisan crafts, antique collections, Books, traditional shawls and a vast range of Ayurveda beauty and wellness products.

### Bicycles

You have the opportunity to explore the area on bicycles. You will find them in front of the reception and they are free of charge.

### Library

The library is located in the yoga hall. Here you can find a selection of almost 3000 books of several languages mainly English, German and Russian.

### Newspaper

The daily newspapers are kept at the reception and on request we bring them to your room.

### Currency Exchange Service

See the information board at the front desk for current exchange rates. You can exchange Euros, British Pounds, U.S. Dollars and Swiss Francs between 09:00 hrs and 18:00 hrs. For sums exceeding Rs 14,000/- please inform reception a day prior.

### Post Cards and Stamps, Postage

Choose from a variety of Postcards to send greetings to your loved ones back home.

We will post your postcards and letters through the post office. Please give them to the reception or shop. For larger mailings we will arrange a courier service which will be charged accordingly.

### Swimming Pool

Our swimming pool is equipped with in built jacuzzi and is open every day from 7 am. to 7 pm. Kindly contact the reception if you wish to use the jacuzzi. Please wear appropriate swim wear.

### Beach beds and Hammocks

The beach beds and hammocks invite you for relaxing.



### Sea Kayaks

The kayaks you will find on the beach. Please note that the use of sea kayaks is at your own risk. Always wear the life jacket. Kindly read the warning board placed on the beach.

### Mosquito Control

During the evening time, we do a natural fogging of the entire resort and the rooms. The smoke from the Frankincense helps to repel the mosquitoes.

We also provide mosquito nets for the beds on request.







# THE NATTIKA BEACH

## AYURVEDA RESORT

During the last 5 months, all of us here at Nattika have been busy at work. We are well prepared for your arrival after a through renovation of all of our Superior Deluxe Villas as well The Swimming Pool.

The renovations have been done keeping in mind various feedbacks over the years from our guests. The living spaces as well as the pool are now ergonomically friendly and very comfortable to relax.

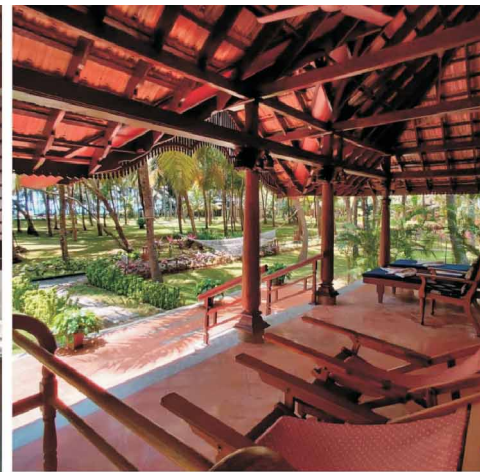
We invite you to share these special changes with us on your next visit here

### UPGRADED FEATURES

- Complete Italian Mosaic Tiling.
- 8 Seater Jacuzzi.
- Anti Skid Patio.
- Innovative Bridge Elevation for preventing the birds from dipping into the waters.
- Fresh and Improved Landscaping.
- Improved Flooring - Anti Slip & More Grip areas in the Veranda, Bedroom and Bathroom.
- Larger Cupboard Space and larger Mirrors.
- Improved Mood Lighting.
- Fully Renovated Bathroom.
- Artisan Works-Handcrafted 'Cuerda Seca' Tiling.



Superior Deluxe Villas







## NATTIKA COACHING CENTRE & TENNIS ACADEMY

We conduct free tennis training session for the underprivileged kids from the nearby areas and local villages to encourage them engage in a meaningful free time activity that promotes both physical and mental fitness. This training session is conducted in our resort tennis court by a professional tennis instructor. Our guests are also invited to participate in the training session. By this training session, we aim to spread happiness and Joy as well as promoting the daily exercise to stay healthy and vital. On the other side, our guests are able to interact with some local kids and let their inner child go loose leading to an overall psychological wellbeing.



## NATTIKA ORGANIC FARM

The Nattika beach Ayurveda resort organic farm offer the resort kitchen a host of fresh vegetables and fruits which are used for some of our delicious dishes in the Vapika restaurant.

Amidst our lovely little farm, you will find yourself some freshly grown vegetables and fruits, all organic, pure and more....

## YOGA APPARELS AND ACCESSORIES



Experience our eco-friendly & traditional yoga apparels for men and women designed in organic cotton which will facilitate your movement while performing the asanas and make you feel comfortable. Our sustainable yoga wear is designed to fit all body types.

