



# PALM LAGOON

A Wellness Resort by Cambay

Not Every Malaise Requires  
Medicines Sometime a Touch is Enough

Experience the Healing Touch  
of Ayurveda & Nature



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## Welcome to the true Healing & Wellness Resort in the heart of Kerala

Palm Lagoon Resort, a six acre paradise, is a byword for relaxation and rejuvenation, through traditional Indian healing wisdom of Ayurveda.

For the starters, Kerala is called the birthplace of Ayurveda and Palm Lagoon is poised to carry forward this priceless legacy by offering the very best in Ayurveda therapies.

Spearheaded by specialist doctors, who have made significant inroads in discovering new-age Ayurveda therapies that will help trouble-shoot new-age disorders, such as diabetes, obesity, stress and everything in between. Our unique packages are the fruit of this endeavor. A necessary ecosystem has been put in place for the same, which aims to amalgamate ancient Ayurveda with contemporary wellness needs.

In addition to Authentic Ayurveda Therapies, the resort offers Ayurvedic treatments in package forms for Rejuvenation, Obesity, Weight shedding, Skin & Beauty care, Body Immunization & longevity, Stress management, so on and so forth and on ailments like Arthritis, Psoriasis, Sinusitis, spondylitis, Back ache, Knee joint pains, nervous disorders, Insomnia, Constipation, to Parkinson's disease. For Frozen shoulder, Tennis elbow et al diagnosis and prescription is available from our specialized Ayurveda experts.

The best part being, the resort not only offers a host of holistic healing treatments, but the guests get to take home a bouquet of wellness therapies as well, courtesy the Ayurveda Academy.

## What is Ayurveda?

Ayurveda is acknowledged as the oldest Indian healing science, designed by Maharishis to help people live long, healthy, and well-balanced lives. For the uninitiated, this alternative healing therapy has been practiced in India for 5,000 years, to say the least.

Ayurveda is derived from Sanskrit word ayus, meaning life or lifespan, and veda, meaning knowledge.

The basic principle of Ayurveda is to prevent and treat illness by maintaining balance in the body, mind and consciousness by keeping a check on one's diet and lifestyle.



## How does it work?

According to Ayurveda philosophy, each person has a 'distinct pattern of energy.' The energy types called doshas are of three basic types.

Vata – energy that controls bodily functions associated with motion. For instance, blood circulation, breathing, blinking, and heartbeat. When in balance, Vata Energy, stimulates creativity and vitality. Out of balance, Vata leads to apprehension and anxiety.

Pitta – energy that controls body's metabolic systems. For instance, digestion, absorption, nutrition and temperature. When in balance, Pitta promotes contentment and delight. Out of balance, Pitta produces ulcer and evokes anger.

Kapha – energy that controls growth in the body. For instance, supplies water to all body parts, moisturizes the skin, and maintains the immune system. When in balance, Kapha kindles loves and mercy. Out of balance, Kapha is responsible for insecurity and envy.

In a normal human being, 1 or 2 of these energies are very dominant. However, things such as unhealthy diet, stress, weather, strained family relationships, stress and can disturb this energy balance. The disturbance causes the disease. Our Ayurveda physicians prescribe treatments that bring the doshas back into balance.

## How we go about with the Ayurvedic treatment?

As we mentioned, Ayurveda treatment focuses on rebalancing the doshas. On your first visit, our specialist Ayurveda physicians will minutely study your medical history, including checking your pulse, tongue, eyes, nails, skin to the tone of your voice. The doctor will also be keen on knowing your dietary habits, lifestyle and overall surroundings. The specialist will then recommend remedies to restore your dosha, which will include changes in lifestyle. Specialists will recommend from more than 20 types of treatments, nevertheless some of the most commonly prescribed treatments are:

**Pancha Karma:** aimed towards body purification and cholesterol control. Physicians use various methods that cause sweat, bowel movements, and even resort to vomiting to cleanse the body of all toxins.

