

COLONY 1884

ARTOTEL

Fort Kochi

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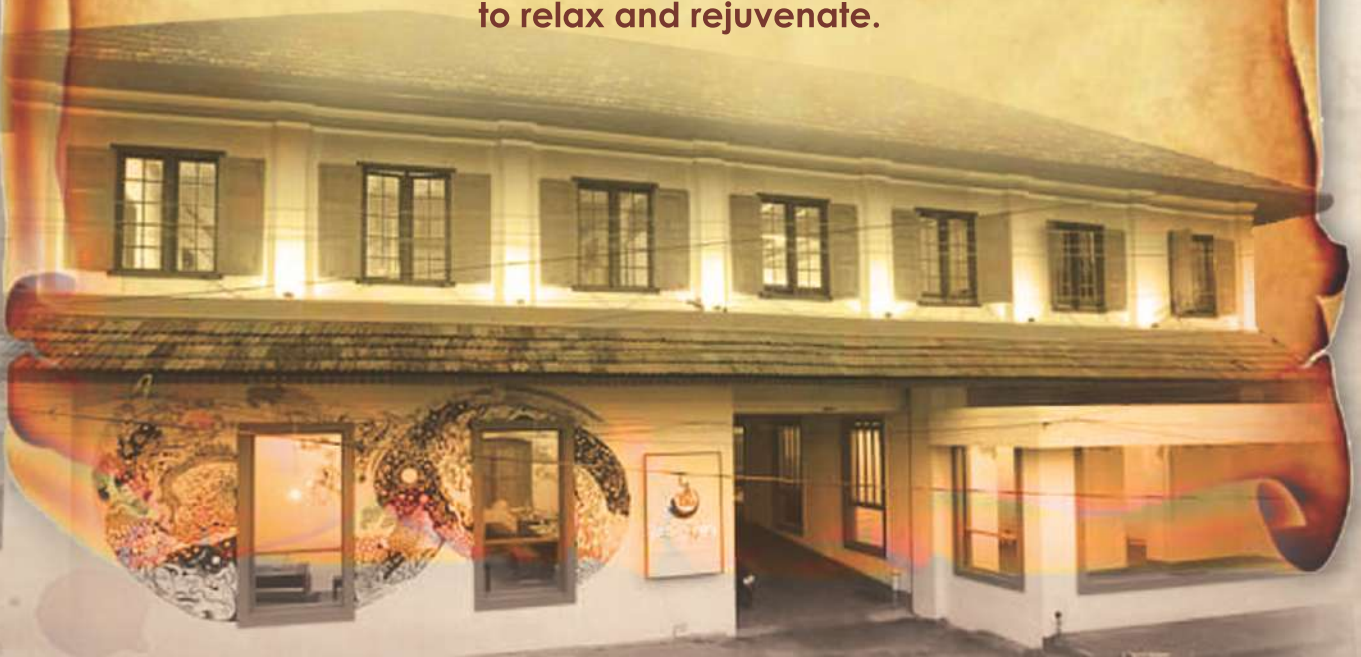
Shopping Around Cochin

www.ayursanawellness.com

Dear Guest,

We warmly welcome you to Fort Kochi, a charming sea side town, known for its Dutch, Portuguese and British influence in both culture and architecture. Heritage sites like St. Francis Church, Santa Cruz Cathedral Basilica, Dutch cemetery and many more such buildings flaunts the historic importance of this town. Upscale eateries and chic café serve local and international specialties and quaint shops sell handmade cloth and souvenirs. Many of the heritage buildings houses contemporary art galleries.

We welcome you to Colony 1884 Artotel, a heritage wellness resort in collaboration with Ayur Sana Wellness Centre. We look forward to give you the best holistic and therapeutic healing experience through Ayurveda and hoping that you will have an unforgettable experience during your stay with us. Our wellness retreat offers comfortable rooms, friendly staff, healthy and delicious food to choose from, all alongside with the historical vibes of the Fort Kochi will allow you to relax and rejuvenate.





