

Coconut Lagoon - Kumarakom

Three Nights Ayurveda Spa Package:

1 st night	Relaxation massage (45 min): A deeply relaxing, full body aromatic herbal oil massage. The treatment begins with a foot cleansing ritual and massage with hot Ayurvedic herbal oil poured onto the centre of the back. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress.
2 nd night	Patra podala Swedan (60 min): A full body massage with processed medicinal leaves packed into a bolus and warmed in medicated oil. Very beneficial in stiffness, numbness aches and pains.
3 rd night	Maya Bliss (90 min): Transcend to a state of blissful relaxation with a fresh fruit based Ayurvedic facial and a whole body massage ending with a Shirodhara to create an intensely relaxing treatment experience for calming the mind and releasing tension.

Five Nights Spa Package:

1 st night	Himalaya salt scrub and Chandan Pack (Duration : 60 min.) A scrub using organic Himalayan salt removes dead cells and heals the skin, followed by an aromatic sandalwood pack that refreshes and smoothes the skin giving it a youthful glow.
2 nd night	Rejuvenation Massage (Duration : 60 Min): A full body oil massage that refreshes and rejuvenates with an advanced combination of stretching and rolling movements and long deep strokes using warm medicated oil. Enjoy the experience in pure luxury as the therapists healing hands envelope the face, body and scalp with fluid touch.
3 rd night	Dharma Massage (Duration : 60 Min) An invigorating whole body massage that includes warm fomentation using herbal packs. Extremely relaxing and relieves neck and back stiffness, pain etc.
4 th night	Tropical Fruit Wrap (Duration : 60 Min) A full body mask of seasonal tropical fruit extracts.
5 th night	Nirvana (Duration : 60 Min) A therapy that includes a relaxing whole body massage and Shirodhara. Takes you to a deep level of relaxation.

Seven Nights Spa Package:

1 st night	Karothakayal Mud Pack in combination with fruit cream massage (Duration: 60 min.) A full body mudpack, which cleanses and smoothes the skin followed by an extra-moisturized fruit cream massage that will leave you with baby soft, glowing skin.
2 nd night	Njavara Kizhi (Duration: 60 Min) A cooling massage with processed medicinal rice packed in boluses and warmed in milk.
3 rd night	Abhyangam (Duration: 60 Min) The traditional Ayurvedic full body oil massage using four hands. This massage detoxifies you and also gives you relief from all bodily stress.
4 th night	Relaxation pack in combination with Shirodhara (Duration : 60 min.) A full body mask with carefully selected Ayurvedic herbs and fruits that revitalizes tired and sagging skin along with a soothing Shirodhara therapy that deeply relaxes and refreshes.
5 th night	Pizhichil (Duration: 60 Min) The most rejuvenative of Ayurveda therapies that revitalize and refresh the nervous system. Synchronised streaming of Warm medicated oil over the body does this therapy
6 th night	Papaya Mukha Lepas facial (Duration : 60 min.) It is a natural papaya fruit application for all kinds of skin types, starting with a gentle natural face scrub.
7 th night	Dharma Massage (Duration : 60 Min) An invigorating whole body massage that includes warm fomentation using herbal packs. Extremely relaxing and relieves neck and back stiffness, pain etc.