Also we have introduced 108 Rudraksha beads certified Japamala, of which could be used for the Japa meditation practise. The beads are used for counting in meditation, through which one can experience tranquillity, peace of mind, focus and concentration.

The apparels and Japamala is now available for sale at our souvenir shop.

### **New Initiative undertaken to reduce the impact of plastic bottles on the environment**

With an initiative to reduce the impact of plastic bottles on the environment, the Nattika beach resort has introduced a very innovative way of providing purified drinking water for guests in recycled glass bottles at the restaurant. This Initiative undertaken by the resort management to eliminate the need of disposing off the plastic water bottles and switching onto the returnable and reusable glass bottles has widely been appreciated by the guests.





## NAIL ARTS & MEHNDI

Enjoy the feeling of being trendy and make fashion statements with your hands itself as we treat you to a range of our exotic nail art designs and nail embellishments. Have your nails designed and painted to perfection during your Ayurveda holiday

Mehndi or mehendi is a form of body art from Ancient India, in which decorative designs are created on a person's body, using a paste, created from the powdered dry leaves of the henna plant (*Lawsonia inermis*). Ancient in origin, mehndi is still a popular form of body art among the women of the Indian Subcontinent

Feel the unique cultural experience with our exclusive Mehndi designs. The dye may fade, but the memory will last long after.

Please contact the shop executive or reception to make an appointment for the above services. We request you to plan an appointment at-least two days prior depending on the availability of slot for the beautician.

(Note: These services are only meant for female guests)



## TRAVEL BOOK

We have made a comprehensive compilation of a range of wonderful destinations in a distance proximity of which can be covered in a days time or less from Nattika. The Travel Book is available in the Reception, Restaurant and in the Beach Lounge. You will also find a summarized version of the trips in your room.





## “NAMASTE”

### Practise the Indian way of wishing each other

We treat our guests with utmost respect and hospitality: Atithi Devo Bhavah (English: 'The guest is God') is a motto that we follow with utmost dedication and compassion. So, wishing or greeting each other in our resort is considered a virtue.

Our resort believes in the ancient and traditional form of greeting - 'the namaste'. To perform a proper namaste, one should hold his or her palms together, with the fingertips at chin, level and nod rather than bow and say “Namaste”. “Namaste” literally means 'I bow to thee' or “I honor the divinity within you.” The gesture is a sign of respect and is used by men and women when meeting members of the same or opposite sex.

We urge you to follow the same principles during your stay with us.

## GRATUITY (Tipping Policies)

Quality service is customarily acknowledged at our resort by gratuity which should be purely made at One's Discretion. The below information will give a better clarification about our tipping policies

We have two Separate Tipping Points at our resort

1. Ayurveda Tipping Box you could find at the Ayurveda Centre
2. Resort Tipping Box's you could find at the Reception and in the Restaurant

### AYURVEDA TIP BOX

If any guests wish to tip a particular therapist or a doctor, they could simply put the desired amount inside a sealed envelope with the name of the therapist or the doctor and drop it inside the tip box kept at the Ayurveda centre.

If any guests wish to commonly tip the staff in Ayurveda, they could simply drop the enclosed amount in the tip box

### RESORT TIP BOX'S (Reception and Restaurant)

We believe in the team work and therefore the tips put into either of these boxes will be shared among everyone (which includes the staff in the Restaurant, Yoga, Reception, Drivers, Gardeners, Housekeeping, Security, Back Office Team and all other Team Members). These tips are shared based on the Tip eligibility criteria entitled for each staff fairly decided by the resort management.

Ayurveda Therapists and Doctors are excluded from this as they have their own Tip box in the Ayurveda Centre as mentioned above.

**The guests are requested not to tip the resort staff individually.**

## ETIQUETTES TO BE FOLLOWED IN ALL PUBLIC AREAS – (Reception, Restaurant & Beach lounge)

Guests are allowed to use their electronic gadgets in reception and the lounges but at the same time it is important for our guests to preserve the resort in its pristine peace and tranquility. So kindly ensure that these privileges are not made at the cost of convenience of other guests. Loud video calls or playing music over cell phones or laptops are not permitted in any public places. Please make use of the business Centre in the lobby to make any private conference calls.

We welcome diversity and value the traditions and cultures of every guest. According to the cultural etiquettes of India and other few subcontinental nations, keeping the legs over the table & chair is often considered ill-mannered and unhygienic. So please refrain from doing it in the public places, like lobby, restaurant and the beach lounge.

