



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.

Muvattapuzha, Kerala, India

[www.indiansummerhouse.co](http://www.indiansummerhouse.co)



### Some of the Local Experiences we can arrange for you

Extra charges may apply

- 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 Auntie
- Lunch at the Public Works Dept
- Henna Application
- Toddy Shop, Forest Temple, Waterfall and Cave –2 hour tour

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Marie Tripadvisor March 2019

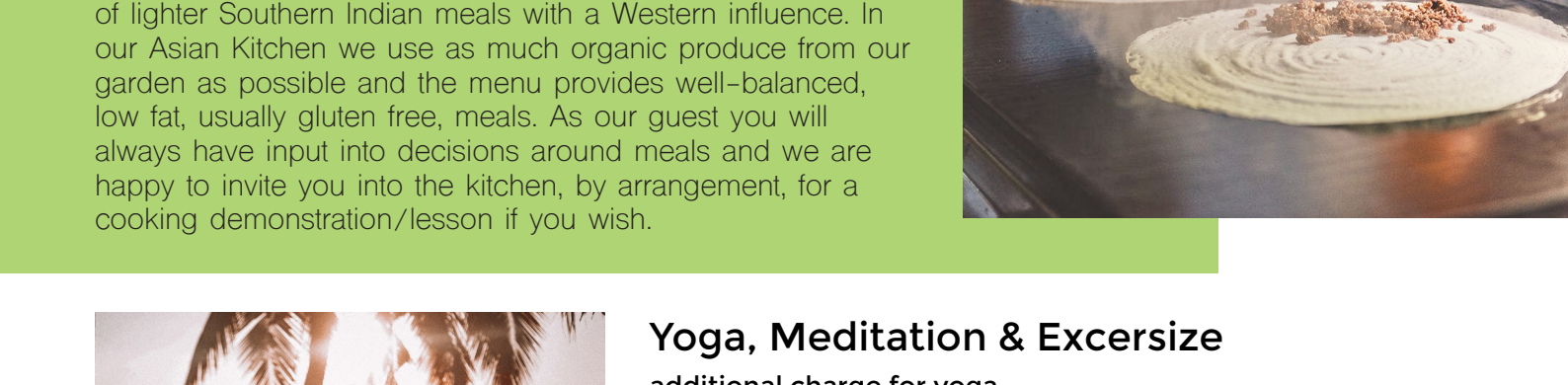
An absolutely amazing experience!

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.

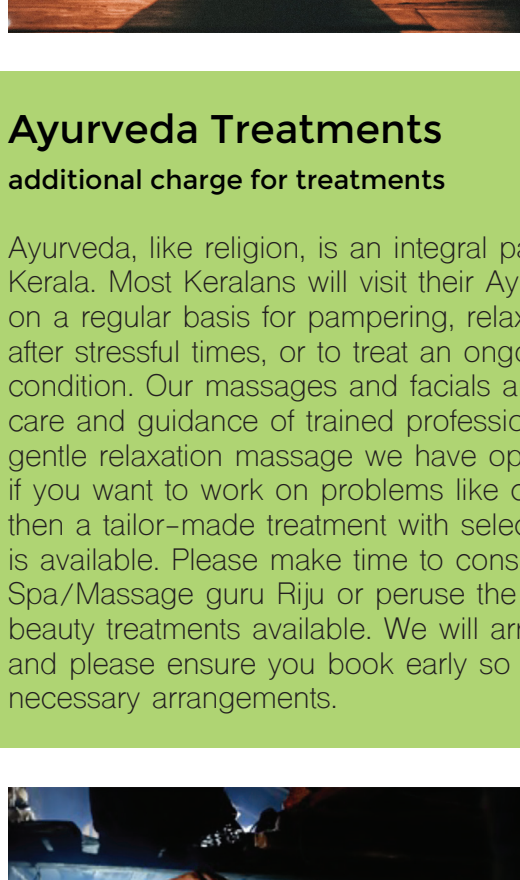
We visited a nearby tea room, walked into the town and around the nearby area, meeting some of the beautiful local residents

