



PARK AM SEE
NATTIKA AYURVEDA

A LAKESIDE **SANCTUARY**

WHERE AUTHENTIC AYURVEDA
FROM KERALA MEETS
GERMAN SERENITY AND
HOLISTIC HEALING.





PARK AM SEE

NATTIKA AYURVEDA



Warm Welcome!

Dear Guest,

Retreat Park Am See Nattika welcomes you to a serene haven by **Lake Tollensesee**. Rooted in the wisdom of Ayurveda, our retreat blends personalised therapies, nourishing cuisine, and mindful practices to help your body, mind and spirit thrive.

Just 130 km from Berlin, our 64-hectare estate combines natural beauty with **Kerala's authentic Ayurvedic traditions**, guided by our experienced doctors, therapists and chefs from India.

Immerse yourself in tranquillity, healing and renewal as you begin your transformative Ayurvedic journey with us.

Authentic Ayurveda guided by our team from Kerala, India.

People and History

“A heritage preserved. A vision renewed.”

Schlosspark Alt Rehse holds over a century of history, once a noble estate, later transformed through many eras and challenges. **From its origins in 1897** to its rediscovery in 2016 by **Mrs. Gabriele Wahl-Multerer**, the park has been continually shaped by resilience.

Inspired by her own life-changing experiences with Ayurveda in India, she sought an authentic partner. This led to the collaboration with Nattika Ayurveda Retreats, renowned for their award-winning Ayurveda resorts in Kerala. Representing Nattika, **Mr. Joseph Kodath** played a key role in **bringing traditional Indian Ayurveda to Schlosspark Alt Rehse**.

Today, **Retreat Park Am See Nattika** celebrates a harmonious blend of German heritage and India's ancient healing traditions.



Mrs. Gabriele Wahl-Multerer

Managing Director
Schlosspark Alt Rehse Entwicklungs GmbH



Mr. Joseph Kodath

Managing Director
Nattika Ayurveda GmbH

A Space Crafted for Holistic Well-Being

At **Retreat Park Am See Nattika**, the entire estate is part of your therapeutic journey.

Every element of your stay becomes part of the healing process:

- A walk beneath century-old trees along the shores of Lake Tollensesee
- The quiet of the Ayurveda House after an oil treatment
- Gentle yoga at sunrise in the 400 m² thatched yoga hall or on the outdoor deck
- A personalised, dosha-balancing meal in Anadi
- An evening meditation or campfire by the lake

Retreat Park Am See Nattika is more than a resort with Ayurveda - it is **a complete therapeutic landscape** where nature, architecture, food, treatments and daily rhythms work together to support deep transformation.





Ayurveda is the “knowledge of life”

Ayurveda, literally “**Ayus**” (life) + “**Veda**” (knowledge), is one of the world’s oldest holistic healthcare systems. **Originating in India**, this science is based on a deep observation of nature and of human life in all its dimensions - physical, mental and spiritual.

Ayurveda teaches that:

- Each person has a unique constitution, expressed through the three doshas Vata, Pitta and Kapha.
- Health arises when these forces are in balance and in harmony with natural rhythms.
- Disease develops when we move away from this inner and outer balance.

One is considered healthy when the doshas are balanced, the tissues and digestive fire function properly, waste products are eliminated efficiently, and the mind, senses and spirit remain joyful and clear.

- Sushruta Samhita - Sutrasthana, Chapter 15, Verse 41





Punarjani - The Ayurveda House.

The Ayurveda House is thoughtfully designed to provide a serene and holistic environment for your wellness journey. Our facility features **8 treatment rooms**, of two of which are equipped with **herbal steam bath**, **2 consultation rooms** and an **exclusive relaxation lobby**, which offers the perfect blend of comfort and tradition. After your treatments, unwind in our calming lobby while enjoying a cup of herbal tea, ensuring your rejuvenation extends beyond the therapy rooms.

“Wellness woven into every space.”