Guests 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.

## SAFETY TIP

Guests who wish to go for long walks on the extensive Nattika Beach are advised to go in company.

If guests are unable to find other guests to accompany them, please contact reception and we will arrange a staff member.

Also when you are outside the resort premises, we would recommend appropriate clothing which is in accordance with the Indian sensitivities.

Kindly contact reception, for any further assistance.

## NO - SMOKING & NO - ALCOHOL

Ayurveda advocates a lifestyle free from alcohol and smoking. So till the time you stay at our resort and even after that if possible, please adhere to the healthy habit of leading a tobacco and alcohol free life.





## ECO-FRIENDLY PLANTABLE PENS

As part of our endeavours to contribute meaningfully in conservation and environmental protection, we are proud to launch our company labelled Eco-friendly pens. These recycled paper pens, a great alternative to plastic ballpoint pens, don't just address the plastic menace but also contain seeds that can grow into herbal plants.

Once a pen has been used up, it can be directly buried in our garden pot and the herbal seeds will get sprouted from its bottom.

These eco-friendly pens achieve up- cycling of paper, plastic waste reduction and herbal plantation. The pens comes loaded with 5 different variety of seeds - Spinach, coriander, fenugreek, mustard & basil and can be used for your home garden or as container garden décor.

The Eco-friendly plantable pen is now available for purchase from our Niramaya souvenir shop

# BICYCLE RIDE ACTIVITY



With biking activity, cover up areas in and around the resort. Cycle through the countryside of Nattika beach and explore the vivid flora and fauna present, enjoy the refreshing surroundings rich with nature's unspoiled beauty. An India which is rustic, 'pollution free', serene and charming. In fact there is no better way to discover our tiny hamlet.

To ensure the safety and comfort of our guest, a well-trained guide will accompany him/her always. With the use of protective gears and by abiding the guide's instructions carefully, the biking activity will be exciting and fun-filled.

**The Group Bicycle Ride activity will be held on every Sundays and the total distance covered will be 10kms. Please contact the reception to book for the activity and get a bicycle with a safety gear and the route map.**





# TRIPRAYAR (The nearest town of the resort)

Tripprayar, is a small town only 5 km away from Nattika. It is a cultural and traditional locality. If you want to do some shopping without having to travel lot, then it is the right place for you.

We have compiled a list of shops for your convenience.

- ▶ Y Mall (Shopping arcade)
- ▶ Margin free super Market (Food & daily items)
- ▶ Ishara Gold & Diamonds (Jewelleries)
- ▶ Kalpaka silks (Textiles)
- ▶ Beauty Silks (Textiles)
- ▶ White leaf (Textile)
- ▶ la Beaute (Unisex Salon & Spa)
- ▶ Lens & Frames (Specs & Lenses)
- ▶ Optik Centre (Specs & Lenses)
- ▶ Leela Optics (Specs & Lenses)
- ▶ Metro shoes (Footwear's & Bags)
- ▶ Royal Tailor (Tailoring services)



## Places to visit

### Tripprayar Sree Rama Temple

Tripprayar Temple is one of the important temples dedicated to Lord Rama. The temple is situated on the bank of river Theevra. The idol is that of a four-armed Vishnu (Chaturbhuj Vishnu) bearing Panchajanya, Sudarsana, a bow and a garland respectively. The deity is said to contain aspects of Brhama and Shiva too, making it into a Trimurthi. Tripprayar temple is rich in wood carvings. The circular sanctum has several sculptural representations of scenes from the Ramayana with a dynamic and lively vitality of design and form a lavish decoration and an integral part of the architectural edifice of the temple. Its walls are decorated with beautiful mural paintings. The namaskaramandapa, which is copper-plated, is profusely sculptured -having 24 panels of woodcarvings representing navagrahas.

(Non-Hindus are not allowed inside the sanctum. One can do some souvenir shopping from outside the temple premises)

### TukTuk Services

The TukTuks are the most convenient option to reach Tripprayar. Please contact the reception to hire the outside local Tuktuks. The TukTuks drivers are well aware of these above locations and they will guide you through each of these shopping destinations.

The charges for the trip will be in the range of Rs. 300-400, which includes picking up the guests from the resort, dropping them to the desired locations, waiting for an hour and bringing them back to the resort. Every additional hour will be charged Rs. 100.