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



## Local Experiences

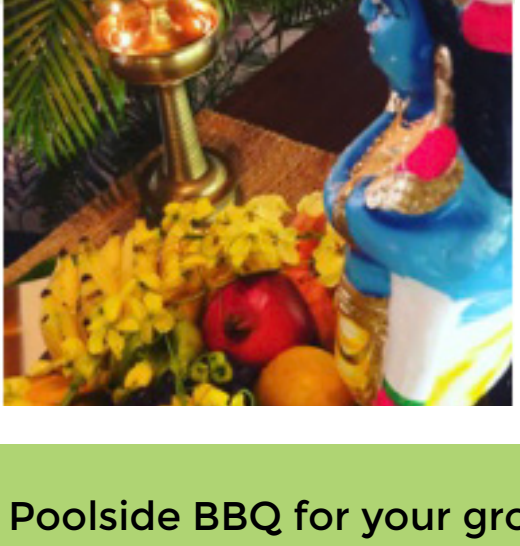
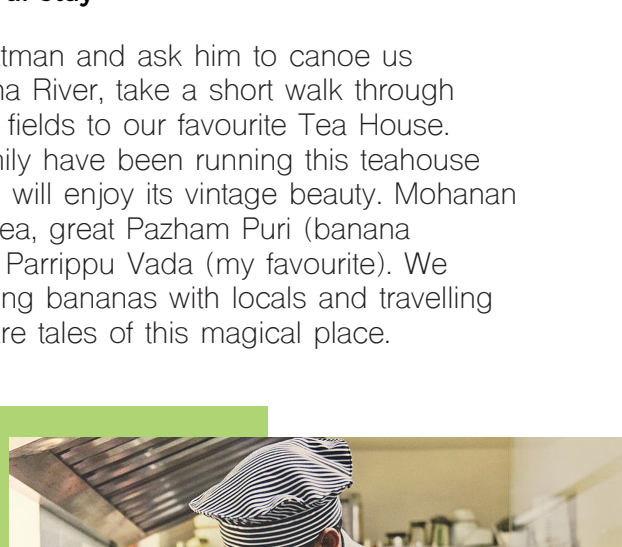


