

The River Retreat Heritage Ayurvedic Resort

Address: Palace Road, Cheruthuruthy, Thrissur

Phone: +91 4884 262974 / 264444 / 45

Category: 3*+



Capacity: 29 rooms

Description:

The erstwhile summer palace of the maharajas of cochin, now houses The River Retreat - a 3 star Heritage Ayurvedic Resort, Preserving the spirit of its illustrious past, the palace breaths history in every detail. Offering you ayurvedic rejuvenation and therapies in the ambience of a palace.

A luxurious 3 star Ayurvedic Resort, The River Retreat, offers a chance to explore the calm and serene environment of the God's own country-kerala. The former summer palace of the Maharajas of Cochin, The River Retreat, is now a favorite destination of thousands of tourist and anyone who wishes to stay close to the nature and experience it's rejuvenating effect on their tired bodies and frayed nerves.

We offer a wide range of holiday packages to choose from depending upon your budget, duration, etc. The pristine environs are ideal for spending a relaxing & rejuvenating vacation in Mother Nature's lap. We have a skilled and dedicated team of masseurs with rich experience and a healing touch that leaves you feeling completely relaxed and revitalized.

How to get there:

1. Flight from Tallinn to Mumbai (price between ~ EUR 450,-), duration: from 8 to 12 hours
2. Flight Mumbai – Cochin (price between: ~ EUR 100, -), duration: from 1 – 2 hours
3. Transfer from Cochin airport – hotel, included in the package price, duration: 1 hour

Packages:

1. Rejuvenation Therapy /Duration: 7, 14 or 21 day

Rejuvenation Therapy is a unique therapy in the science of Ayurveda. It helps keeps the body young and agile. The various cell and tissue components of the body undergo changes as age advances. Hence, it is necessary to rejuvenate the body systems for a better harmony of the “Body, Mind, and Soul”. Rasayana Chikitsa is also known as rejuvenation therapy, which decreases comparatively the rate of degradation and thereby rejuvenates the body.

Price: upon request

2. Lamghanam (Anti Obesity Program) / Duration: 7, 14 or 21 day

The Weight loss program is tailor made by identifying your body and weight type. An Ayurvedic doctor constructs a program for your body weight, body type and level, improvement each day without much exercising and dieting this is a natural way of reducing your excess weight to stream line your body.

Price: upon request

3. Manaprasadam (Anti Stress And Mental Relaxation Therapy) / Duration: 7, 14 or 21 days

The Holistic approach of stress management program with yoga and meditation will help you to de-stress yourself through multi-dimensional solution in its own natural way. Special soothing therapies like Sirodhara, Kadeevasthy, Greevasthy etc., will work at the physical level to sooth the aching muscles and tensed nerves. This is the ideal treatment for you to forget all your hectic schedules and impossible deadlines and just relax. This treatment will help you to remove stress and strain and prevent the breakdown of your systems in this extremely fast paced world.

Price: upon request

4. Nethratharpanam (Treatment For Eye Disorders)/ Duration: 7 or 14 days

Well melted and strained medicated ghee will be collected in a ridge made around the eyes with black gram paste. For refractive errors and degenerative diseases of the eyes.

Price: upon request

5. Treatment For Cervical And Lumbar Disorders:

Price: upon request