### The amount should be paid directly to the TukTuk driver.

Please note- We will try our best to hire the best local TukTuk drivers to take you around the city but that is purely subject to availability. The bookings can be made 15 mins before your scheduled time. Since the TukTuks are all arranged from outside, the resort management holds no accountability for any untoward experiences during the trip.





# DAILY ACTIVITIES FOR OUR GUESTS

## MONDAY

### Herbal garden visit at 4 pm.

Our Ayurveda doctor will take you around the herbal garden at the Ayurveda center for pleasure and inspiration. It's a unique interactive experience for all ages.

Oil factory and organic garden visit at 11:00 am

Live demonstration of medicinal oil making and visit to our organic garden.



## TUESDAY

### Cooking demo class at 3 pm.

Join our talented chef for the Ayurvedic cooking demo classes at the Vapika every Tuesday. Class includes a cooking demonstration, sample of featured dish and recipe to take home.



## WEDNESDAY

### Vaidyaratnam Ayurveda Museum Trip at 02:30pm

### (Charges Rs.1000 per person).

Kerala's traditional wisdom in healthcare to a great extent is based on the principles of Ayurveda.

### Sitar Musical Concert at 7 pm.

Relish your dinner to the enchanting tunes of Sitar as the performers will leave you sublimed to the best of Indian classical ragas. The sitar musical night will be held at the Vapika restaurant on every Wednesdays starting from 7 pm onwards.



## THURSDAY

### Tea Time get together at 5 pm.

The cozy lounge by the beach side sets the ideal backdrop for a casual get together and you can mingle over a cup of tea, freshly made juices and healthy snacks.



## FRIDAY

### Chef cooking demo class at 5 pm.

Join our talented Chef at Vapika for Healthy cooking class, where he demonstrates quick and easy techniques of the healthy cooking and samples the featured dish.

### Oil factory and organic garden visit at 03:00 pm

Live demonstration of medicinal oil making and visit to our organic garden.



## SATURDAY

### Back water trip at 2:30 pm. (Charges Rs.2500 per person)

Enjoy the scenic beauty of the Kerala countryside. Lined with dense tropical greenery, it offers a glimpse into rural life style of Kerala.



### Classical Instrumental music at 7 pm.

Relax and Enjoy the Indian Instrumental music while you savor a delicious dinner at the VaPiKa.

## SUNDAY

### Ayurveda Lecture at 4:15 pm.

Our Ayurveda doctor will share information and enlighten you on the different aspects of Ayurveda in this lecture held at Lounge in the Ayurveda Center.





## NAKSHATRA VANA

NakshatraVanam literally means the forest of Stars. It is a concept of mythological garden comprising of 27 species of trees, each representing a zodiac star of Indian philosophy.

There are 27 stars and every individual has a star assigned to him/her depending on the date and time on which he/she is born. Each star represents a tree. This tree keeps giving energy to the particular person who is born during that particular star. So any ailments or health problems are present, it is believed that spending time or caring that particular tree, corresponding to their star gives relief to the person

So the presence of a complete set of 27 trees directly creates a healthy and sound physical, mental, psychological and spiritual beings; which is the ultimate and absolute bliss to oneself and to the Earth too.

An informative tour of the garden will be conducted on every Wednesdays' at 04:15 pm. Please contact the reception to make the booking.

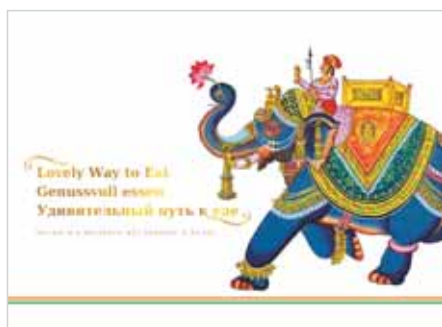
## AYURVEDA CULINARY BOOKS ON SALE



### **Sattva** by Masterchef Joshy Sebastian

After the grand launch of the culinary book, 'lovely way to eat' in 2017 our grandmaster chef, Mr. Joshy Sebastian in association with The Nattika Beach Ayurveda Resort is ready with his another edition of mouthwatering recipes. This culinary book 'Sattva' is an authentic guide of the Ayurvedic approach to food and tasty cooking. With over 50 recipes of delicious Ayurvedic cuisine, it is an easy-to-follow guide for maintaining a balanced diet and healthy lifestyle. The recipes in this book are simple, seasonal, and delicious, while bringing the

traditional foods of Ayurveda into the modern kitchen and continental style of cooking. The book uncovers the true potential of food to heal not only our bodies, but our minds too. Considering that fishes are labelled as Sattvic (yogic diet) for its relatively good medicinal values when cooked in the right method and consumed in right proportion, we have included 7 tasty and simple fish recipes in the book.