### Caring for your Body & Mind

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

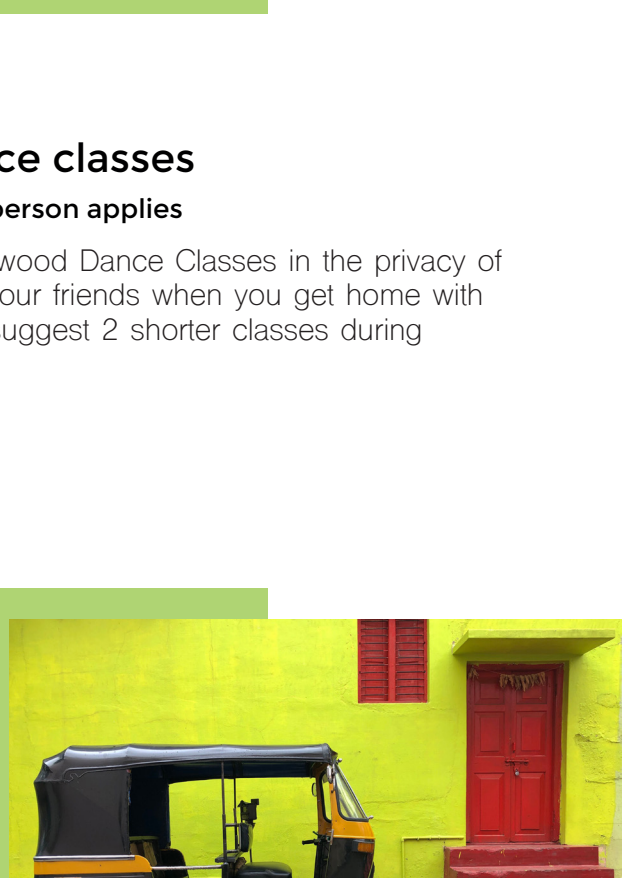
additional charge for yoga

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

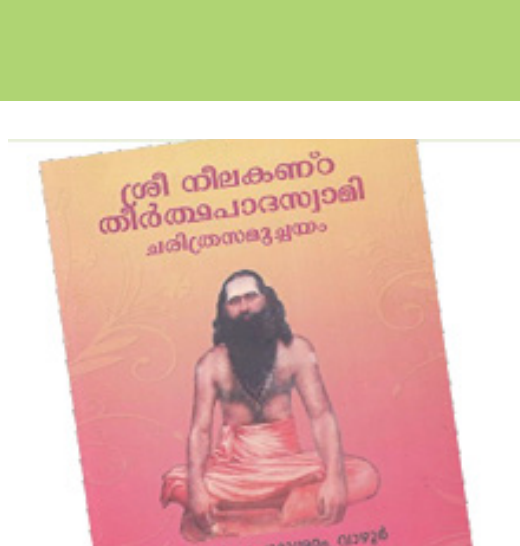
We will call up the boatman and ask him to canoe us across the Muvattapuzha River, take a short walk through the rubber and tapioca fields to our favourite Tea House. Mohanan, wife and family have been running this tea house for many years and we will enjoy its vintage beauty. Mohanan freshly prepares 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 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

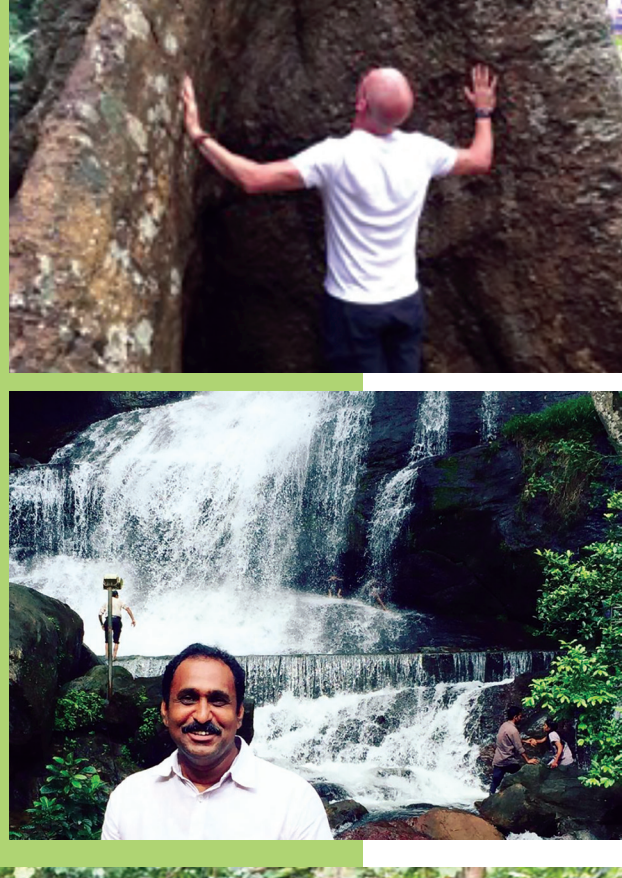
Due to Kerala's diversity there are a variety of festivals throughout the year. If there is something you are interested in let us know otherwise we will keep you updated with all that's happening in town and get you involved.