Ayurveda Medical Support

Upon arrival, you will have a **comprehensive consultation with our experienced Ayurveda specialists**, who will design a **personalised treatment plan and diet tailored to your unique needs** based on the subjective examinations and findings. You will be provided a daily follow-up consultation and also receive detailed descriptions of the treatments planned, helping you understand their therapeutic benefits. Based on your health conditions, we may provide herbal supplements to support your healing process.

We take pride in using only authentic traditional equipment, utensils and oils imported directly from India. This ensures that every treatment adheres to the highest standards of Ayurveda tradition, delivering an experience that is both genuine and deeply effective.

At our Ayurveda House, your well-being is our priority, and our dedicated team is here to guide and support you at every step of your transformative journey.

“Guided by Kerala’s authentic Ayurveda expertise.”

What is Panchakarma?

Panchakarma is Ayurveda's most profound cleansing and rejuvenation therapy. It gently removes deep-seated toxins, balances the doshas and restores lightness, clarity and vitality to the body and mind.

The word Panchakarma comes from Sanskrit, “Pancha” meaning five and “Karma” meaning procedures, referring to the five classical methods of detoxification.

The five Panchakarma procedures are:

- **Nasyam** - instillation of herbal nasal drops to clear the head, sinuses and areas above the neck.
- **Vamana** - therapeutic, controlled vomiting used mainly to remove excess Kapha from the body.
- **Virechana** - a gentle, guided purgation that clears toxins related to Pitta.
- **Vasthi** - herbal enema therapy, the most important cleansing method for balancing Vata.
- **Raktamoksha** - bloodletting, used in specific conditions to remove impurities from the blood.

Not every guest receives all these procedures. Our doctors carefully select what is suitable based on your health condition, your specific complaints, and your body's capacity to undergo each step safely.

Before any cleansing begins, the body is prepared with:

- **Snehana** - internal and external oleation to loosen toxins
- **Swedana** - herbal steam to gently mobilize them

After the main Panchakarma procedures, we follow with post-care therapies that stabilise digestion (Agni), strengthen the body, and help you return to balance smoothly.

Thoughtfully planned and individually customised, Panchakarma is one of the most powerful healing experiences in Ayurveda.



Programme Overview / Packages

Every programme at Retreat Park Am See Nattika is individually designed. Our Ayurvedic doctors tailor your treatments, therapies and diet based on your health condition, constitution and goals.

Whether detoxing, rejuvenating, relieving stress or strengthening vitality, **each plan reflects your unique healing needs.**



Our Ayurveda Programmes

Panchakarma Foundational Programme – 14 days

A foundational cleansing and rejuvenation programme including preparatory therapies, personalised detox procedures and restorative post-care treatments for balanced healing.

Panchakarma Intensive Programme – 21 days and More

A deeper detox journey featuring multiple cleansing therapies, thoughtfully spaced to protect Agni (digestive fire) and Bala (strength), ensuring a safe, comprehensive and transformative experience.

Langhana Balance Programme – Weight Management – 18 days and More

A personalised metabolic-reset plan using Rookshana (drying) therapies, diet guidance, dry powder massages and selected treatments—all designed to support healthy weight loss without stressing the system, preventing cortisol elevation and maintaining metabolic

Rasayana / Longevity Programme

- Foundational Therapeutic Rejuvenation- 7 days
- Longevity Package (Rasayana Focus) - 14 days
- Detox + Longevity Programme – 21 Days

A focused rejuvenation programme aimed at nourishing tissues, enhancing vitality, promoting mental clarity and supporting graceful ageing through personalised Rasayana therapies and diet.

Short Rejuvenation Retreat - 2 days

A short yet refreshing wellness escape offering soothing massages, nourishing Ayurveda cuisine and gentle yoga—ideal for unwinding after a busy week or maintaining regular rejuvenation.

One-Day Wellness Escape

A one-day introduction to our retreat experience, including an Ayurvedic treatment, yoga session and optional meals.

