

Local Experiences

To be enjoyed at Indian Summer House



Indian Summer House



In order to enhance your stay with us we have crafted these wonderful experiences that can be enjoyed in the comfort of The Indian Summer House

Marie Tripadvisor March 2019

An absolutely amazing experience!

Yoga each morning if you so desired, massages available every day, a Bollywood dance class for a bit of fun, henna painting , you name it we could do it.

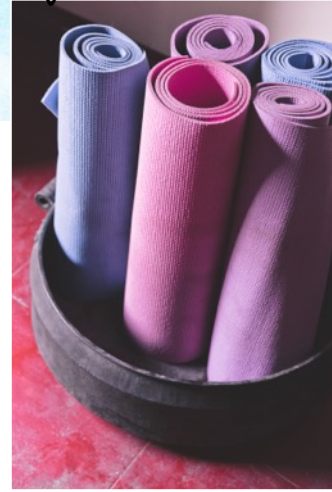
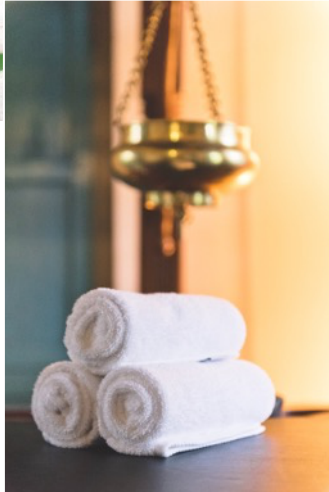
We visited a nearby tea room , walked into the town and around the nearby area, meeting some of the beautiful local residents.

To book the experience or find out more information

Email: don@indiansummerhouse.co OR Whatsapp: +91 9645657102

Local Experiences

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Some of the Local Experiences we can arrange for you

- ✓ Care for your Body & Mind
- ✓ Traditional Afternoon Tea
- ✓ Poolside BBQ
- ✓ Festivals
- ✓ Market tour and cooking experience
- ✓ Theerthapada Tharavadu Tour
- ✓ Bollywood Dance Class
- ✓ Yoga, Meditation and Ayurveda
- ✓ Breakfast with the Autorickshaw drivers
- ✓ Dance or Martial Arts performance
- ✓ Sari and Handloom shopping
- ✓ Temple visit with Aunty
- ✓ Lunch at the Public Works Dept
- ✓ Henna Application
- ✓ Toddy Shop, Forest Temple, Waterfall and Cave -2hour tour

**Extra Charges
May Apply**

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Caring for your Body & Mind

At Indian Summer House we care about your wellbeing. Life in Kerala moves a little slower and if you are willing to embrace this simple and agreeable way of holidaying you will enhance your experience of India and its transformative powers. Here at Indian Summer House we like to foster all that contributes to good health and relaxation. We believe we have created a peaceful environment for you to truly rejuvenate in the land that locals call God's Own Country. At the heart of what we offer our guests is respect: respect for privacy and choice. Added to that is pleasure: time out to pamper yourself and to extend your ideas of comfort and discover new ways to manage your health and wellbeing.

Food

-All meals included in your stay

Our high quality food during your stay at Indian Summer House will provide all the fuel you need to nourish your mind and body as well as prepare you for days and nights as active or as relaxed as you choose. To ensure your wellbeing we have created a menu that is both healthy and flexible, comprising traditional Kerala dishes as well as a combination of lighter Southern Indian meals with a Western influence. In our Asian Kitchen we use as much organic produce from our garden as possible and the menu provides well-balanced, low fat, usually gluten free, meals. As our guest you will always have input into decisions around meals and we are happy to invite you into the kitchen, by arrangement, for a cooking demonstration/lesson if you wish.

Yoga, Meditation & Exercise

-additional charge for yoga

We also understand the importance of activity. We encourage you to book in for daily yoga classes, usually held on the Veranda. Riju (yogi) will make you feel comfortable and will cater for all levels. Yoga is an ideal way to quickly settle in to our Kerala lifestyle. If you like structure you can build a program of physical activities using our large Pool combined with regular sessions in the LifeFitness Gym on the property.

Ayurveda Treatments

-additional charge for treatments

Ayurveda, like religion, is an integral part of cultural life in Kerala. Most Keralans will visit their Ayurveda Health Advisor on a regular basis for pampering, relaxation, rejuvenation after stressful times, or to treat an ongoing ailment or condition. Our massages and facials are provided under the care and guidance of trained professionals. If you prefer a gentle relaxation massage we have options that will suit, or if you want to work on problems like circulation or arthritis then a tailor-made treatment with selective herbs and oils is available. Please make time to consult with our Ayurveda Spa/Massage guru Riju or peruse the list of massages and beauty treatments available. We will arrange a consultation and please ensure you book early so we can make the necessary arrangements.

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Canoe river crossing and afternoon tea with Mohanan!

