



Indian Summer House

Local Experiences

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



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 – 2 hour tour

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

*Extra charges may apply

To book the experience or find out more information
Email: don@indiansummerhouse.co OR Whatsapp: +91 9645657102



Local Experiences



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

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 into 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.



Canoe river crossing and afternoon tea with Mohanan!

complimentary with your stay

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), Tapioca Chips, Parippu Vada (my favourite). We can sit under the ripening bananas with locals and travelling salesmen who can share tales of this magical place.

Market tour and cooking experience

additional charge per person

Our Chef will take you on a tour of the local markets including 4th generation Ayurveda store and traditional coconut press 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.





Local Temple Festivals

additional charge may be required for transport

Due to Kerala's diversity there are a variety of festivals throughout the year. If there is 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.

Poolside BBQ for your group

additional charge per person applies

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!



Bollywood dance classes

additional charge per person applies

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.

Feeling Socially & Culinary Brave

additional charge may be required for transport

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 choose your bread: Paratha, Appam, Idly, a few side dishes: Mung Beans, Egg Roast, Beef Fry and a range of other delicacies.





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 Martial Arts is also very popular.

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

Temple visit with Amayee

a small donation at the temple will be appreciated

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.



Lunch at the Public Works Department

additional charge per person applies

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.

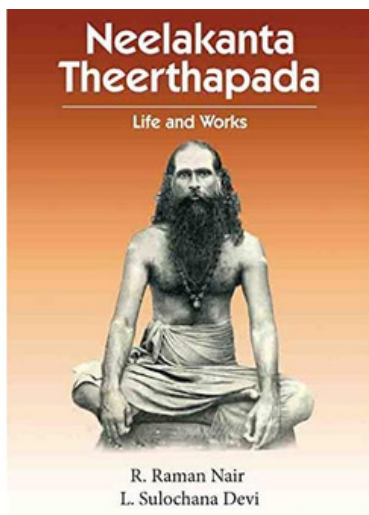
Henna Temporary Tattoo

additional charge per person applies

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 it's becoming popular for boys as well!





Swami Theerthapada's Traditional Home Tour

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

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 healing snake bites. We are fortunate to have access to this property and his artefacts and scriptures for our guests to view by arrangement.

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

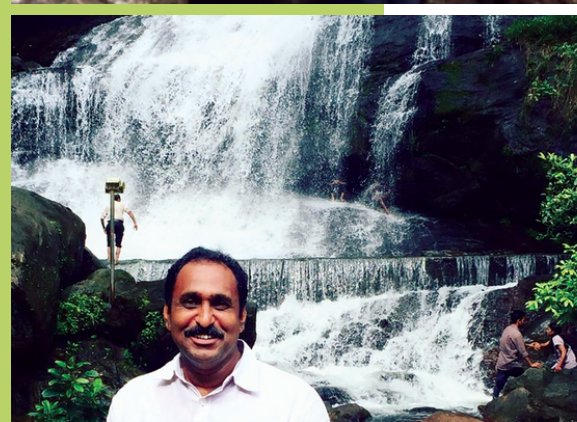
additional charge per person applies

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 a 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.



For more information contact Don
Don: don@indiansummerhouse.co or Call/Whatsapp +919645657102
www.indiansummerhouse.co

Signature Ayuverda Treatments

Padabhyangam Poolside

30mins

Enjoy a leg and foot massage by the pool. Legs and feet are massaged with medicated oil reducing stress and improving blood circulation.



Ayurveda Health Consult

30mins

We recommend all our guests have a consult to learn a little about the system of Ayurveda and what they may consider introducing to their lives to improve their overall wellbeing. In addition find a treatment below that would be most appropriate to begin or extend their wellness journey.



Abhyangam – Traditional Ayurveda Massage

60mins 90mins

The Massage combines specially prepared Ayurvedic herbal oils and applied all over the body stimulating the vital points. This is very good for the general health of the skin and prevents early aging and relieves muscular aches and pain. After the massage herbal steam bath is optional.



Sirodhara

60mins

The patient is made to lie supine on a wooden bed with his neck placed in a comfortable position. A steady flow of medicated oil is made to pour gently on the forehead through an overhanging clay or metal pot. Rejuvenates the body and mind. Especially ideal for relieving stress and strain.

Sirodhara & Abhyangam Combined for total relaxation

Alakizhi

75mins

Your body is massaged with a warm cloth bag filled with herbal leaves. The poultice is filled with various herbs, ground into powder and warmed in herbal oils. The benefit is to the whole body including neck, shoulders, hands and back to relieve body pain, especially from arthritis and paralysis. It promotes better circulation & expels waste through perspiration. Improves skin tone and it is a relaxing therapy.



Abhyangam & Navarakizhi

60mins

The whole body or certain part of the body is made to perspire by external application of medicinal packs prepared from special rice called Navara. Cooked in herbal decoction and milk, it packed in thin muslin bags. The massage makes the skin soft, enhances complexion, strengthens body muscles, cures stiff joints, improves blood circulation & digestive power. It is also prescribed for all kinds of nervous disorders rheumatism, arthritis, emaciated limbs, sports injuries and joint pains. At the end of the treatment, the body is wiped with a dry clean towel and then medicated oil is applied.





Udwartana

75mins

This is a deep and dry massage. It uses herbal powder or extraction to break cellulites fats and strengthen body muscles. Remove dead skin cells and stimulates circulation. Effective for obesity. It includes a head massage and herbal steam bath.



Siroabhyangam, head, Neck & Shoulder

50mins

The Indian Head Massage is based on the ancient healing system of Ayurveda. Deep thumb and finger pressure, friction and soothing is applied on neck and shoulder, upper back, arms and the scalp. Strokes help to reduce the tension, improve blood circulation and expels toxins from the body.

Back Massage

30mins

A popular massage to relieve muscle pain, improve blood circulation while improving muscle tone and skin texture. This therapy uses warm Ayurvedic oil.



Kids Massage

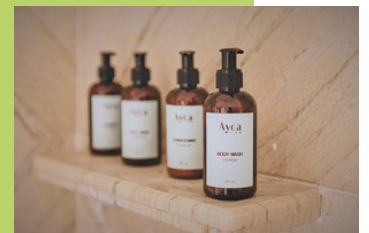
20mins

This is a special gentle massage for kids under 10 years. Helping to improve blood circulation and bone development.

Aroma Therapy Massage

60mins

An exquisite aroma journey that uses the healing power of pure essential oils for rebalancing of the body, mind and spirit. This unique massage uses perfumed oils. A relaxing massage is performed with soft hands on the body, head and face.



The Lot - Rejuvenation Therapy

135mins

Abhayagam, Siroabhyangam, Reflexology, Sirodhara, Herbal steam bath finishing with eye relaxing massage. A full body massage is given with aromatic medicated oils to relieve joints and muscle stiffness improve the complexion and texture of the skin. In sirodhara luke warm herbal oil is poured on the forehead along with a gentle massage that relieves stress and strain. Finally, a herbal steam bath is given resulting in toned skin and glowing complexion. Overall this package enhances immunity, restores vigour and vitality and helps to harmonize the body, mind and soul.