### 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

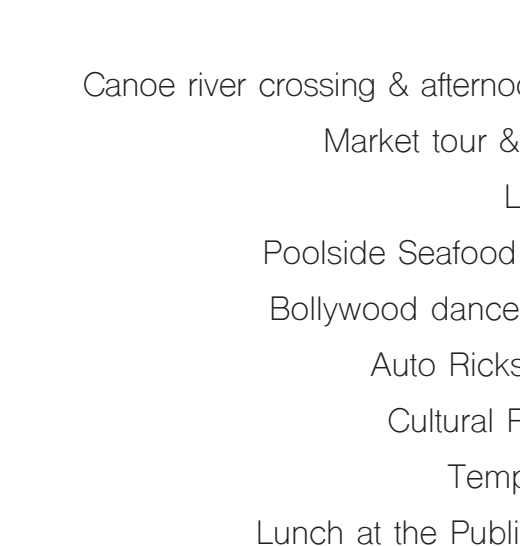
additional charge per person applies

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

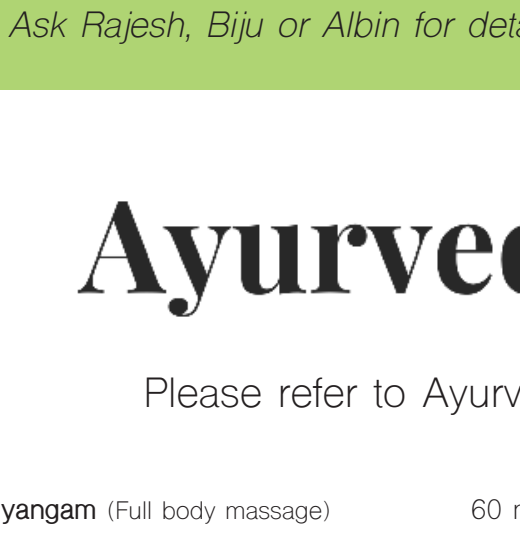
Join us for an early breakfast with the Auto Rickshaw Drivers (we need to be there before 8am). This tiny cafe serves up a stunning Kerala Breakfast to keep the drivers satisfied until lunch. Join a shared table, order Capri or Chai and then choose your bread: Paratha, Appam, Idli, a few side dishes: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



### Cultural Performance or Martial Arts Display

Traditional Bharanattayan 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.

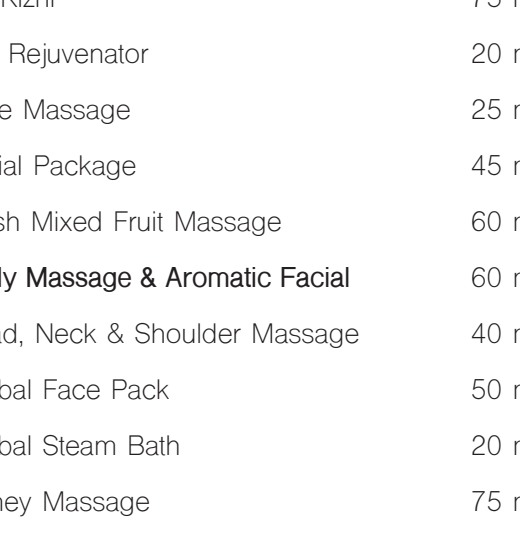
They love to come and perform. Their make up and costumes are extraordinary and the precision is effortless.