We will call up the boatman and ask him to canoe us across the Muvattapuzha River, take a short walk through the rubber and tapioca fields to our favourite Tea House. Mohanan, wife and family have been running this teahouse for many years and we will enjoy its vintage beauty. Mohanan freshly prepares great tea, great Pazham Puri (banana fritters), Tapiocca Chips, Parrippu Vada (my favourite). We can sit under the ripening bananas with locals and travelling salesmen who can share tales of this magical place.

Complimentary with your stay.



Market tour and cooking experience

Our Chef will take you on a tour of the local markets and then you can join him in creating the evening meal. Or you are welcome to choose something from the menu or perhaps there is a particular South Indian Dish that you are hankering to make. Please enquire when booking and we can incorporate a lesson or two during your stay.

Additional charge per person applies.



Local Temple Festivals

Due to Kerala's diversity there are a variety of festivals throughout the year. If there something you are interested in let us know otherwise we will keep you updated with all that's happening in town and get you involved.

Additional charge may be required for transport.



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Poolside BBQ for your group

Enjoy Kerala's famous seafood in a poolside setting on your last evening with us when our chef fires up the BBQ - Aussie Style

Cooling off with a refreshing swim with only the stars and the fireflies lighting up the sky!

Additional charge per person applies.



Bollywood dance classes

Enjoy one or two Bollywood Dance Classes in the privacy of the property. Impress your friends when you get home with your new moves. We suggest 2 shorter classes during your stay

Additional charge per person applies.



Feeling socially & Culinary Brave

Join us for an early breakfast with the Auto Rickshaw Drivers (we need to be there before 8am). This tiny cafe serves up a stunning Kerala Breakfast to keep the drivers satisfied until lunch. Join a shared table, order Cappi or Chai and then chose your bread: Parotha, Appam, Idly, a few side dishes: Mung Beans, Egg Roast, Beef Fry and a range of other delicacies.

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Cultural Performance or Martial Arts Display

Traditional Bharanatayan and Mohiniyattam dance is very popular amongst young girls in Kerala.

For the boys Kalaripayattu dating from 300BC is a traditional Keralan Marshal Arts is also very popular.

They love to come and perform. Their make up and costumes are extraordinary and the precision is effortless.



Additional charge per person applies.

Temple visit with Amayee

Generally one of the Aunties will be visiting Temple, usually early morning or towards sunset. You are welcome to join them and enjoy the community spirit that surrounds the local Temple. Join in the activities or arrange a special Puja for your family and share the rich Temple Payasum with our staff.

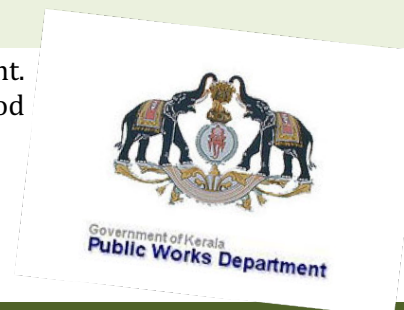
A small donation at the temple will be appreciated



Lunch at the Public Works Department

Enjoy a local banana leaf lunch with the officers at the Public Works Department. They serve a traditional Kerala lunch in an old colonial building –The food is good and it's a window to local life.

Additional charge per person applies



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Henna Temporary Tattoo

Have your henna applied in the afternoon by the pool to be admired by all throughout your India journey.

Typically applied at wedding celebrations –they may mistake you for a new bride! And now its becoming popular for boys aswell!

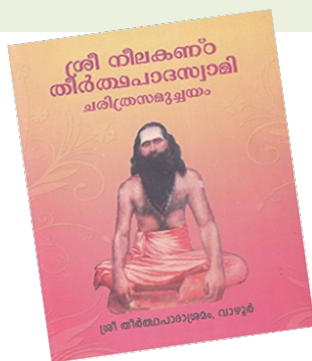


Additional charge per person applies.

Swami Theerthapada's Traditional Home Tour

A Tharavadu is simply a heritage home and this one has been in Mini's extended family since the 1800s. Neelakanta Theerthapada is a Swami (Indian Philosopher) who was born around 1870 and he lived and worked here. Famous for heeling snake bites. We are fortunate to have access to this property and his artefacts and scriptures for our guests to view by arrangement.

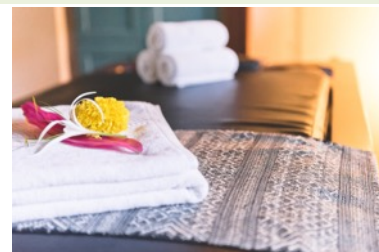
A small gift to the owners is appreciated –chocolates/flowers



Yoga and Ayurveda Spa Treatments

A trip to Kerala is not complete without experiencing the healing power of Yoga and Ayurveda. We encourage all our guests to enjoy daily yoga to relax and recharge. We have an onsite Ayurveda Spa managed by our very experienced and caring local team Riju & Leela.