“Your body is unique – your Ayurveda should be too”

Panchakarma Foundational Programme – 14 days

Our **Panchakarma Basic programme** is a two-week journey of deep cleansing and rejuvenation, thoughtfully tailored to your individual health needs. The process begins with a preparatory phase, featuring **Snehana** (internal and external oleation) and **Swedana** (herbal steam therapy), which gently loosen and mobilise toxins from the body.

Based on your condition and constitution, our Ayurvedic physicians will then select the most appropriate cleansing procedures, ensuring they are safe, effective and supportive of your overall balance.

The programme concludes with a post-care phase designed to nourish, strengthen and stabilise the system. These therapies help restore digestion (Agni), boost immunity and enhance mental clarity, allowing the benefits of Panchakarma to integrate smoothly and profoundly.

Every step of this programme is customised to your unique health profile, offering a truly holistic and transformative healing experience.



Inclusions

- Initial Consultation upon arrival – Up to 60 Min x 1
- Daily review consultation X 12
- Welcome Massage (60 Min) x 1
- Customised Ayurveda treatments for 105 Min x 12
- Subjective Panchakarma Procedure x 1 / 2
- Daily 2 Group Yoga session x 14
- Internal medication /supplements prescribed during the course of treatments
- Individually planned diet based on the health condition and body nature
- Final Consultation detailing the post plan and care – Up to 30 Min x 1

Panchakarma Intensive Programme 21 days and More

Our **Intense Panchakarma programme designed for 3 weeks or more**, offers a deeper therapeutic experience with multiple cleansing procedures planned in a carefully spaced sequence. Each step is timed to ensure that the **individual's Agni (digestive fire) and Bala (strength and resilience)** remain stable and supported throughout the process.

This extended duration allows for a more thorough detoxification while giving the body enough time to **recover, rejuvenate and integrate** the effects of each cleansing stage. Every plan is personalised by our Ayurvedic physicians to match your health needs, ensuring both safety and maximum therapeutic benefit.

Langhana Balance Programme Weight Management

Our Langhana Balance Programme is **designed to improve metabolism** by identifying the real causes of **weight gain—whether physical, hormonal, emotional or lifestyle-related**. The approach is gentle, personalised and always stress-free, ensuring your body never enters a state that increases cortisol or insulin resistance, which can hinder healthy weight loss.

The therapies may include:

- Rookshana (drying therapies) through internal and external methods to reduce heaviness
- Specialised dry powder massages to stimulate circulation and boost fat metabolism
- A guided liquid fasting phase of 3-4 days to reset digestion and enhance lightness
- Personalised Ayurvedic diet guidelines to support long-term metabolic balance



Depending on your condition, selected Panchakarma therapies may also be included to deepen detoxification and improve overall metabolic function.

The goal is not just weight loss, but a lighter body, clearer mind and refreshed vitality—achieved in a safe, supported and balanced way.

Inclusions

- Initial Consultation upon arrival - Up to 60 Min x 1
- Daily review consultation up to 15 min X 12
- Welcome Massage (60 Min) x 1
- Customised Ayurveda treatments for 105 Min x 15
- Subjective Panchakarma Procedure x 1 / 2
- Daily 2 Group Yoga session x 18
- Internal medication /supplements prescribed during the course of treatments
- Individually planned diet based on the health condition and body nature.
- Nattika Essence service
- Final Consultation detailing the post plan and care - Up to 30 Min x 1

Rasayana / Longevity Programme



According to Ayurveda, ageing occurs on two levels:

Chronological ageing, which is a natural passage of time, and biological ageing, which is influenced by our metabolism, lifestyle, stress, and overall health.

While chronological ageing cannot be altered, biological ageing can be slowed, stabilised and even partially reversed through a personalised Ayurvedic approach.

Because ageing affects each person differently, every Rasayana or Longevity Programme at **Retreat Park Am See Nattika** is fully customised to individual needs, constitution and health condition.

Foundational Therapeutic Rejuvenation- 7 days

A concentrated rejuvenation programme **designed to nourish tissues, enhance vitality** and **support graceful ageing**. Ideal for those seeking a short yet powerful revitalising experience, this plan includes tailored treatments, herbal support and a customised Rasayana diet to promote cellular regeneration and mental clarity.