Rooms at Colony Artotel

Our Traditional Colonial Style Rooms
Come in two categories

Tariff

for Current Price information,
Email : colonyartotel84@gmail.com
ayursanawellness@gmail.com

Suite Room



Deluxe Room



IN HOUSE RESTAURANT



Our multi cuisine restaurant offers vegetarian Ayurveda Buffet. You can also customize your own menu from our multi cuisine, choice available.

Mocktails & Ice Cream are served at a special price to our esteemed guests.



AYURVEDA



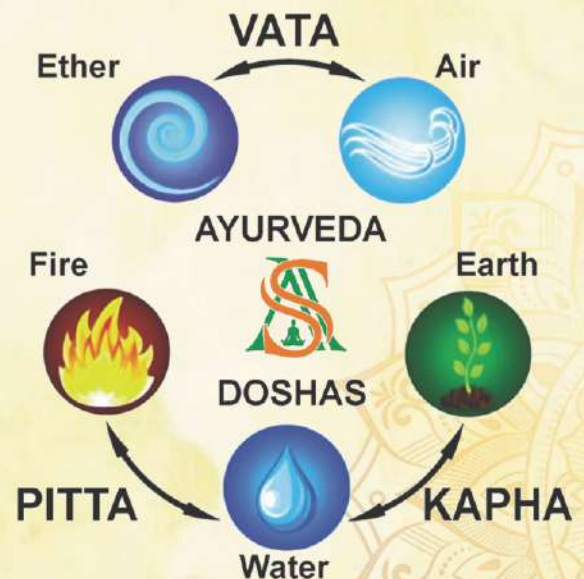
Ayurveda does not divide disorders into the categories that we are familiar with but concerns itself with each element individually. What is treated in Western traditional medicine as an illness is regarded in Ayurvedic teachings as a symptom and a consequence of “Dosha” imbalance.

After consultation with various doctors, we have nevertheless decided to list a number of indications and name some disorders that have frequently been alleviated by Ayurvedic treatments. The types of treatment vary of course according to the “Dosha” type.

In the following you will find a few notes on familiar complaints. It should be stressed that the general terms employed do not exist in Ayurvedic teachings in this form.

Because of our firm commitment to honesty and to the visitor's trust, we feel obliged to mention that we cannot issue any binding guarantee or promise of the success of treatment. What we can however guarantee is that our Ayurveda team will do its utmost with its accumulated experience to give you the best-possible medical care.

- Body care & cosmetics
- Cardiovascular system
- Eyes
- Gynaecology
- Digestive system
- Mental disorders
- Neurological disorders
- Metabolism
- Muscles/bones
- Respiratory organs
- Skin
- Urology



AYURVEDA PACKAGES



Rejuvenation Package

The course of rejuvenation includes synchronised body massages, performed by two therapists with medicinal oil and cream, plus Sirodhara, medicinal steam baths and oral medicine. Rejuvenating face masks are also part of this package. This treatment is taken daily for 90-120 minutes for a period of 7-14 days.

Body Purification Package

The treatment is based on Snehanakarma (oil application), Swedanakarma (sweat treatment) and Panchakarma (purification processes in the narrow sense). The 15 day package includes body massages, Snehanam, Nasyam, Virechanam (purgative treatment under medical supervision), Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Karnapooranam, Tharpanam, Sirovasthi, steam baths and oral herbal medicines.



Slimming Package

Massages are given for 28 days. This programme also includes medicated steam baths and the oral intake of herbal juices and infusions. The goal is to achieve long-term weight loss by changing the metabolism. A special Ayurvedic diet plan is recommended during treatment.

AYURVEDA PACKAGES



Stress Management Package

This treatment takes 1-2 hours daily for a period of 7-14 days and includes yoga, meditation, rejuvenation massages and Dhara, Njavarakizhi, Thalam, herbal steam baths, mud packs etc. and orally taken Ayurvedic medicine.

This programme is very effective for stress management and to encourage body and soul to achieve composure of the mind.

Beauty Care Package

These treatments improve the complexion, tone the skin, beautify the figure and enable you to feel young.