Additional charges apply per treatment



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Toddy Shop, Forest Temple, Waterfall and Cave with Rubber tapping - 2 hours

Let our team take you to their local haunts. These are places they went to as kids and got up to all sorts of mischief. In a couple of hours and within 15kms of Indian Summer House you will have the opportunity to become a Muvattupuzha local>

Toddy Shop: Have seat with the locals and sample the fresh local palm and coconut toddy. This has just been tapped from the local trees and is a great kick start to the day with some fiery red fish curry.

Draw some energy from the enormous trees at a nearby Cavu (small hindu temple)

Try your hand at Rubber Tapping followed by some Chai

In the monsoon check out our very own waterfall where families, young lovers and bathers enjoy the peacefulness and natural spring waters.

An ancient cave where native people climb huge trees for honey and locals get their drinking water

Additional charge per person applies.



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Local Experiences

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1-3 Hours duration only

Pricelist

Indian Summer House

Pricing	INR
<i>Canoe river crossing and afternoon tea with Mohanan.....</i>	<i>No Charge</i>
<i>Market tour & cooking experience.....</i>	<i>500 pp</i>
<i>Local Temple Festival</i>	<i>250 pp +Transport</i>
<i>Poolside Seafood BBQ for your group</i>	<i>1150 pp</i>
<i>Bollywood dance class - max 8 people</i>	<i>750 pp per hour</i>
<i>Auto Rickshaw driver breakfast</i>	<i>500 pp</i>
<i>Cultural Performance – 1 Hour</i>	<i>20000</i>
<i>Temple visit with Amayee</i>	<i>250 pp</i>
<i>Lunch at the Public Works Department</i>	<i>500 pp</i>
<i>Henna Temporary tattoo</i>	<i>500 pp</i>
<i>Swami traditional home tour</i>	<i>250 pp</i>
<i>Town Car Tour in our 1958 Ambassador</i>	<i>500 pp</i>
<i>Yoga.....</i>	<i>500 per day</i>
<i>Toddy, waterfall, cave, temple tour with car.....</i>	<i>250 pp + Vehicle</i>
<i>Sari Shopping in Thodapuzha (25min drive).....</i>	<i>250 pp + Vehicle</i>

Ask Rajesh, Biju or Albin for Details

**Just ask us if we can
arrange we will!**

**All tours subject to
availability**

Ayurveda Treatments

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Pricelist

Indian Summer House

Treatment	INR	INR
Abhyangam Full body massage	60 min	3500
Abhyangam & Navarakizhi	60 min	5500
Aroma Facial	60 min	3500
Yoga (per person)	60 min	500
Aroma Therapy Massage	60 min	4500
Back Massage with Head Massage	30 min	2500
Body Scrub	75 min	5600
Care Therapy	135 min	8500
Choornakizh (Podikizhi)	60 min	5000
Cream Massage	60 min	4000
Ela Kizhi	75 min	5000
Eye Rejuvenator	20 min	1750
Face Massage	25 min	1750
Facial Package	45 min	2800
Fresh Mixed Fruit Massage	60 min	5000
Body Massage & Aromatic Facial	60 min	5000
Head, Neck & Shoulder Massage	40 min	2500
Herbal Face Pack	50 min	3500
Herbal Steam Bath	20 min	700
Honey Massage	75 min	5600
Hony Sesame Clow	60 min	5600
Indian Head Massage	30 min	1750
Karnapoornam	20 min	1750
Aroma Therapy Face & Hands	60 min	5000
Ayurveda Health Consult	30 min	1750

Treatment	INR	INR
Kativasti Back pain (3-5 treatments best)	45 Min	2500
Kids Massage	20 min	1750
Lavanya Facial	60 min	5000
Foot Massage	20 min	1750
Full Leg Massage by the Pool	30 min	2500
Leg, Foot, Lower Back & Hip	45 Min	3200
Medicated Milk Bath	75 min	5000
Mukha Lepam	45 min	2500
Nasyam	30 min	1750
Neck & Shoulder Massage	30 min	1750
Olive Oil Massage	60 min	4500
Padabhyangam (Leg Massage)	30 min	2100
Reflexology	30 min	2100
Refreshing Therapy	75 min	5500
Rejuvenation Therapy	135 min	10500
Sandal Body Pack	90 min	5600
Shiridhara	50 min	5500
Shiridhara & Abhyangam	90 min	5600
Siroabhyayangam	30 min	2500
Skin Cleasing Body Scrub	45 min	4200
Soundhary Vardhana Therapy	60 min	5000
Swedish Massage	60 min	4600
Tharpanam	30 min	2500
Udwartana (Powder Massage)	75 min	4500
Natural Medicine		1750

Please refer to Ayurveda Brochure in your room for details

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