LONGEVITY PACKAGE (RASAYANA FOCUS) 14 DAYS

The Longevity Programme focuses on Rasayana therapy, a classical Ayurvedic approach aimed at nourishing tissues, improving cellular resilience and reducing degeneration caused by chronic inflammation, oxidative stress and metabolic imbalance.

This programme is designed for guests seeking sustainable vitality, enhanced immunity and long-term physical and mental resilience. It does not include intensive Panchakarma detoxification, making it suitable for those preferring a nourishing and restorative approach.

DETOX + LONGEVITY PROGRAMME 21 DAYS

A comprehensive programme that begins with a detox phase to clear metabolic toxins and reset the system, followed by an extended Rasayana rejuvenation phase.

Detoxification helps clear metabolic waste and the followed Rasayana sessions nourishes tissues, strengthens immunity and revitalises the body and mind.

Short Rejuvenation Retreat - 2 days

A short stay to reset your body, mind and energy

Our Weekend Ayurveda Plan is an **ideal choice for anyone looking to refresh and reset after a long, demanding week**—or for those who wish to continue regular rejuvenating sessions to maintain their well-being. Enjoy soothing **Ayurvedic massages, nourishing meals and gentle yoga practices**, all designed to deeply relax your body and mind.

In the calm and peaceful surroundings of our retreat, this short getaway offers a revitalizing boost, bringing renewed energy, clarity and balance. It is the perfect way to recharge and stay connected to your wellness journey through the healing touch of Ayurveda.



Inclusions

- Initial Consultation upon arrival - Up to 30 Min x 1
- Daily review consultation X 1
- Welcome Massage (60 Min) x 1
- Customised Ayurveda treatments for 105 Min x 1
- Daily 2 Group Yoga session x 2
- Herbal Internal medicines or supplements prescribed during the course of treatment.
- Individually planned diet based on the health condition and body nature.

One-Day Wellness Escape

Our Day Plan invites you to experience the essence of **Retreat Park Am See Nattika** in a single, restorative day. From 9:00 AM to 6:00 PM, immerse yourself in soothing Ayurvedic therapies, nourishing **Ayurveda cuisine and a calming yoga session**. It is the perfect way to explore our wellness philosophy and enjoy a refreshing pause from everyday life.

Inclusions

- Initial Ayurvedic Consultation - 20 minutes

A brief personalised assessment to understand your needs and tailor your treatment.

- Customised Ayurvedic Treatment - 105 minutes × 1

A deeply relaxing, dosha-balancing therapy designed for your body type.

- One Group Yoga Session

Gentle movement and breathwork to calm the mind and energise the body.

Day Plan Price €180 per person

Optional Add-On

- Ayurveda Meals - €30 per person, per meal

Enjoy authentic Ayurvedic cuisine, freshly prepared according to your constitution.



MASSAGE-ONLY OPTION

For those seeking a shorter break or a simple moment of relaxation, we also offer a Massage-Only Option. This is ideal for unwinding, releasing tension and refreshing your body and mind.

Available Massages

Full Body Relaxation Massage - €90

Full Body Synchronized Massage - €120

Rooms

In the middle of the peaceful park, our traditional, thatched half-timbered houses invite you to enjoy a relaxing stay during your Ayurveda programme at Retreat Park Am See Nattika. **With a total of 35 carefully designed guest rooms and 6 exclusive apartments**, we offer you an atmosphere of harmony and comfort.



DOUBLE ROOM STANDARD

6.02, 6.04, 6.05, 6.07, 6.08, 6.11, 6.12, 6.14, 6.15, 6.16, 7.12

Elegant 20-24 sqm rooms with a 180 cm box-spring bed and serene décor, suitable for singles or couples.



SINGLE ROOM STANDARD

6.01, 7.06, 7.14

Cozy 12-18 sqm rooms with a 100 cm high-quality box-spring bed and modern attached bathroom. Ideal for solo travellers seeking comfort and simplicity.



