



Indian Summer House

Local Experiences and Ayurvedic Wellness Healing & Cosmetology

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

Muvattapuzha, Kerala, India

www.indiansummerhouse.co

1 September 2025 to 31 August 2026



Some of the Local Experiences we can arrange for you

*Additional charges apply

- Ayurvedic Wellness, Healing & Cosmetology with Geethanjanaa AyuSpa
- Yoga, Meditation & Exercise
- Cooking Experience with Chef
- Canoe River Crossing and Afternoon Tea with Mohanan!
- Town Car Tour & Morning/Afternoon Tea Out
- Poolside BBQ
- Family Temple Visit with Pushpanjali
 - Evening: Puzhakkarakkavu Devi Temple
 - Morning: Sree Rackad Karanattu Kavu (Temple)
- Bollywood Dance Class
- Breakfast with the Autorickshaw drivers
- Toddy Tapping & Tasting
- Canoe trip up the Kaliyar River - 1 Hour
- Theerthapada Tharavadu Tour
- Henna Application
- Iringole Forest Temple and Tharavadu Museum
- Thattekad Bird Sanctuary
- Tapestry Weaving & Indigo Dyeing Workshops
- Shopping Suggestions & Guidance

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

Ask our Guest Care Manager for more information and to book in!



GEETHANJANAA
AYURSPA

AT

Indian Summer House

Step into a sanctuary where every detail is crafted to offer a truly immersive Ayurvedic experience. At Geethanjanaa AyurSpa, they honour the authenticity of classical therapies while embracing the quiet luxury of Indian Summer House. Whether you're seeking restoration, relaxation, or radiant well-being, their thoughtfully curated treatments provide the solution to unwind and heal. Let skilled hands, pure ingredients, and a deep-rooted philosophy of care guide your journey to complete wellness.

There is a separate brochure in your room
Please ask our Guest Care Manager to book you in!

FACIAL & SKIN TREATMENTS

Ayur clean-up Basic herbal facial cleansing for fresh and smooth skin	₹1,600 30 minutes
Mukhakanthi Facial Traditional herbal facial for natural beauty enhancement and skin glow	₹3,800 60 minutes
Soundarya Golden Glow Facial Herbal facial with galvanic machine to enhance glow	₹5,000 60 minutes

HAIR & SCALP TREATMENTS

Medhika Natural hair conditioning and coloring with pure henna	₹3,600 60 minutes
Kesharanjini Herbal Spa Herbal hair spa for strengthening roots and promoting healthy growth	₹3,300 60 minutes

Tariff & Personalised Care Notice

The rates mentioned reflect standard durations for individual therapies. As every treatment at our centre is customised to suit your unique constitution (Prakriti), present health condition, and therapeutic goals, actual session durations and combinations may vary. Accordingly, the final pricing will be proportionately adapted to your personalised wellness plan.

Please note that all prices are exclusive of GST. Applicable taxes will be added at the time of billing as per prevailing government regulations.

PANCHAKARMA TREATMENTS

Pada Abhyanga Specialized foot massage to stimulate vital points and promote relaxation	₹800 15 minutes
Kashayadhara Therapeutic pouring of warm herbal decoctions for targeted healing	₹4,200 45 minutes
Shiro Abhyanga Scalp massage with medicated oils for hair health and relaxation	₹1,100 15 minutes
Swedana Steam therapy to open pores and eliminate toxins from the body	₹1,300 15 minutes
Sarvaanga Abhyanga Traditional full-body oil massage with medicated oils to balance doshas	₹3,600 60 minutes
Nasya Karma Nasal therapy with medicated oils for sinus and respiratory conditions	₹1,800 20 minutes
Podi Kizhi Herbal powder pottli massage to relieve pain, stiffness, and inflammation	₹4,000 60 minutes
Njavara Kizhi Medicated rice pottli massage for muscle strengthening and nourishment	₹4,800 60 minutes
Shiromukha Abhyanga Combined head & face massage followed by nourishing herbal face pack	₹2,200 30 minutes
Shirodhara Continuous warm medicated oil poured over forehead for deep relaxation	₹6,800 60 minutes
Udvartana Therapeutic dry massage with herbal powders for weight management	₹3,400 45 minutes
Akshi Tarpana Eye rejuvenation therapy with medicated ghee for vision improvement	₹3,000 30 minutes
Pizhichil Royal treatment with continuous oil pouring combined with massage	₹9,400 45 minutes

KNEE & JOINT CARE THERAPY

Janu Vasti Localized treatment for knee joint pain and arthritis	₹3,400 30 minutes
Kati Vasti Lower back oil therapy for chronic back pain and spinal disorders	₹2,800 30 minutes
Spine Rejuvenation Treatment combining multiple techniques for complete spine health	₹4,400 30 minutes

BODY TREATMENTS

Aroma Massage Luxurious aromatherapy massage with essential oils and healing touch	₹4,000 60 minutes
Herbal Body Scrub Herbal exfoliation removes dead skin for smooth, soft and glowing skin	₹6,000 75 minutes

HAND & FOOT CARE

Manicure Professional hand care with nail shaping, cuticle care, and moisturizing	₹2,400 45 minutes
Pedicure Complete foot care with exfoliation, nail care, and hydration	₹3,000 60 minutes
Foot Reflexology Therapeutic foot massage combined with pressure point stimulation	₹2,600 30 minutes



Yoga, Meditation & Exercise

Rs1250 per person

We encourage you to book in for daily yoga classes, usually held on the Veranda. Our Yogi will make you feel comfortable and will cater for all levels.