### **Lovely Way to Eat** by Chef Joshy Sebastian

After the grand success of the Ayurveda culinary book "Healthy way to eat" launched in the year 2016, our master chef Joshy Sebastian is back with another edition of lip-smacking healthy Ayurveda recipes. His latest book "lovely way to eat" which has been written in three different languages English, German & Russian gives a fresh new perspective on this ancient art of self-healing. Over 50 taste-tested recipes in this book are specifically designed to balance each constitution (Doshas), with an emphasis on simplicity, ease and sound nutrition. The book is available at shop for Rs. 1,600/-



### **Spices Book**

A new spices book has been prepared, giving a clear indication of various spices that are relevant to Ayurveda Cuisine and its benefits. Available in the shop for Rs 550/-



We have initiated an Online Ayurveda, Diet and Yoga program to constantly guide and support you throughout your wellness journey. We are now offering live Ayurveda consultations, Yoga and Cooking online sessions at a time suitable to you.

Log onto **[www.nattikalife.com](http://www.nattikalife.com)** and sign up for any of the below memberships

Joyful Genesis

€14

Every month

Beginner Program

7 day free trial

Daily Group Yoga Classes -  
Monday to Saturday

Daily Ayurveda Cooking Sessions  
- Monday to Saturday

15 Group Bookings Per Month

Abundant Life

€28

Every month

Starter Program

7 day free trial

Daily Group Yoga Classes -  
Monday to Saturday

Daily Ayurveda Cooking Sessions  
- Monday to Saturday

40 Group Bookings Per Month

Complete Bliss

€64

Every month

Intermediate Program

7 day free trial

Daily Group Yoga Classes -  
Monday to Saturday

Daily Ayurveda Cooking Sessions  
- Monday to Saturday

1 Personal Yoga Consultation  
(30 minutes)

1 Ayurveda & Diet Consultation  
(30 minutes)

42 Bookings Per Month  
(40 Group + 2 Individual)

Infinite Peace

€88

Every month

Advanced Program

7 day free trial

Daily Group Yoga Classes -  
Monday to Saturday

Daily Ayurveda Cooking Sessions -  
Monday to Saturday

2 Personal Yoga Consultations  
(30 minutes)

1 Ayurveda & Diet Consultation  
(30 minutes)

43 Bookings Per Month  
(40 Group + 3 Individual)

Gurukulam Basic

€116

Online Ayurveda

Certification Course

Valid for 3 months

Level 1 - Ayurveda Basics

12 One Hour Sessions with our  
Expert Ayurveda Team

Course Duration - 1 to 3 Months

Gurukulam Advanced

€149

Online Ayurveda

Certification Course

Valid for 3 months

Level 2 - Advanced Ayurveda

12 One Hour Sessions with our  
Expert Ayurveda Team

Course Duration - 1 to 3 Months





## BEACH SAFETY GUIDELINES

Guest who wish to go for long walks on the extensive Nattika beach are advised to go in company. If guests are unable to find other guests to accompany them, please contact reception and we will arrange a staff member.

Although it's a public beach, the security guards deployed at our beach area will try their best to ensure your safety and privacy. But they won't be accountable for any untoward incident if occurred beyond their limits of surveillance

Please refrain from talking to any strangers at the beach who may solicit you for taking selfies with them or if approached as a local guide.

Please do not get playful with the stray dogs anywhere if you find them at the beach as they could be non-friendly at times.

During your long walks, if any stranger approaches you with any illegal substances, please report it to the guards at the beach and also to the reception.

Swimmers should be aware of strong currents and not swim out too far. There could be underwater currents even if the sea seems to be calm. Stay within your fitness and swimming capabilities. Watch out for the safety flags at the beach

**Red flag** - Danger never go in the water under any circumstances

**Green flag** - Safe to go for swimming





The Nattika Life Herbal and Oil Company presents to you, "Nattika Essence", a pioneering innovation by combining the science of Ayurveda and Aromatherapy.

Ayurveda considers the use of aroma as an important tool for prevention and healing. Some plants have very high concentration of essential oils, which they have developed for their protection. Such plants have been used as medicinal plants / herbs since thousands of years to add to our own body's arsenal of defense.