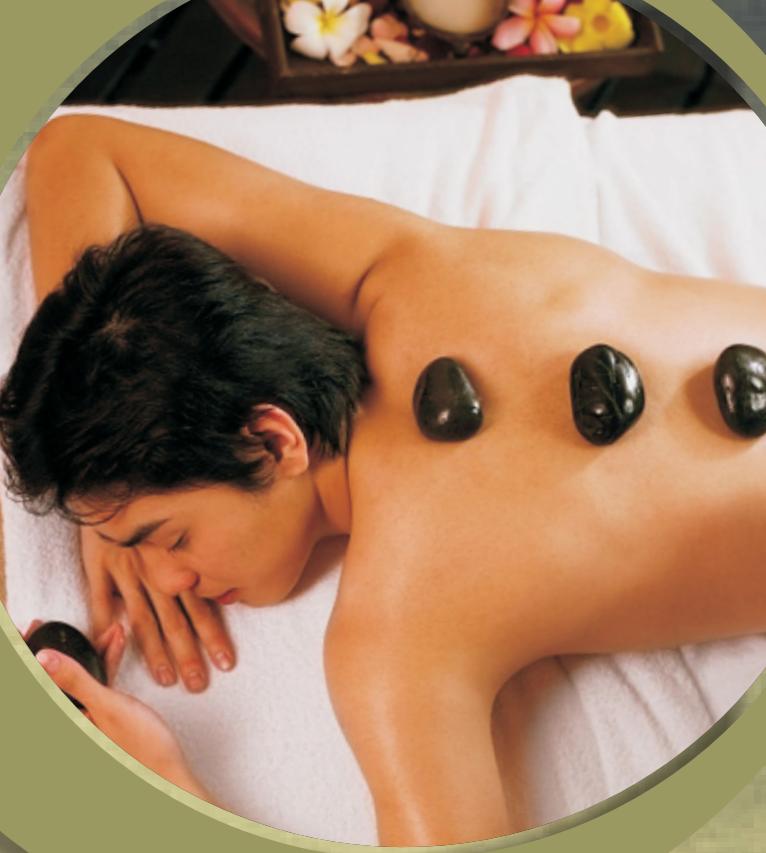
**Pranayama** – breathing exercises. Practice of it makes you feel calm.

**Abhyanga** – rubbing herbal oil on the skin which helps in improved blood circulation and cleanses the body of all toxins.

**Yoga** – an amazing amalgam of pranayama and meditation. Aims to improve circulation and digestion. Reduces blood pressure, cholesterol levels, anxiety and chronic pain.

**Rasayana** – chanting of mantras during meditation combined with remedial herbs to rejuvenate a person.

**Herbal Medicines** – prescribing herbal remedies to restore dosha balance.



# Return to Nature Through Ayurveda

Experience the true age old Ayurvedic therapies at Palm Lagoon in traditional cottages that exude the age-old charm of Kerala. The various herbs used here to concoct potions have high medicinal value. These therapies deeply relax and heal the soul and promote self-healing.

## Abhyangam Ayurvedic Massage

Most prescribed massage by qualified Ayurveda physicians. The word 'Abhyangam' implies massage. It is a pure Ayurveda full body massages using Ayurveda oils. The massage is tailor-made to suit each individual's disease or condition. First the physician studies the medical condition of the individual in detail and then accordingly decides on the oils and the accurate way of massage.

This massage relives all sorts of physical stress, tension, improves blood circulation, induces sleep, soothes the vata, improves sight, makes one strong, enhances life-span, strengthens the skin, fights diseases and disharmony, provides resistance to injuries and power to recover speedily, and is also an anti-ageing remedy. The massage primarily exercises the nervous system.

## Shirodhara -The Ultimate Luxury

The word Shirodhara is derived from two Sanskrit words : shiro and dhara. Shiro means head and dhara means flow. The therapy involves steady flow of warm aromatic oils on the forehead, also known as the 'third eye or the chakra point.' The point is located precisely above and between the eyebrows. Your forehead is positioned right below the metal oil bottle, and then the oil is allowed to flow onto the forehead, scalp and hair, nourishing the scalp and hair in the process.

This is a very relaxing and therapeutic treatment and relieves mental stress, insomnia, migraine, & depression, purifies body of all toxins, etc.



## Choornam Kizhi

Enjoy full body Kerala style Ayurveda warm oil massage, followed by massage with poultice which consists of special warm herbal powders, coconut, and sea salt. The individual is also made to perspire profusely in a chamber using steam. This therapy is best-known for improving conditions such as arthritis, chronic back pain, cervical spondylosis, pain and stiffness of joints, and other spastic and inflammatory conditions.

## Naranga Kizhi

It is a technique used for therapeutic sweating. An energizing therapy which starts with warm oil full body massage (Kerala style) followed by fomenting the body thoroughly with poultice filled with lemon based Ayurveda recipes. It is excellent for body & muscle pain, skin pigmentation, stiff joints, joint pain, and inflammation of joints.

## Njavara Kizhi

The therapy involves fomentation of the body with poultice prepared of cooked Njavara -a peculiar kind of rice known for its medicinal values. The rice is cooked in milk. Given that moderate heat is required to sweat the body, poultices have to be warmed up periodically by dipping in warm milk. This improves the skin texture, improves circulation, relieves muscular stress and aches.

## Udhwarthanam (Herbal Detox Body treatment)

It is a unique herbal body scrub and massage using herbal paste called lepam. Lepam is conjured from dry grain, medicated milk and mix of oils. The body is massaged after the application of herbal paste to the skin, subsequently followed by a warm bath that washes away the paste, all the while emitting a lovely scent of leaves.



