



  
**RAMADA**<sup>®</sup>  
COCHIN RESORT

Kumbalam South, Cochin, Kerala - 682 506, India.  
Tel: 91-484-3011100, Fax : 91 484 2703003  
ayurveda@ramadacochin.com spa@ramadacochin.com  
www.ramadacochin.com

  
**SOFTOUCH**  
SPA & AYURVEDA



  
**RAMADA**<sup>®</sup>  
COCHIN RESORT



1



Welcome to a journey of self realization...

A whole new dimension of Spa opens up as we learn to touch and communicate with you in a manner that honours your uniqueness and body type.

The spa-experience then becomes a context where your true nature can blossom and unfold.

Inevitably, this is what each one of us seeks.

Our wide range of luxurious face and body treatments are tailor made through a diagnosis to further customize product selection and treatment for your body nature. We offer something more than just a good treatment...

We present a journey of self discovery...

FOR MORE DETAILS CALL  
SPA - 55  
AYU - 56



2



### Ayurveda Treatments

**Abhyangam** 45 minutes Rs. 2100/-

This is the basic Ayurveda massage. Experts massage luke warm Ayurvedic oil on the head and body. Enhances proper blood circulation and relaxes mind.

**Four Hand Synchronous Massage** 45 minutes Rs. 3100/-

This is the traditional Ayurvedic oil massage from head to toe by two therapists on either side in a synchronous rhythm. Excellent for mental and physical relaxation.

**Marma Massage** 45 minutes Rs. 2800/-

This is by applying pressure on the vital points (marma), muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

**Elakkizhi** 75 minutes Rs. 4000/-

One of the most relaxing and refreshing massages, you can enjoy. This is a massage with warm roasted leaf bags after 40 minutes of basic massage from head to toe with Ayurvedic oils. This is very good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and relieves joint pain especially backache. Enhances peripheral blood circulation, cleanses the channels of circulation and detoxify.

**Sirodhara** 75 minutes Rs. 4000/-

Unique massage of Kerala, in which a steady stream of decoction, medicated oil or medicated buttermilk is poured on the forehead in a peculiar pattern. This is done after 30 minutes of basic massage for whole body. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases



Taxes are extra


**Navarakkizhi** 75 minutes Rs. 6250/-

Massage with Ayurvedic oils for the whole body is done in the first phase of this treatment. This is followed by massage with warm rice (medicinal rice, Navara) bags dipped in milk and a herbal decoction. Oil massage follows as the next phase. This massage nourishes tissues, softens and moisturizes the skin, enhances complexion, strengthens body muscles and cures the stiffness of the joints.

**Kaya Sekam** 75 minutes Rs. 6250/-

This is a process in which the body is made to perspire by continuously pouring luke warm herbal oils or medicated milk in a peculiar pattern followed by gentle massage. This treatment is given for general weakness, arthritis, paralysis etc. and has a rejuvenating effect with softening of the skin, improves complexion, blood circulation and the relaxation of mind.

**Chavutti Thirumal Massage** 45 minutes Rs. 3000/-

This is the Keralite unique whole body massage using the feet instead of hands. The therapist hold from a rope and gives massage with his feet, moving in several patterns from fingers to toe over the clients body. This restores elasticity and flexibility of muscles, good for boosting up of energy channels.

**Udvarthanam** 60 minutes Rs. 3500/-

Massage with special herbal powder after 40 minutes of oil massage. This is done like a scrub for exfoliation; break cellulite; deplete the fat, strengthens the muscles. Removes impurities, dead skin cells and stimulate circulation. This prepares the body for further treatments.

**Scrub n' Trim** 90 minutes Rs. 6000/-

This massage is designed for reducing weight. This includes an herbal powder scrub after an exotic and vaso-dilating massage with warm herbal bags in oil / decoction. Repeated sessions help in over weight.