DOUBLE ROOM COMFORT

6.03, 6.06, 6.10, 7.03, 7.04, 7.05, 7.10, 7.15

Refined 25-29 sqm rooms featuring a queen-size bed, spacious interiors and a modern bathroom for elevated comfort.



SINGLE ROOM COMFORT

6.17, 6.18

Spacious 15-20 sqm rooms with a generous 160 cm bed, attached bathroom and enhanced amenities – perfect for guests who prefer extra space.



DOUBLE ROOM DELUXE

7.01, 7.02, 7.11, 7.16, 7.17

Luxurious 25-29 sqm rooms with queen-size beds and bathrooms enriched with natural daylight, blending elegance and nature.



APARTMENT 1 – ULTRA DELUXE

10.01

A premium 90 sqm apartment with two bedrooms, stylish living room, two bathrooms (one with sauna), fully equipped kitchen, dining area and private terrace with lounge seating.



APARTMENT 3 – COMFORT

9.01

Elegant 44 sqm apartment with a queen-bedroom, cozy living room, fully equipped kitchen and bathroom with natural light – ideal for extended stays.



APARTMENT 2 – DELUXE

10.02

Spacious 85 sqm apartment with two bedrooms (queen + sofa bed), two bathrooms (shower & bathtub), kitchen, dining area and balcony with park views.



APARTMENT 4

9.02

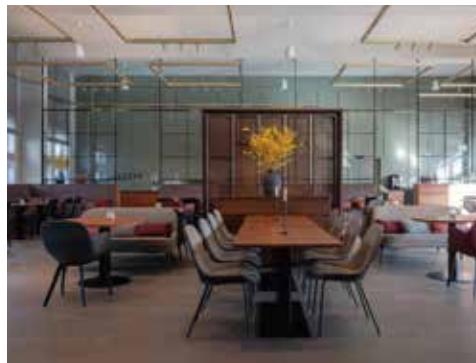
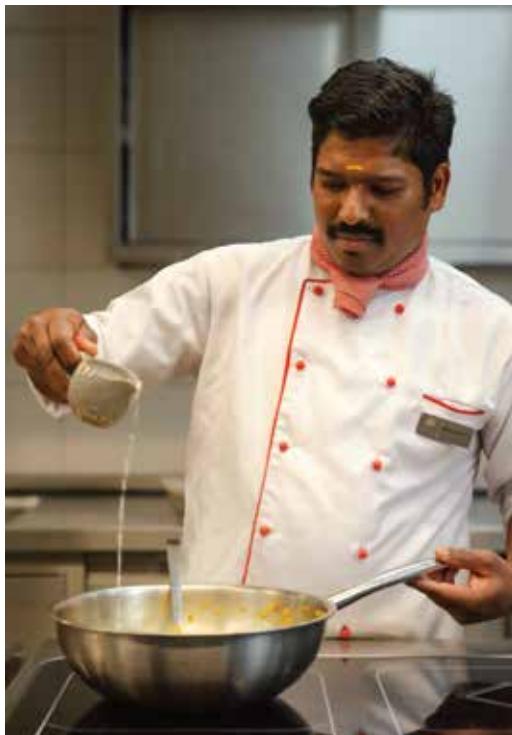
Generous 45-53 sqm apartments offering two queen bedrooms, living room, full kitchen with dining space and a balcony.



Anadi - Ayurveda Cuisine Restaurant

At Anadi, we serve **authentic Ayurveda-based vegetarian cuisine**, freshly prepared in the traditional Indian style and presented on a nourishing thali plate. Every meal is **crafted according to Ayurvedic principles** by our experienced culinary team from our Indian retreat. All operations are closely monitored by our Ayurveda specialists, ensuring that each meal supports your treatment goals and overall wellbeing.

Experience the harmony of authentic taste, tradition and wellness at Anadi—where every meal is thoughtfully designed to bring you closer to balance, vitality and inner nourishment.