The therapy, brings down the cellulite in the body, improves blood circulation, balances fluid levels and detoxifies to fight against obesity and diabetes.





### Pizhichil

Given its popularity amongst the Maharajas of ancient India, Pizhichil is also known as the King's treatment. The treatment involves pouring of medicated and warm oil over the body with practitioners rubbing and stimulating the skin with hands and cotton cloths. The therapy is subsequently followed by special heat treatment.

It is a highly rejuvenating treatment useful in all cases of nervous disorders, treatment for paralytic, rheumatic, diabetic patients etc and as a rejuvenate course.



### Kadi/Uro/Greeva vasti

Kadi vasti - A small tank of dough is created on lumbosacral region and warm medicated oil is poured into it. Kadi Vasti cures back aches, and spinal disorders, stimulates and nourishes nerves, relieves pain and numbness.

Uro vasti- A small tank of dough is created over the chest and a unique blend of warm herbal oil is poured into it for a specific time. Uro Vasti treats muscular chest pain. The medicated oil used also aids in circulation, heart and skin problems. The therapy is also good cure for tremor, insomnia, palpitations and anxiety.

Greeva vasti - A small tank of dough is created over the neck and warm medicated oil is poured into it for some specific time. Helps cure cervical spondylosis, neck pain, paralysis, numbness of hands.



### Slimming Therapy (Medo nivarana Chikitsa)

Obesity has become a universal problem, faced by the men and women of today. The worst part being it poses serious health hazards. Usage of medicated herbal powder massage and herbal oil massage, plus adhering to the specific diet prescribed during the treatment helps lose those extra fats and makes you slimmer and healthier.

### Rejuvenation Therapy (Rasayana Chikitsa)

Rejuvenation therapy helps promote the health of body and mind. The therapy enhances one's energy and keeps the body young and agile. With age, the body weakens and various ailments starts showing up. This therapy helps in strengthening the whole system, toning the skin and generating a state of well being. The procedures include Sirodhara, massaging with medicated oil and cream, intake of rejuvenative medicines, medicated steam bath and rejuvenating herbal face mask.

### Packages Offered

Palm Lagoon offers the most effective and authentic Ayurveda packages in Kerala. Our 'Relaxation & Stress Management' package is rated as the best Ayurveda package so far. It is a 10 days programme designed to relax, rejuvenate, and recover your body from work related stresses. In addition, the resort offers a whole host other rejuvenating packages as well.

Our unique packages be rest assured have powerful healing effects.



### Stress Management & Relaxation Therapy (Manaklesha Nirodaka Chikitsa)

The therapy takes your yoga practice a step beyond the physical exercises. The in-house yoga teacher, highly experienced from monastic traditions of yoga, will take you through the journey of yoga and meditation to discover the unexplored potentials of your body and mind. The treatment consists of body massages with medicated oil and cream, rejuvenative medicines and medicated steam bath.

### Body Purification Therapy (Shodhana Chikitsa)

Modern and fast paced lifestyle leads to stress and anxiety thereby causing disorders like improper digestion, lack of sleep, allergies, chronic fatigue, diabetes etc. SHODHANA CHIKILSA aids in purification of the entire body thereby attain proper balance of Vatha, Pitha and Kabha based on Ayurvedic principles.

### Ayurvedic Skin & Beauty Care (Soundarya Vardhini Chikitsa)

Youth and beauty can be preserved only through proper circulation of vital life fluids and the regular discharge of waste materials. A shebang of herbal face pack, herbal cream massage, herbal oil massage, intake of herbal tea and steam bath helps improve the skin tone and more importantly, beautifies the body and makes you glow for a long time.

## Ayurveda Season

Ayurveda treatments are available throughout the year. However, the best of the treatments are offered during the monsoons.

This is the ideal time because the atmosphere stays cool, moist and dust free which helps in opening up the pores of the body, making them most receptive and responsive to herbal oils and therapy.

## Yoga

### Yoga forms an integral part of Ayurveda

The science deals with holistic wellness and addresses the mind and spirit. From Stress Relief, Pain Relief, Better Breathing, Flexibility, Increased Strength, Weight Management, Improved blood circulation, Cardiovascular Conditioning, to Inner Peace

Box item: The benefits of yoga are unimaginable. There is no other exercise avenue that addresses all these issues in one simple session. For those that think yoga is easy, we encourage you to just try one class.

Your stay in our Ayurveda resort would be incomplete without trying out our Yoga therapies which will let you return to your homeland, absolutely rejuvenated.

### Yoga forms to beat stress

Yoga forms that emphasize slow, steady movement, deep breathing, and gentle stretching are best for stress relief.