Body Immunization Package

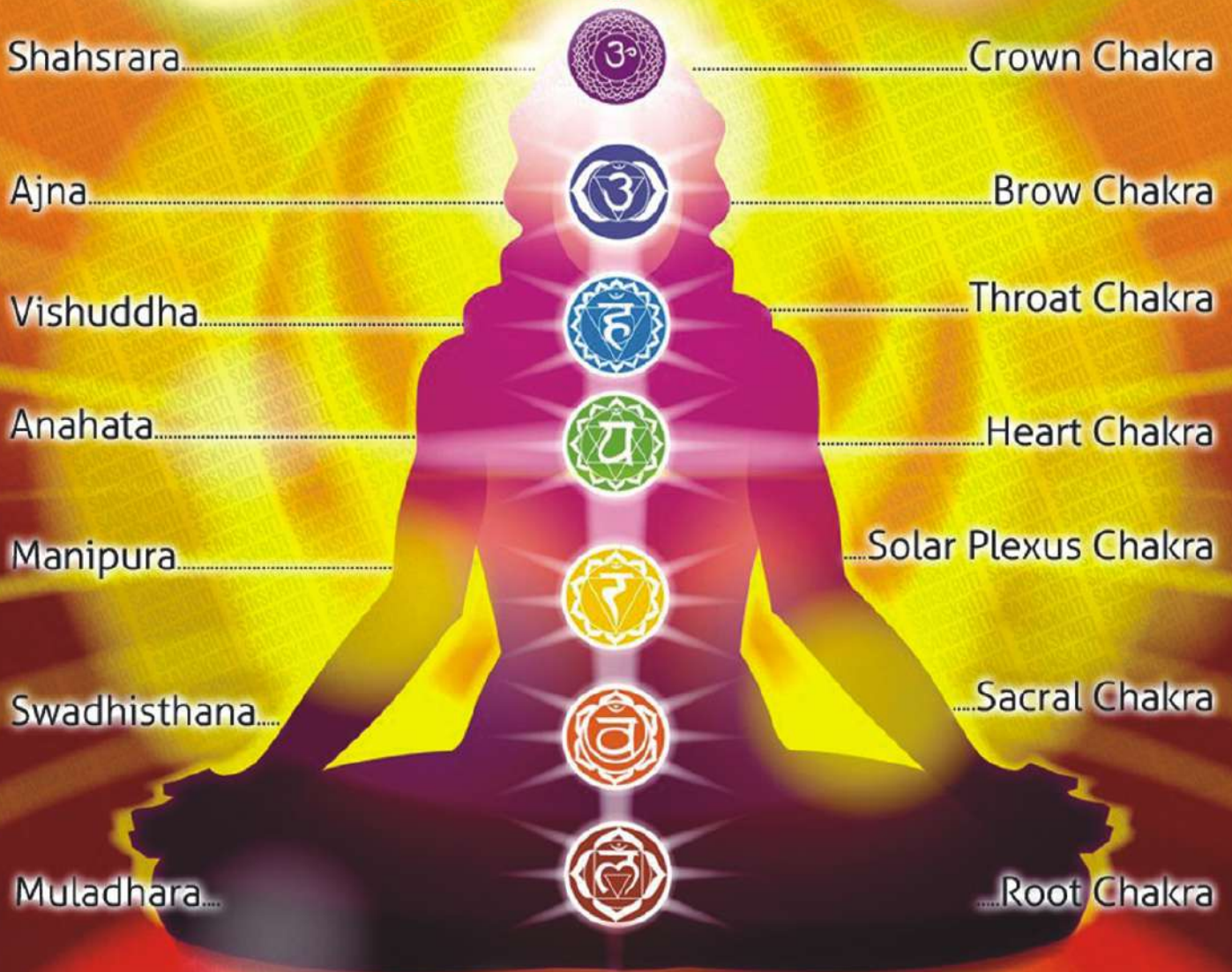
The main aspect of this package involves taking Rasayanas (very specialised Ayurvedic medicine) and also purifying the body and making it sweat readily (Panchakarma and Swedakarma). This 28-day programme includes body massages, Snehanam, Virechanam, Nasyam, Snehavasthi, Dhara, Pizhichil, Njavarakizhi, Tharpanam, Sirovasthi, Karnapooranam and medicated steam baths. This treatment is most effective if embarked on before the age of 60. It is equally recommendable for men and women.