### 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.

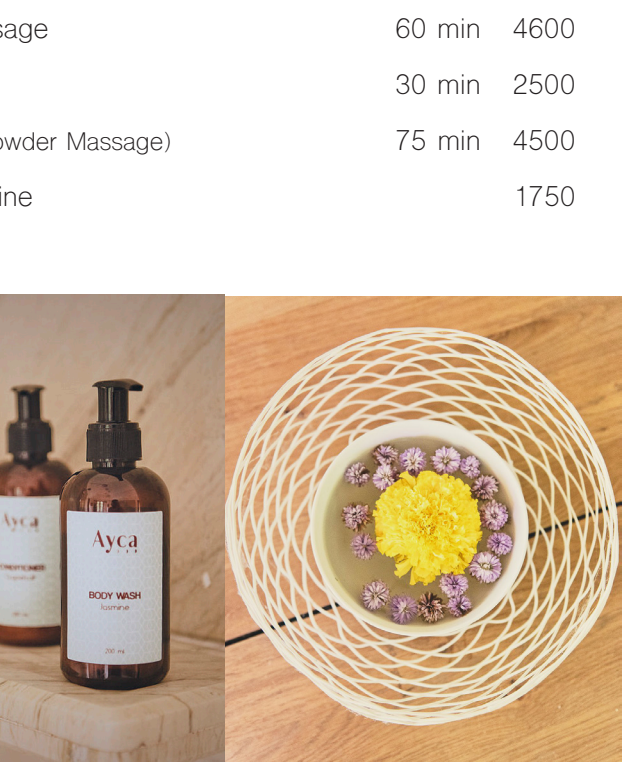


### Henna Temporary Tattoo

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 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.



## Pricelist

1-3 hour duration only

Canoe river crossing & afternoon tea with Mohanan	No Charge
Market tour & cooking experience	500 pp
Local Temple Festival	250 pp + transport
Poolside Seafood BBQ for your group	1150 pp
Bollywood dance class – max 8 people	750 pp per hour
Auto Rickshaw driver – 1 hour	500 pp
Cultural Performance – 1 hour	2000 pp
Temple visit with Amayee	250 pp
Lunch at the Public Works Department	500 pp
Henna Temporary tattoo	500 pp
Swami traditional home tour	250 pp
Town Car Tour in our 1958 Ambassador	500 pp
Yoga	500 per day
Toddy, waterfall, cave, temple tour with car	250 pp + vehicle
Sari Shopping in Thodapuzha (25min drive)	250 pp + vehicle

Ask Rajesh, Biju or Albin for details All tours subject to availability Price in INR

## Ayurveda Treatments

Please refer to Ayurveda Brochure in your room for more details

Abhyangam (Full body massage)	60 min	3500	Kativasti – Back pain (3-5 treatments best)	45 min	2500
Abhyangam & Navarakizhi	60 min	5500	Kids Massage	20 min	1750
Aroma Facial	60 min	3500	Lavanya Facial	60 min	5000
Yoga (per person)	60 min	500	Foot Massage	20 min	1750
Aroma Therapy Massage	60 min	4500	Full Leg Massage by the Pool	30 min	2500
Back Massage with Head Massage	30 min	2500	Leg, Foot, Lower Back & Hip	45 min	3200
Body Scrub	75 min	5600	Medicated Milk Bath	75 min	5000
Care Therapy	135 min	8500	Mukha Lepam	45 min	2500
Choornakizhi (Podikizhi)	60 min	5000	Nasyam	30 min	1750
Cream Massage	60 min	4000	Neck & Shoulder Massage	30 min	1750
Ela Kizhi	75 min	5000	Olive Oil Massage	60 min	4500
Eye Rejuvenator	20 min	1750	Padabhyangam (Leg Massage)	30 min	2100
Face Massage	25 min	1750	Reflexology	30 min	2100
Facial Package	45 min	2800	Refreshing Therapy	75 min	5500
Fresh Mixed Fruit Massage	60 min	5000	Rejuvenation Therapy	135 min	10500
Body Massage & Aromatic Facial	60 min	5000	Sandal Body Pack	90 min	5600
Head, Neck & Shoulder Massage	40 min	2500	Shiridhara	50 min	5500
Herbal Face Pack	50 min	3500	Shiridhara & Abhyangam	90 min	5600
Herbal Steam Bath	20 min	700	Siroabhyangam	30 min	2500
Honey Massage	75 min	5600	Skin Cleansing Body Scrub	45 min	4200
Honey Sesame Oil	60 min	5600	Sundhary Vardhana Therapy	60 min	5000
Indian Head Massage	30 min	1750	Swedish Massage	60 min	4600
Karnapoomani	20 min	1750	Tharpanam	30 min	2500
Aroma Therapy Face & Hands	60 min	5000	Udwartana (Powder Massage)	75 min	4500
Ayurveda Health Consult	30 min	1750	Natural Medicine		1750