**Anti Voyage Fatigue** 90 minutes Rs. 6250/-

This massage is designed to relieve the stress and strain due to long journeys. This is helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

Taxes are extra


**Softouch Exotics**
**Swedish Massage** 55 minutes Rs. 3100/-

Swedish massage includes long, relaxing strokes, kneading, friction, tapping, and shaking motions. Benefits are improved circulation, relief of muscle tension, relaxation and well being. It affects the nerves, muscles, glands, and circulation, while promoting health and well-being. Your body will feel rested and your mind at ease for a total pampering experience.

**Balinese Massage** 75 minutes Rs. 4000/-

An ancient deep tissue massage technique that forms an extension to Ayurvedic massages and involves the use of oils. During a Balinese massage, the therapist uses deep pressure to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension and improve circulation and to promote harmony of the mind, body and soul.

**Chinese Acupressure Massage** 55 minutes Rs. 3100/-

Acupressure is an ancient healing art developed in Asia over 5,000 years ago, using the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these acupressure points are pressed, they release muscular tension and promote the circulation of blood and the body's life force energy to aid healing. Acupressure uses gentle but firm pressure and integrates bodywork therapies, therapeutic touch, somatic work, healing imagery, energy psychology, and massage therapy techniques. Benefits of Acupressure include relieving pain, balancing the body, and maintaining good health.

**Lymphatic Massage** 60 minutes Rs. 2600/-

The lymphatic system is essential as the body's drainage system for cleansing and filtering out of bacteria and toxins. Congested lymph pathways can cause soreness, aches, pains and u-like symptoms. Many cases of disharmony on the body and mind are due to an exhausted lymph system. This helps to clear the "passage-ways".



Taxes are extra



Thai Massage	45 minutes	Rs. 2500/-
--------------	------------	------------

This is an authentic healing art and a unique form of body therapy which includes yogic movements, stretching and acupressure movements. The main benefits are vitalizing the immune system, lowering of blood pressure, increasing flexibility and power of muscles.

Sports Massage	75 minutes	Rs. 4000/-
----------------	------------	------------

Perfect for a very active or athletic individual who seeks a muscle - intensive massage modality. Sports massage concentrates more on specific areas of the body along with stretching. It is ideal for recreational lifestyles to help relieve discomfort or pain from over activity. Technique is great for someone who has a recurring area of the body that needs special attention and relief.

Reflexology	55 minutes	Rs. 3100/-
-------------	------------	------------

A foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. Since ancient times, the Chinese have practiced foot reflexology to heal the body and mind to maintain balance and equality. It is a natural and non-medical approach towards healing.

Body Wrap	75 minutes	Rs. 4000/-
-----------	------------	------------

Body wrapping is a therapeutic treatment, used to detoxify the body using simple, all natural ingredients, steam. This helps to tighten and tone the skin and stimulate the body to rid itself of trapped toxins, excess fat and excessive trapped lymph fluids. As healing and nourishing herbs seep in, warm heat relieves aches, pain, fatigue and stress. Skin surfaces moisturized, nourished and toned displaying a healthy, vibrant glow.

Pregnancy Massage	45 minutes	Rs. 2750/-
-------------------	------------	------------

During pregnancy several discomforts and changes can happen to a woman's body. Additional care and support is given to these very special ladies. She will leave relaxed, pampered and stress-free. Pregnancy massages can help alleviate upper and lower back pain, aching knees and overall fatigue often associated with pregnancy



Taxes are extra



### Hydro Treatments

Vichy Shower	20 minutes	Rs. 700/-
--------------	------------	-----------

A Vichy Shower Treatment is a light rain treatment conducted with your personalized application of warmed essential oils, leaving your skin to feel Soothing, tingling and sedated. Often used with other treatments.

Blitz Shower	15 minutes	Rs. 300/-
--------------	------------	-----------

An invigorating water jet massage to relax tensed muscles; also de congests fatty deposits.

Exfoliating Vichy	45 minutes	Rs. 2800/-
-------------------	------------	------------

An invigorating full-body scrub using essential oils and salts rich in minerals and trace elements for pure stress relief. Hydrating cream will be massaged into your skin, nourishing your body.

Warm Stone - Waterfall Massage	60 minutes	Rs. 3000/-
--------------------------------	------------	------------

Warm rain gently falls from the suspended Vichy shower, enveloping you as your therapist gives the ultimate massage treatment, especially nice with warm stones. A sensory journey like no other!