Essential oils are the aromatic or volatile extracts, which can be derived from different parts of the plant. The properties and healing action of the essential oil is different according to the source of origin.

Each plant has its own unique combination of five elements (Space, Air, Fire, Water and Earth) and give rise to its distinctive structure and fragrance. Hence the 'pachabhouthik' (Five elements) balance of the body can

be maintained and restored by using the proper blend of these aromas.

Ayurveda makes the distinction in the energetics of each herbs and we can classify the essential oils into hot, cold, medium category as well as dry and wet nature. This further makes the possibility of classification based on Vatha, Pitha and Kapha. This concept make it a natural blend of aromatherapy using essential oils and carrier oils to help balance ones Dosha.

Each essential oil used in aroma therapy has its own array of unique healing properties, uses and effects that can help us to heal, stimulate, relax, concentrate, reduce stress, balance our emotional state and help to manage various health issues.

In this Nattika Essence box, you will find a special combination of ten blended essential oils for your wellbeing.

**"Allow things in your life which make your heart sing, feed your soul or nourish you on a daily basis."**







## THE NATTIKA BEACH

AYURVEDA RESORT

**We are not your real hosts. The nature - plants, animals & birds around you are your hosts. Please embrace their existence & respect their hospitality.**

Our resort offers a spectacular view of untamed nature in all its manifestation of flora and fauna. The Migratory and local birds can be both seen and heard around the resort. Our lush tropical garden amid the canopy of 1800 palm trees with rich vegetation and abundant birdlife will leave you with an incredible healing and transformative experience.

**Frequently spotted birds** - Crows, Ravens, Malabar Trogon, Greater Coucal, Bulbul, Mynas, Barn Owl, Hornbills, Great Heron, Pigeon, Eagles, Kingfisher, Peacocks

**Frequently spotted animals** - Palm squirrel, Geckos, Civet Cats, Chameleon, Indian toad, Bengal Monitor, Mongoose, Indian flying fox (occasionally in the nights)

### Botanicals

Periwinkle	Java plum/ Malabar plum	Coconut tree	Malabar ebony
Indian beech	Hibiscus/ shoeflower	Teak	Silk cotton tree
Malabar tamarind	Golden torch	Plaintain	Spider lily
Blackboard tree/Devil tree	Indian tree of heaven	Acacia	Frangipani
Mango tree	Ixora long	Cashew tree	Jungle flame
Castor	Oleander	Rosewood	Custard apple
Neem tree	Yellowbells	Areca palm	Antorium
Jasmine	Bamboo	Guava tree	Rose- Rosa

Enjoy your stay in the lap of nature. Get refreshed by the sea breeze. Listen to the lullabies of nature. This is your break from all electronic devices. This is your cocoon of silence.

Please help us maintain this special ambiance for you. Please do not engage in any activities that disrupt or disturb the harmony that we have designed for you, just sit back & relax.





# ROCKHOLM

AT THE LIGHT HOUSE BEACH

An Iconic Property by the Beach, 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.

A minimalistic art deco architectural concept has been introduced with an intense focus on creating a luxurious setting integrating seamlessly into a sustainable beach experience. Each and every one of the living spaces at Rockholm overlooks the Arabian Sea at close proximity and lets your mind and body heal with the radiance of ocean, the sound of wind and the grace of the setting sun.

Situated on a small cove at the heart of the Light House Beach, the road that leads to Rockholm is small and unassuming, however this beach side resort is an introduction into unparalleled views and glimpse of the sheer vastness of the Indian ocean.

Rockholm at the Light House Beach is a fully Ayurveda and Yoga Centric beach hotel with all services and amenities based around this concept. A small and secluded cove beach can be accessed within a few meters directly from our premises.

For queries and bookings please contact our reservations at [reservation@rockholm.com](mailto:reservation@rockholm.com)

or visit us on [www.rockholm.com](http://www.rockholm.com)

Hotline: +91 8943884444

Landline: +91 04712480607







# THE NATTIKA BEACH

## AYURVEDA RESORT

For Booking / Reservation, contact Reservation Manager

Nattika Beach P.O., Nattika, Thrissur (Dt.), Kerala, India, Pin: 680 566.

Ph : +91 487 2402770 / 71 / 72.

E-mail : reservation@thenattikabeach.com, www.thenattikabeach.com

 <http://www.facebook.com/thenattikabeach>

Central Reservation Mobile: + 91 8943884444

