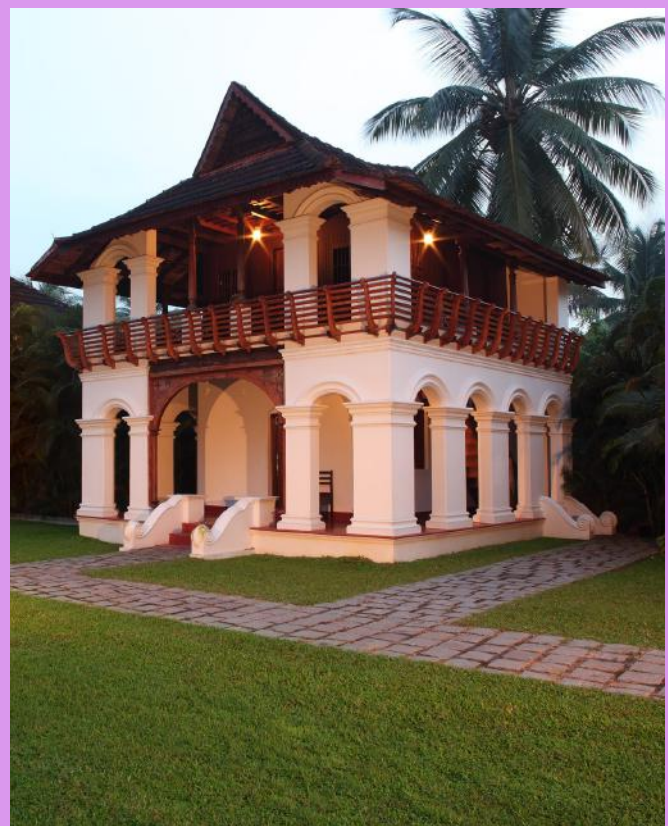


AYURVEDA & WELLNESS PROGRAMS

AN INITIATIVE BY RAZDAN HOLIDAYS & SOMATHEERAM AYURVEDA VILLAGE

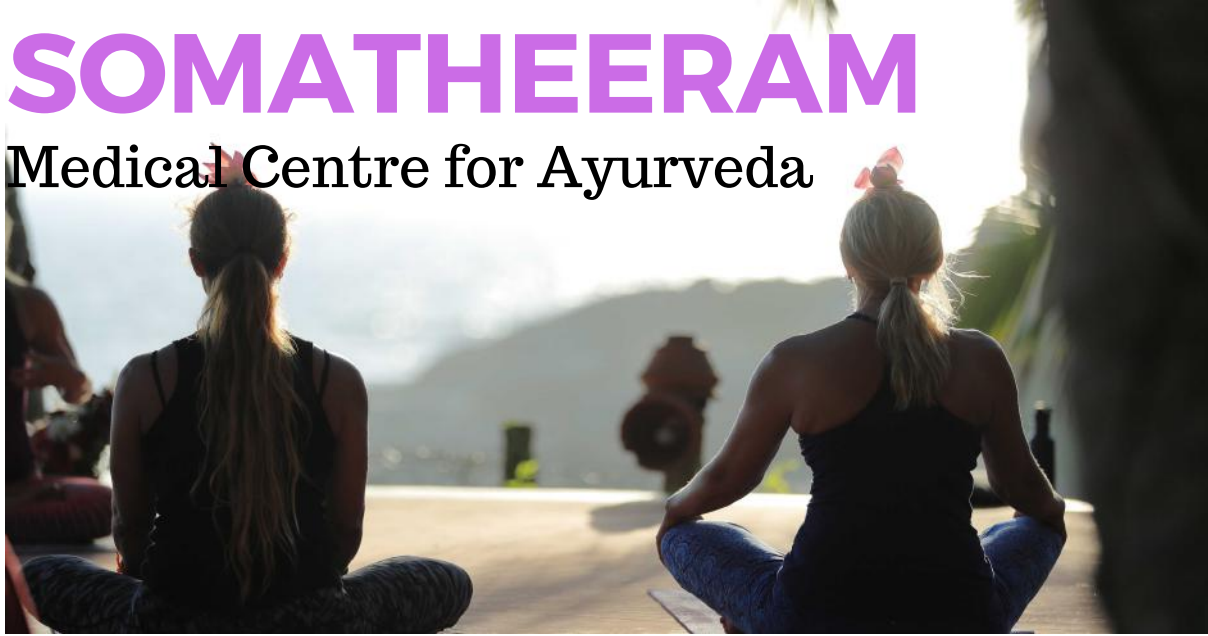
RH Razdan Holidays
Rely on us...we rely on experience

SomatheeramTM
RESEARCH INSTITUTE & AYURVEDA HOSPITAL



SOMATHEERAM

Medical Centre for Ayurveda



Razdan Holidays ushers you to the world of Authentic & Traditional Ayurveda at Somatheeram Ayurveda Village. This award winning Ayurveda Hospital in a resort ambiance is set on a tropical garden and prime beachfront location in Kerala, South India. Here you can benefit from traditional Ayurvedic therapy as well as Yoga & Meditation in a blissfully peaceful environment. Built in the traditional manner, the idea - to replicate the lifestyle of different sections of society as it was about 100-150 years ago, is admirable. The Restaurant at Somatheeram serving Ayurvedic Vegetarian dishes of 250 varieties, Regional Indian Specialties, along with Multi cuisines.

- *Rejuvenation Therapy (8 Days)*
- *Beauty Care Programme (11 Days)*
- *Slimming Programme (15 Days)*
- *Stress Management Programme (15 Days)*
- *Ayurveda Anti - Ageing Programme (23 Days)*

CONTACT FOR MORE DETAILS

SANJAY RAZDAN

Email: sr@razdanholidays.com

Web: www.razdanholidays.com