Yoga

Yoga is **an essential pillar of healing** at our retreat and is deeply connected to our Ayurvedic philosophy. Our experienced Yoga Masters from India, along with qualified instructors from Germany, guide sessions that are thoughtfully designed for all levels—from complete beginners to advanced practitioners.

Our thatched yoga hall, set within traditional half-timbered architecture and spanning 400 square meters, offers a serene space to deepen your connection between body, mind and environment.

We offer **morning and evening group yoga sessions**, each featuring a variety of practices tailored to your level and needs. These include progressive yoga and wellness yoga.

In addition, we conduct special sessions for **meditation, mantra chanting and pranayama**, allowing you to explore deeper layers of mental stillness, breath awareness and inner balance as part of your Ayurvedic healing journey.





Complementary Services

GYM – FITNESS IN HARMONY WITH NATURE

Enhance your wellness journey in **our spacious, nature-inspired gym** located at the heart of the retreat. **Spanning 350 square meters**, the gym features floor-to-ceiling windows that invite abundant natural light and offer serene views of the surrounding park. Equipped with state-of-the-art Technogym machines, it provides an elevated and energising workout experience in a tranquil setting.

KLAFS SAUNA – DEEP RELAXATION & RENEWAL

After your workout, unwind in our Klafs sauna, **crafted with natural materials to create a warm, restorative ambience**.

Maintained at a gentle 65°C, it supports muscle recovery, relaxation and overall wellbeing—an ideal complement to your Ayurveda therapies.



Additional Facilities

(Available Outside the Package)

LAKESIDE SAUNA

Unwind by the tranquil shores of Lake Tollensesee with our beautifully **crafted three-barrel lakeside saunas**. Surrounded by nature, this peaceful setting offers the perfect environment to soothe tired muscles, strengthen immunity and restore inner calm.



BICYCLE TOURS

Experience the breathtaking landscapes around Lake Tollensesee on **a guided or independent bicycle tour**. Discover routes suited to all fitness levels as you ride through serene forests, gentle hills and picturesque lake shores. For a memorable outing, take a ferry across the lake and enjoy the scenery from the water.

BOAT RIDE / KAYAKING

Enjoy the calming waters of Lake Tollensesee with **kayaking, pedal boating or a leisurely boat ride**. Whether you wish to explore, relax or simply take in the silence, the lake offers a refreshing experience in the heart of the Mecklenburg Lake District.

Ayurveda Rejuvenation & Panchakarma Package Prices

The prices below are structured to reflect the therapeutic focus of the retreat. Accommodation is listed separately from the Ayurvedic full board and the **medically supervised Ayurveda programme**, both of which are calculated per person per day. This transparent structure allows each stay to be individually tailored according to the recommended programme, duration, and personal health needs.

All prices are stated in Euros (€), and room rates are charged per day.

Minimum stay: 2 nights

Room Category	1 Person	2 Persons	3 Persons	4 Persons
Single Room – Standard	€120	---	---	---
Single Room – Comfort	€130	---	---	---
Double Room – Standard	€140	€160	---	---
Double Room – Comfort	€155	€200	---	---
Double Room – Deluxe	€170	€220	---	---
Apartment 9.01	€190	€230	---	---
Apartment 9.02	---	€250	€270	---
Apartment 9.03	---	€250	€270	---
Apartment 9.04	---	€230	€270	---
Apartment 10.01	---	€410	€410	€410
Apartment 10.02	---	€320	€320	---

Ayurvedic Full Board

€90 per person per day

- Vegetarian Ayurvedic cuisine.
- Freshly prepared meals according to individual dosha.
- Herbal teas and warm water throughout the day.
- Personalised nutritional guidance.

Ayurveda Programme

€180 per person per day

Programme components

- Initial medical consultation and personalised treatment plan.
- Daily Ayurvedic treatments (approx 105 minutes).
- Daily yoga and meditation sessions (up to 3 hours).
- High-quality herbal medicines and therapeutic oils.
- Workshops on Ayurveda, nutrition and mindfulness.