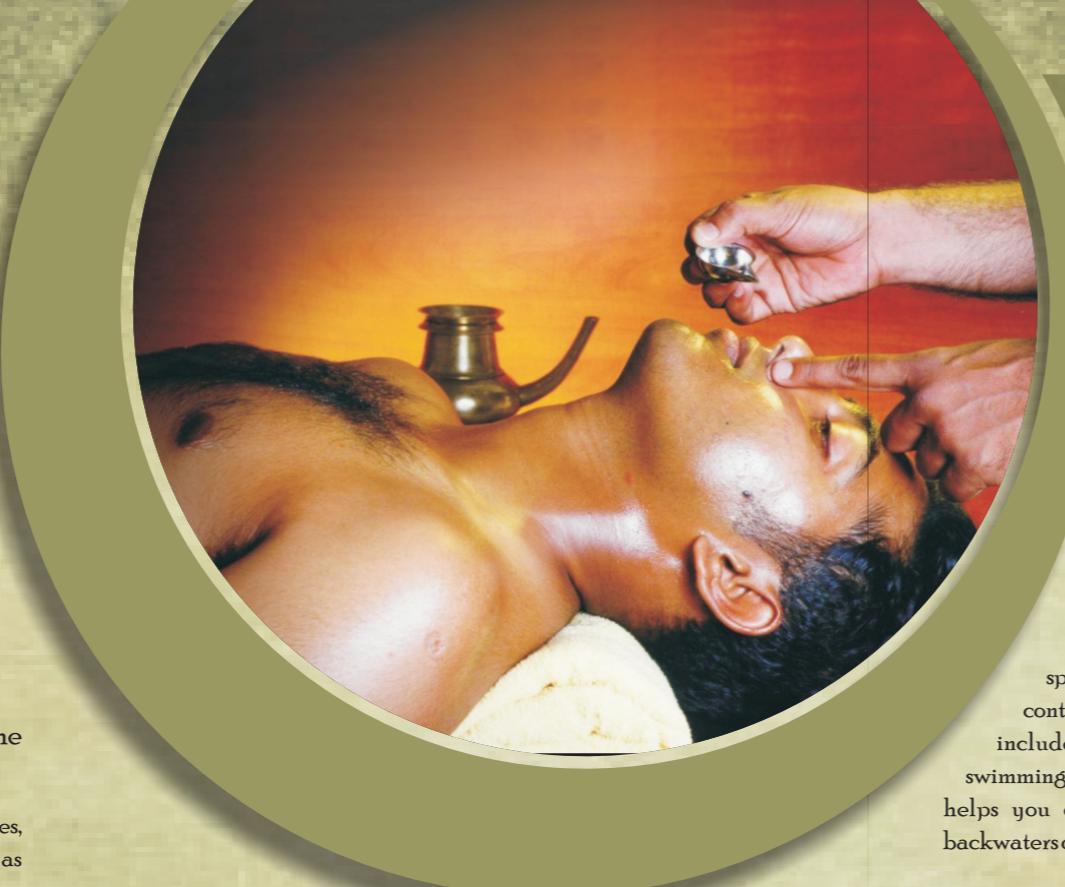


Yoga sessions at our Ayurvedic resort comprise the following:

Satyananda is a traditional form of yoga. It involves gentle poses, deep relaxation, and meditation, making it suitable for beginners as well as anyone primarily looking for stress reduction.

Hatha yoga aids relieve stress and is suitable for beginners.

Power yoga, with immense focus on fitness, is best for those looking for stimulation as well as relaxation.



## Abode of ease, calm and comfort

Indian traditional form of healing has a new address. Palm Lagoon- A Wellness Resort by Cambay, not just offers you holistic healing experiences, but also invites you to celebrate life like never before amongst pellucid waters, silhouettes of open space and shady bowers of coconut palms.

Spread in six acres of peaceful paradise, the resort has 26 guest rooms, ranging from house boats, floating cottages to lake-view villas to help you soothe your frazzled nerves. The resort restaurant serves Ayurveda specialities, besides a range of Indian gourmet cooking and continental dishes too. In addition, a range of other amenities include: a floating conference facility, spa, yoga centre, swimming pool, fishing and boating. Palm Lagoon houseboat helps you experience the slice of Keralean style in the backwaters of Kollam.

### Facilities:

- 6 Floating cottages
- 13 Lake View Villas
- Private pool Villa
- 1 House boat (2BR)
- Organic Healthy Food Restaurant
- Multi cuisine restaurant
- Yoga Centre
- Swimming pool
- Speed / Rowing / Pedal Boats
- Doctor on call



- Travel Desk
  - Baby Sitting
  - Valet Parking
  - Business Centre
  - Special Handicap Facility



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