



Villa Classic

However for most people the doctors do recommend the Abhyangam (General therapy) where you are given a whole body oil massage.

The treatment begins with a head massage after which you are asked to lie down on the Droni (a wooden bed specially made for the therapy). Two masseurs stand on either side applying herbal oil on the head and massaging gently in a completely synchronized manner. In fact all therapies here are administered by two masseurs. The therapy is continued on the neck, ears, shoulders, chest and back and then you are asked to lie on your back and the therapy is continued from shoulder to toe. At the end you are asked to sit and given a relaxing back massage as well. Post this you are asked to sit in a wooden case with only your head jutting out for a session of steam that is aimed to ensure the oils absorb well into the body. The shower rooms are located adjacent to the steam room where my masseur had already kept the special shampoo and body scrub ready.

After you get ready, a pinch of Rasanadhi Churanam is put on your head to ensure you keep warm. "Abhyangam has been found very effective for improving blood circulation, longevity, sound sleep, vitality and creates glowing skin. This therapy also acts as a preventive medicine; in short it rejuvenates the body and maintains the



Sirodhara Pot

physique," says Dr. Sarvan, the resident doctor on the premises. I also suggest that based on the time you stay you also try their face pack as well as Shirodhara treatments.

The food at the Ayurvedic canteen (yes that is what the restaurant is called) is simple home cooked vegetarian fare. Breakfast starts with chopped fruit, a fresh fruit juice and a traditional South Indian item like appam, dosa, idiyappam etc. likewise for lunch and dinner, you are served salad, three kinds of curries, phulka, rice and a dessert. The resort only serves vegetarian food and if the doctor has recommended you a special diet you will be served the same. The food is prepared fresh and served on the table



Wooden ayurvedic massage bed



Urli set

and is a set menu that changes every day. The Kairali group has two medicine factories at Pallakad and Pollachi where they manufacture their own oils, cosmetic products and medicines. In fact you can take a trip to the factory through the resort at an additional cost. You can even buy their products at the in house medical store.

A typical day at Kairali starts with a yoga session at the open air yoga deck. This is a one hour session that has simple postures and breathing techniques that is a sure shot way to start the day on a positive note. The reception has a board that has a calendar of activities listed for each day so you know that there is something you can always do. So whether it is a talk on the basic principles of Ayurveda or a village walk or the cooking demonstration there is a lot to do.

The herbal garden located adjacent to the treatment centre is an eye opener as you understand how everyday fruits actually help heal so many health issues. A meditation session happens every evening between 6.30 and 7.30 p.m. which I can vouch for is deeply relaxing. There is also a pool table in the activity room that has a well stocked library. Alternately you can cool off in the swimming pool. As General Manager John Koshi Yohanan says, "Kairali believes that when our guests are on treatment, the resort is their base and we offer an unforgettable experience."