Body Wrap & Vichy	75 minutes	Rs. 4000/-
-------------------	------------	------------

A traditional Mid-Eastern method of exfoliation and cleansing. After a delicate exfoliation of the body, you will be enveloped in a self-heating mud. Tension releases as the mud warms and soothes your tired muscles, rejuvenating your entire being. Included is our Vichy Shower making this treatment a Spa Favorite!

Body Wrap with Dry floatation	75 minutes	Rs. 4000/-
-------------------------------	------------	------------

This treatment includes a full body exfoliation followed by a generous layer of body pack to cleanse, detoxify and revitalize the skin. A superbly comfortable and relaxing treatment as you lie peacefully dry floating in warm water. The fragrant aromatherapy oils and relaxing music completes this soothing experience.



Taxes are extra





### Ayurvedic Face & Scalp

**Ayurvedic Anti Dandruff** 40 minutes Rs. 2250/-

This includes an Ayurvedic scalp massage with time tested herbal followed by a head steam. It is very effective for dry scalp and dandruff.

**Thala Pothichil** 45 minutes Rs. 2750/-

A special paste made out of Amla and special roots is applied on the head after giving a gentle head massage, very effective for cooling, calming and soothing the mind. It helps to improve memory and good for overall nervous system.

**Sirovasthy** 45 minutes Rs. 3100/-

A special cap is fitted on the head and warm oil is allowed to stay on the head for approx. 30 minutes. This is done for visual problems, memory ailments, sleep disturbances, headache etc.

**Nasya & Dhooma** 30 minutes Rs. 1250/-

Three to ten drops of herbal juice or medicated oil are applied through nose. This is followed with application of medicated fumes for few seconds. This treatment is highly effective for certain kinds of headaches, sinusitis, facial paralysis, mental disorders, neck problems, allergic respiratory diseases etc.

**Tharpanam** 45 minutes Rs. 2100/-

This unique therapy refine, oxygenate, and increase cellular renewal around the eye area and gives a firmer and smoother appearance. Very effective for dark circles crow feet, visual improvement and eye diseases.

**Ayurveda Kaajal** 25 minutes Rs. 1000/-

Ayurveda recommend daily use of a natural kaajal and collyrium for the health and beauty of eyes. This includes putting herbal eye drops in the eyes and an eye wash with herbal water. Reduces puffiness and disperse congestion.

**Karna Pooranam** 20 minutes Rs. 1000/-

This is a process of medicated fumes applied to the ears for 5 to 10 minutes, after putting medicated oil. This process helps to clean the ears and avoid ailments associated to the ear.

Taxes are extra



### Ayurveda Express

**Indian Head Massage** 25 minutes Rs. 1000/-

There is not usually enough time for a full face and head massage as part of a full-body massage. You might like to try it on its own or in combination with a neck and shoulder massage.

**Ayurvedic Neck & Shoulder Care** 25 minutes Rs. 2000/-

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the neck and shoulder after hand massage. This relieves the spasm and stiffness of neck, shoulder and upper back muscles. This is very effective for cervical spondylosis.

**Ayurvedic Leg Massage** 25 minutes Rs. 2000/-

In this treatment, fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the legs and feet after the traditional hand massage. This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and effective on swollen feet.

**Spine Care** 60 minutes Rs. 3500/-

Application of warm herbal poultice after anointing oil. Luke warm oil is allowed to stay on the low back / upper back or neck for 30 minutes in a dam made with dough. Relieves occupational tension build ups, stiffness, spasm, pains and aches. Very effective for sciatic pains and spondylosis.



### Softouch Express

**Neck and Shoulder Massage** 25 minutes Rs. 1500/-

For many people, the Back, Neck and Shoulders are common areas of soreness and tension. Working at a desk or a computer all day helps to create such problems. To have this pain eased away can be a source of great pleasure. This massage with or without herbal oil relieves your tension build ups.

