

In Association With
**The Arya Vaidya
Pharmacy**
Coimbatore Ltd.

Start a new
life...



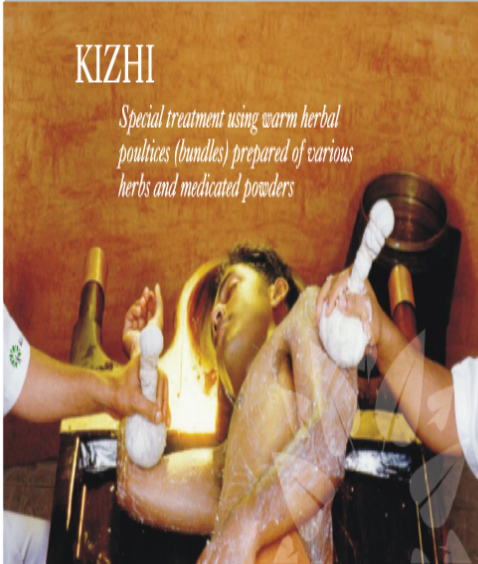
KOCHERY HILLS
AYURETREAT

Ayurveda and the centuries of knowledge Now fuses into the art of healing...



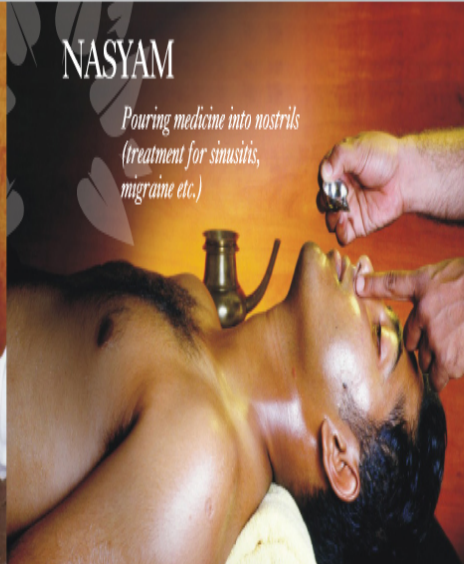
KIZHI

Special treatment using warm herbal poultices (bundles) prepared of various herbs and medicated powders



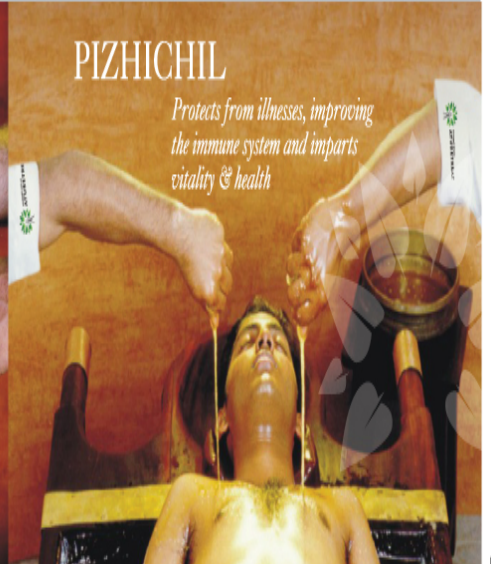
NASYAM

Pouring medicine into nostrils (treatment for sinusitis, migraine etc.)



PIZHICHIL

Protects from illnesses, improving the immune system and imparts vitality & health



Aromatic herbs. Luke warm oils. Stimulating steam. Soothing massages. Refreshing baths....

Head massages stimulate nerve centres. Herbal poultices nourish the skin. Full body treatments lead you on journeys of total relaxation.

Specialists at Ayurettreat individualise treatments and rejuvenation programs

Ayurveda at Ayurettreat

- ▶ Treatment for all types of diseases
- ▶ A host of wellness programs
- ▶ Programs for prevention and counteraction of aging process
- ▶ Fatigue and stress relieving programs
- ▶ Prevention & correction of disorders of nervous system
- ▶ Programs for healthy functioning of sense organs and other vital organs
- ▶ Nourishment of the whole body
- ▶ Life span promoting programs

ABHYANGAM (General Massage)

A complete body massaging program with individually selected herbal medicinal oils. The massage is followed by a purifying herbal steam and herbal bath. This therapy imparts absolute relaxation and intense relief from fatigue & muscle aches.

SARVANGA DHARA (Pizhichil)

This is the process of slowly pouring warm medicated oil all over the body with gentle massage. It works on a dual way of Snehenna (medicinal oil) and swedana (heat/sweating purification) treatments. Sarvanga dhara protects from illnesses, improving the immune system and imparts vitality & health. Aids in the healing of the rheumatic complaints, blood pressure, joint pains, diabetes etc.

NAVARAKIZHI (Rice bolus)

This is a special type of bolus treatment in which the bolus is filled with rice boiled in herbal decoction and milk. Navarakizhi treatment nourishes the muscle and improves the muscle tone.

SHIRODHARA (Stream of Relaxation)

This is a treatment where warm medicated oil is dripped on the forehead in a continuous stream from a vessel hung around 6 to 8 inches above. The oil is made to drip on particular strategic energy flow points on the forehead. This specialized treatment pacify vata, calm and nourish the nervous system and opens the vital energy channels in the head.

SIROVASTHI (Cap of Rejuvenation)

This is a treatment where warm medicated oil is applied to the entire head and covers it with a leather cap in order to maintain the temperature. Sirovasthi treatment is very effective for migraine, hearing impairment, diseases affecting cranial nerves, facial paralysis, insanity, diseases and wounds etc.

ELAKIZHI (Patrapotala swedam)

This is a special treatment using warm herbal poultices (bundles) prepared of various herbs and medicated powders. Elakizhi helps to improve blood circulation within the affected areas and promote increased perspiration paving way for effective excretion of wastes from the skin. This imparts superb relaxation and tones the skin considerably.

Apart from the above treatments, Ayurettreat offers many more traditional treatments.

Eye treatments such as
Netradhara & Netratharpan

Ear treatment such as
Karnapoorana

Oil treatment such as
Kativasti

Nasal & Sinus treatments such as
Nasyam etc.



LOCATION MAP



A new life starts...

Ayurettreat is a multi faceted wellness hub

- ▶ For the tired and run outs,
it's a rejuvenation center
- ▶ For the wellness seekers,
it's a maintenance & stimulation center
- ▶ For the real needy,
it's a charitable center
- ▶ For the tourists,
it's a beautiful resort for an all over retreat

Kochery Hills Ayurettreat is a blend of nature and its resources splendidly over vast expanse of a hillock in the suburbs of Kochi. Promoted jointly with the acclaimed The Arya Vaidya Pharmacy Coimbatore Ltd., the center provides a host of solutions for stress and fatigue. A real recluse where relaxation and healing therapy is in total harmony creating a unique ambience...

It's a super specialty hospital, a herbal spa and a mentally and physically rejuvenating total wellness center for the sick seeking treatment and the healthy seeking escape from stress.



KOCHERY HILLS
AYURETTREAT

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