



Ambience...

NIKKI'S NEST is situated in the southwestern of Indian state of Kerala, which is best known for Ayurveda, only 30 minutes from the International Airport Trivandrum. The idyllic private sea side resort is nestled on a hill slope washed by the Arabian sea with spectacular views over the tropical shore line of the Malabar coast. Among lush and slender coconut palms, quite adjacent to popular Kovalam beach, the resort offers the ultimate in tranquillity and relaxation.

Accommodation...

Cottages of traditional Kerala architecture placed at various levels on the hill slope allow each twin unit to enjoy its own unobstructed view of the ocean and its surrounding beauty. These well furnished cottages with a good blend of modern amenities and traditional comforts, with a private lawn and garden of exotic orchid collections, provide the relaxation and privacy one deserves. All rooms are equipped with modern bathrooms and a fan. A 2nd unit of rooms – the beach rooms – are located near the ayurvedic centre at a gentle slope leading to a small private beach.

Health...

The facilities and amenities offered at NIKKI'S NEST are comparable to the best in traditional Kerala hospitality and are excellent qualified for Ayurveda. The Ayurveda Basic Program provides either the Purification Therapy or the Rejuvenation Therapy, depending on the initial consultation of the doctor. With a team of well trained and experienced therapists, the doctor will personally oversee the treatment every step of the therapy from the first medical examination and the plan of treatments to the final examination.

Possible cure content –

- 1 initial consultation incl determination of dosha, „Vata, Pitha, Kapha“
- 1 final consultation
- 2 x weekly consultation
- 2 x daily medication
- Food Consultation
- Head Massage
- Facial Massage
- Synchron Massage (whole body)
- Intensive Massage
- Oil-Herbal-Rice-Massage
- Oilstream-Head-Treatment
- Detox (Vashti, Colon Irrigation)
- Nose-Cleaning
- Herbal Inhalation

- Herbal Steam
- Herbal Bath
- Flower Bath
- Yoga & Meditation
- Special treatments
- = Approx hours of treatments per day : 2.5 – 4

Leisure...

During the Ayurvedic treatments there are many opportunities for excursions and attractions like half day trips for shopping in Trivandrum, the lively and busy capital of Kerala or to the Tourist spot at Kovalam. You also can join an impressive Kerala backwater tour, which is a "must" for every visitor in Kerala. However, basically, you will very soon find out that the proper conduction of the Ayurveda-treatments won't leave you much urge to roam around.