Taxes are extra



Leg and Feet Massage	25 minutes	Rs. 1500/-
----------------------	------------	------------

Our legs and feet frequently get ignored and small twinges and discomforts often go unheeded. Massage provides the means to ease these tensions and revitalize this weight-bearing part of the body. This massage improves lymphatic and blood circulation effective on swollen feet.

Scalp Massage	25 minutes	Rs. 1200/-
---------------	------------	------------

There is not usually enough time for a full face and head massage as part of a full-body massage. You might like to try it on its own or in combination with a neck and shoulder massage.

Deep Tissue Massage	25 minutes	Rs. 1500/-
---------------------	------------	------------

Deep tissue massage, revive and energize the sore and tired muscles.

Foot Reflexology	25 minutes	Rs. 1500/-
------------------	------------	------------

Foot reflexology helps improve circulation and can help in discomforts such as headaches and stomach problems.

#### Ayurveda Beauty Treatments

Ayurvedic Facial	60 minutes	Rs. 3500/-
------------------	------------	------------

Let the ancient tradition of Ayurveda calm your mind, as we cleanse and balance skin. This utterly relaxing facial will soothe your senses, while treating skin with a blend of essential oils. This includes an Ayurvedic cleansing, steaming, face massage and face pack. Various oils/creams and face packs are used according to the skin type.

#### Beauty Treatments

Black Head Removal	30 minutes	Rs. 1000/-
--------------------	------------	------------

#### Waxing

Arms	-	Rs. 600/-	Back	-	Rs. 600/-
Under arms	-	Rs. 300/-	Stomach	-	Rs. 600/-
Full legs	-	Rs. 900/-	Full Body	-	Rs. 2500/-
Half legs	-	Rs. 500/-			

Pedicure	45 minutes	Rs. 1500/-
----------	------------	------------

Manicure	30 minutes	Rs. 1000/-
----------	------------	------------

Pevonia Basic Facial	60 minutes	Rs. 3000/-
----------------------	------------	------------

Steam / Sauna		Rs. 500/-
---------------	--	-----------



Taxes are extra



Yoga	Per person
------	------------

Yoga - Group Session	60 minutes	Rs. 1000/-
----------------------	------------	------------

Stretch, tone and carve your body whilst increasing its flexibility through various physical postures, and achieve a new level of mental clarity using pranayama. Yoga, a 5000-year old practice continues to evolve through the years to meet the needs of every individual. It promotes self-knowledge, deep inner joy and poise.



Yoga - Basic Training Program	10 Days (60 minutes session)	Rs. 12500/-
-------------------------------	---------------------------------	-------------

Yoga - Individual Session	60 minutes	Rs. 1500/-
---------------------------	------------	------------

Training program, Individual and therapeutic yoga classes are by appointment.

#### Ayurveda Treatment Packages

Treatment packages are strictly personalised

Ayurveda Refreshment Program	1 days	Rs. 7500/-
------------------------------	--------	------------

This includes:

- \* Assessment of your health and Advise on your lifestyle and diet by the Ayurveda doctor
- \* Elakkizhi – Duration: 75 minutes (In the morning)
- \* Ayurveda Herbal Tea
- \* Siro dhara – 75 minutes (In the evening)

Ayurveda Refreshment Program	3 days	Rs. 21000/-
------------------------------	--------	-------------

This includes the combination of traditional massages; Herbal Soothe, Tranquility, Body Revive along with time tested herbal teas for the total refreshment of body and mind.

#### Rejuvenation Program

5 Days	Rs. 30000/-	7 Days	Rs. 40000/-
--------	-------------	--------	-------------

14 Days	Rs. 75000/-	21 Days	Rs. 100000/-
---------	-------------	---------	--------------

This treatment includes detoxification and rejuvenation of body by herbal oils and medicines, which nourishes the body tissues. This therapy increases the health span by improving the quality and purity of structural components. An effective and prominent treatment for the release of day-to-day strain and stress.

Taxes are extra



#### Slimming Program

5 Days	Rs. 30000/-	7 Days	Rs. 40000/-
14 Days	Rs. 75000/-	21 Days	Rs. 100000/-

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine.