*Or Visit our Gym, at no charge, and make use of the Lifefitness Equipment, rollers etc

Cooking Experience with Chef

Subject to Chef availability

Rs1500 per person

In the evening join Chef for a hands on experience to prepare dishes and take home the recipes to try yourself.

Market Tour Add On

Rs500 per person

Participate in a tour of the local markets including 4th generation Ayurveda store, traditional coconut press, fruit and vegetable market, utensils store and Khadi cotton shop..



Canoe River Crossing and Afternoon Tea with Mohanan!

Rs1250 or Complimentary if staying 2 or more nights

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.

Town Car Tour & Morning/Afternoon Tea

Rs1250 per person

Step back in time for a tour around town in our 1958 Black Ambassador and enjoy morning or afternoon tea out at one of our local traditional cafe or tea stands



Poolside BBQ for your Group

Rs2000 per person

Enjoy Kerala's famous seafood alongside "The Best Swimming Pool in Kerala" 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!



Family Temple visit with a Pushpanjali - morning or afternoon

Rs1250 per person

Evening at 5pm: Puzhakkarakkavu Devi Temple

Towards sunset we will take an Autorickshaw firstly to visit the local 4th generation Ayurveda and Temple Store. Then we will walk along the river for about 15 minutes and arrive at the temple that sits on the banks of where the 3 rivers meet.

We will then arrange a Pushpanjali (blessing for you and your family for a safe onward journey). Meet some locals and share in the community spirit of the temple.



Morning at 6am: Sree Rackad Karanattu Kavu (Temple)

At 6am we will call up the boatman to ferry us across the Muvattapuzha river to this hidden gem. Immersed in nature's beauty and tranquility, far from the city's chaos, this sacred Devi Temple offers a profound connection with nature and a peaceful environment to rejuvenate the soul.

We will then arrange a Pushpanjali (blessing for you and your family for a safe onward journey). Meet some locals and share in the community spirit of the temple.



Bollywood Dance Classes

Rs1500 per person (minimum 2 people)

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.

Breakfast with the Auto Drivers

Rs750 per person

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



Toddy Tapping & Tasting



Rs1250 per person

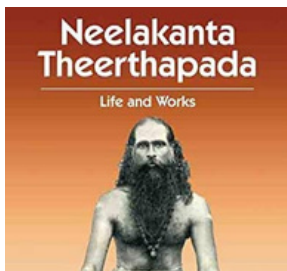
At 7am or 4pm come with us to meet Renju our local toddy tapper just 10 minutes drive from here. Firstly checkout his large knife that he neatly carries on his back before he scales the palm trees to collect the toddy that has accumulated in large earthenware pots high up in the crown of the palm. Drink it fresh now or let it ferment to increase the alcohol content (usually 3–6%). Then home for breakfast or dinner.

Mornings are best! Its cool and no mosquitos.

Canoe trip up the Kaliyar River – 1 Hour

Rs1500 per person (minimum 2 People)

Our town boatman will meet you where the three rivers join and you can take a pole canoe tour up the serene Keliyar River. Let the gentle waters soothe your soul, immerse yourself in nature's beauty, and keep an eye out for the majestic Kingfisher. There is an option coffee and cake stop or ask the team to pack a snack. An hour of pure relaxation awaits—come paddle into peace!"



Swami Theerthapada's Traditional Home Tour

Rs500 per person

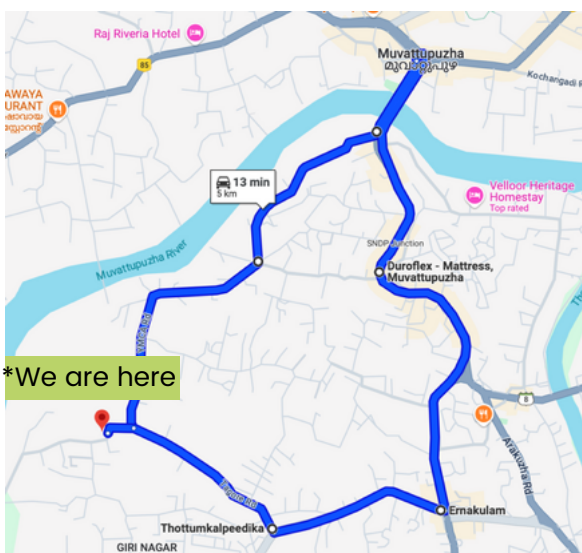
A Tharavadu is simply a heritage home and this one has been in Mini's extended family since the 1800s. Neelakanta Theerthapada is a Swami (Indian Philosopher) who was born around 1870 and he lived and worked here. Famous for healing snake bites. We are fortunate to have access to this property and his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

Henna Temporary Tattoo

Rs2500 per person (average price)

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!