Every day our Yoga Masters conduct Yoga Sessions in the Yoga Hall

Ayur Saunial

Wellness Center
Spa & Ayurveda



www.ayursanawellness.com



ROOM FACILITIES



- ◆ Restaurant
- ◆ Room service
- ◆ WiFi is available in all areas and is free of charge.
- ◆ Reception services
- ◆ Concierge service
- ◆ Luggage storage
- ◆ Tour desk
- ◆ Currency exchange
- ◆ 24-hour front desk
- ◆ Daily housekeeping
- ◆ Laundry- Additional charge
- ◆ 24-hour security
- ◆ Safety deposit box
- ◆ Shuttle service (additional charge)
- ◆ Designated smoking area
- ◆ Air conditioning
- ◆ Non-smoking rooms
- ◆ Outdoor swimming pool (4ft depth)

SIGHTS & TRIPS



Fort Kochi

Fort Kochi has a quaint ambience and the colonial buildings, telling the tales of centuries-old cultural and commercial interaction with the colonial powers of the West, makes a big impression. The history of Fort Kochi is fascinating with various European powers - the Portuguese in 1500, the Dutch in 1663 and the British in the 18th century – invading, controlling, looting and at the same time enriching the place.

Dutch Palace

Though the Dutch Palace has been named so, it was the Portuguese who built it. What the Dutch did was merely cosmetic renovation and repair.



Dutch Cemetery

The Dutch Cemetery is among the most visited sites in Fort Kochi and is famous for its imperial inhabitants, voyagers who left their homelands centuries ago to propagate and expand their own empire. Consecrated in 1724, the Cemetery is today managed by the Church of South India. From here emanate stories that shaped the cultural mix of an entire coast.



SIGHTS & TRIPS

Vascodigama Church

Saint Francis Church, in Fort Kochi, Kochi, originally built in 1503, is one of the oldest European churches in India and has great historical significance as a mute witness to the European colonial struggle in the subcontinent.



Santa Cruze Basilica

The Santa Cruz Cathedral Basilica at Fort Kochi, Kochi is one of the nine Basilicas in Kerala. Counted as one of the heritage edifices of Kerala, this church is one of the finest and most impressive churches in India and visited by tourists the whole year round.



Synagogue

A synagogue, also called a shul or temple, is a Jewish house of worship. The term "synagogue" is also occasionally used to describe a Samaritan house of worship. Synagogues have a place for prayer and may also have rooms for study, a social hall, offices and classrooms



GENERAL INFORMATION

**AYURVEDA PACKAGE RATES From
01st September 2022 to 31st March 2023**

**Rack rate per package,
please visit our website and get offers.**

**Type of Room : Ayur Heritage / Ayur Delux -
Minimum 7 Days Package inclusions.**

- Accommodation.
- Full Board (Ayurvedic vegetarian diet)
- Free consultation by the Doctor.
- Basic internal medicines
- Daily 90 minute to 120 minute treatments.
- Free Herbal water in the room.
- Daily Yoga sessions.
- One Day - Fort Kochi sight - seeing (Fort Kochi Heritage Walk, Mattancherry Palace, Jew Town, Jewish Synagogue and Chinese Fishing Net - Guided Tour)
- One Day - half day backwater & Village life experience at Vaikom.
- Airport Transfers

AYURVEDA TREATMENTS PACKAGES

- Spine and Neck care Programme.
- Beauty Care Programme.
- Body, Mind & Soul Relaxation Programme.
- Stress Reliving Programme.
- Slimming Programme.
- Arthritis Treatments.
- Psoriasis treatments

Additional Services offered :

Taxi Services

Kochi City Sight Seeing / Shopping Tour

Alleppey Backwater House Boat Overnight

Stay Munnar Hill Station Day Trip

For more information :

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