#### Panchakarma Program (Detox)

5 Days	Rs. 30000/-	7 Days	Rs. 40000/-
14 Days	Rs. 70000/-	21 Days	Rs. 90000/-

A five-fold treatment, which includes different massages, internal herbal teas and treatments like Nasyam (Nasal drops), Virechanam (purgation), Vasthy (Enema therapy) etc. This is for the mental and physical well being - tones the body, mind, breath, nerves and purifies the blood. It takes a minimum of 14 up to 28 days for the treatments.



Taxes are extra



#### Spine Care Program

5 Days	Rs. 25000/-	7 Days	Rs. 35000/-
14 Days	Rs. 70000/-	21 Days	Rs. 95000/-

This program includes special treatments for neck pain and low back pain due to various conditions like muscular conditions, Spondylosis, Spondylitis, Ankylosing spondylitis, Disc problems etc. The treatment includes traditional massages with special herbs from Kerala, Nasal drops, medicated steam, medicated spinal baths and internal medications.

#### Skin Care Program

5 Days	Rs. 25000/-	7 Days	Rs. 35000/-
14 Days	Rs. 70000/-	21 Days	Rs. 95000/-

This special program is for improving the complexion and toning up of the body. This includes special detoxication program and beautification therapies. Cures skin diseases like psoriasis, eczema, scabies, dermatitis, folliculitis, premature graying and hair falling etc. This includes special herbal face packs, etc.



Taxes are extra



#### Stress & Strain Relief Program

5 Days	Rs. 26000/-	7 Days	Rs. 35000/-
14 Days	Rs. 60000/-	21 Days	Rs. 100000/-

An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace.



#### Please note:

As the treatments are strictly personalized, the exact treatment and medicines can be fixed after detailed consultation with the doctor.

#### Spa Etiquette & General Spa tips

- ❁ Allocate a minimum of 15 minutes prior to your treatment to allow yourself ample time to change and get ready. Arriving late is a breach of etiquette and will shorten your massage and the full value rate of the service will be charged.
- ❁ Remember to turn off your mobile phones and pagers to enjoy a tranquil environment for complete relaxation.
- ❁ If you have any health concerns, always consult our doctor going for a massage. Please inform him/her if you are pregnant or have any allergies, heart problems, or have any medications or any recent surgeries that may hamper the treatment process. Persons with any infectious diseases, or open lesions are refrained from using the spa.
- ❁ We use Softouch Ayurvedic products which are natural and does not contain alcohol, lanolin, alcohol color or any chemical filters.
- ❁ To make a reservation you can call + 91 484 3011100 extn 56 or visit the spa. Treatments are available between 9 am to 8 pm. Advance booking prior to your intended treatment time is recommended.
- ❁ A 4 hour cancellation notice period is required to avoid being charged 50% of a scheduled appointment.
- ❁ Please do not bring any valuables or jewellery to the spa. We are not responsible for any lost or stolen personal items.
- ❁ The spa will provide towels, slippers and disposable undergarments during your spa treatment. We do ensure your complete privacy and modesty throughout your time with us.
- ❁ Our spa environment is one of tranquility and relaxation. Please respect our peaceful ambience as well as privacy of other guests.
- ❁ It is appreciated that you take massage better on empty stomach or keep an interval of at least 1 hour after food. Drink lot of water during the days of treatment and this helps to flush out toxins from the body.
- ❁ Please remove any contact lens before treatment to avoid injury to the eyes.
- ❁ Gift certificates make an ideal gift for any special occasion. Gift vouchers for special occasions can be purchased from the spa reception.
- ❁ Before leaving the spa you can make the payments in either cash or credit card. For in-house guests it can be charged to their rooms.
- ❁ Rest for one hour is advised after the massage; restrain from cold exposure, swimming, sun, drinking cold water/food for an hour after oil therapies.
- ❁ For those who take treatment programs are advised to avoid sleeping in day time, heavy & oily meals, yoghurt, direct cold exposures, keeping awake at nights, and over exertion. Try to keep a relaxed & serene mind during the period of treatment programs.

*Have a wonderful Spa experience !!!*