*Bicycles are available to use

*Town centre is just a 15 minute walk

*Shopping guide on last page of this booklet

*Lost? Ask auto driver to call Suresh +91 9447509425



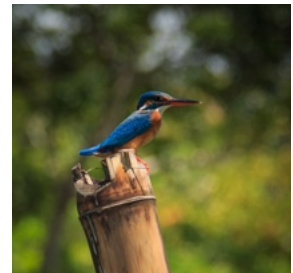
These are Half Day Tours
(Approx 3-4 Hours and require a vehicle)

Thattekad Bird Sanctuary

Rs2000 per person (Minimum 2 People)
Plus Innova Car Rs7500 - (if required)
Price includes Guide

Kerala is home to over 150 migratory birds from the latter part of October through to March/April. Thattekad Bird and Wildlife Sanctuary is very close to us and they have excellent guided tours. This is an early morning tour (5am start) just 45mins from Indian Summer House. You will have a guide and we will provide tea and snacks.

NB: This is subject to Guide Availability



Iringole Temple

Rs2000 per person (Plus Innova Car Rs7500 - if required)

Iringole Temple is located in the middle of a small forest. It is a lovely short trip and walk. We can combine this with a visit to a historical home, which is just nearby, and a ginger-lime soda at the entrance. This tour can be in the morning or afternoon and is only a short trip.

NB: This is subject to Team Member Availability



Ask our Guest Care Manager for more information and to book in!



These are 3 Hour workshops in Fort Kochi
(Plus 1.5 hours drive each way and require a vehicle)

Introduction to Tapestry Weaving

Rs4000 per person. Plus Innova Car Rs7000 - (if required)

Price includes:

- 3 hours of guided session
- Use of weaving tools and materials for the duration of the session: frame loom, yarns, shuttle, workbook, notes, and technical guidance
- Light refreshments

This hands-on session will introduce participants to the fundamentals of tapestry weaving, including warping, basic weave structures, and finishing techniques. Participants will engage with a variety of colours, textures, and patterns to create their woven piece.

During the workshop, participants will learn to:

- Translate a design from paper to loom using basic shapes and patterns
- Understand structure and composition in weaving
- Create textures using different techniques
- Get familiar with essential weaving vocabulary
- Finish and remove the piece from the loom for display

NB: This is subject to Guide Availability

Indigo Dyeing Workshop

Rs4500 per person. Plus Innova Car Rs7000 - (if required)

Price includes:

- 3 hours of guided session
- Dyeing tools will be provided for the duration of the workshop. These include fabrics and natural dye ingredients, workbooks, notes, and technical information.
- Light refreshments

An immersive practical experience exploring the ancient craft of indigo vat making, including its historical and cultural significance. Participants will learn how natural ingredients like dates and jaggery are used to create the dye vat and get hands-on experience preparing and dyeing fabrics. The session welcomes all skill levels, and the participants will receive personalised guidance and support throughout, allowing them to explore the art of indigo dyeing at their own pace and comfort level. This program is available for the age group 7+ onwards. They will receive step-by-step guidance from our experienced natural dyer, Md Hizqeel, ensuring a seamless learning experience.

NB: This is subject to Guide Availability

Ask our Guest Care Manager for more information and to book in!



Shopping Suggestions

Muvattapuzha

(15 minutes walk or Auto Rickshaw Rs500)

Tony & Guy for a Haircut or Colour

Cafe Brown for a Coffee & Cake

Thottam Indian Bakery – Indian Bakery Items

Rajarajeswary Vegetarian Restaurant for Masala Dosa or Chai

Dazzle – For cheap but fun Indian Jewellery

Allen Solly for Men's Western Clothing

Thompson Footwears – ask to see ladies shop just behind

Sri Kanivilas Aluminium Store for all things stainless steel and brass

Grand Centre Mall for variety of goods and best supermarket in basement

EVM Latha Theatre for Western Movies – check on bookmyshow.com

Khadar Bhavan – best Khadi Cotton Shop (lungi, shirt material, thorth, super thin cotton, heavy thick cotton, linen, handkerchiefs, temple sari.)

Thodapuzha

(20 minutes by car – Innova Car Rs5250)

Kalyan for Sari's

Pulimoottil Silks for ready to wear – men & women

Bhima for Gold, Silver & Diamonds (Mini's wedding jewellery came from here)

Anns Bakery – best plum cake

Kochi

(75 minutes by car – Innova Car Rs7875)

LuLu Mall for everything

This requires a half day and I suggest lunch at Paragon in the Mall – famous Calicut restaurant

Fort Kochi

(90 minutes by car – Innova Rs7875)

This requires almost a full day – if you are choosing this I will prepare a list of shopping for you depending upon your interests

Ask our Guest Care Manager for more information and to book in!