Booking & Medical Consultation

For bookings of the Panchakarma programmes, we kindly request you to contact us directly at
reservation@nattikaayurveda.com

Our team will be happy to assist you and arrange a **complimentary pre-arrival consultation with our Ayurvedic doctors**, to help determine the most suitable programme based on your individual health goals and constitution.

Ayurveda Companion Package

Our Ayurveda Companion Package is **designed for couples** where one guest follows the Ayurveda programme while the accompanying partner does not receive treatment. Both guests enjoy **Ayurvedic full-board meals, shared accommodation, and full access to the retreat facilities**, allowing one partner to undergo Ayurveda treatments while the other relaxes and explores the retreat at their own pace.





Meet the Team



DR. ALAN GEORGE ALEXANDER

BAMS, MS (Shalya Tantra), MSc Global Urban Health

Dr. Alan blends classical Ayurvedic wisdom with modern medical and global health perspectives. Trained in Ayurveda, surgery, and integrative therapies, his approach focuses on personalised healing, Panchakarma-based rehabilitation, and mindful living. At Nattika Park Am See, he guides guests toward lasting balance, resilience, and inner wellbeing.



DR. SHAHINA M. S

BAMS | Certificate in Ayurvedic Gynecology | Diploma in Cosmetology

Dr. Shahina is an experienced Ayurveda physician with a strong foundation in women's health, skin care, and holistic wellness. Trained at Amrita Vishwa Vidyapeetham and associated with Nattika Ayurveda since 2014, she brings personalised, compassionate care by blending classical Ayurveda with specialised therapeutic expertise.



DR. DEEPIKA S P

BAMS

Dr. Deepika is a dedicated Ayurvedic physician with experience in classical Panchakarma therapies, personalised consultations, and holistic lifestyle management. Trained in Kerala and with professional experience in both India and Germany, she blends authentic Ayurvedic wisdom with practical wellness approaches to support preventive health and balanced living at Park Am See Nattika Ayurveda.



MS. NOREEN FRENKLER

Guest Relations & Front Office

Noreen is a warm and attentive guest relations professional from the Mecklenburg Lake District with a background in Tourism and Leisure Management. Since joining Nattika in 2023, she has been welcoming guests with authenticity, care, and mindfulness, creating a sense of ease, clarity, and heartfelt hospitality from the very first moment of arrival.

Meet the Team



Ms. MEERA MOHAN

Ayurveda Therapist

Meera Mohan is a skilled Ayurveda therapist from Kerala with expertise in classical Ayurvedic and Panchakarma therapies. Known for her empathetic and gentle approach, she delivers personalised treatments that promote deep relaxation, healing, and guest comfort.



Ms. SANDRA K. J.

Ayurveda Therapist

Sandra K. J. is a dedicated Ayurveda therapist trained in Ayurvedic Nursing and Panchakarma Therapy in Kerala. Known for her sincere, attentive approach and professional care, she focuses on delivering authentic treatments that support effective healing and guest wellbeing.



Ms. NIMMI BAIJU

Ayurveda Therapist

Nimmi Baiju is a skilled Ayurveda therapist from Kerala, trained in Ayurvedic and Panchakarma therapies. Known for her calm and attentive approach, she delivers precise, personalised treatments and is a valued member of the Nattika team.



Ms. SUNITHA

Senior Ayurveda Therapist

Sunitha is an experienced Ayurveda therapist with over a decade of expertise in authentic Panchakarma therapies. Associated with Nattika Ayurveda for more than six years, she is known for her calm presence, precision, and ability to create deeply relaxing and restorative treatment experiences.



Ms. ANITHA

Ayurveda Therapist

Anitha is a dedicated Ayurveda therapist trained in Ayurvedic Nursing and Panchakarma Therapy in Kerala. Known for her helpful nature, sincerity, and commitment to excellence, she quickly became an integral part of the Nattika team through her attentive care and results-oriented approach.



MR. SUNIL

Service Team

Sunil brings years of professional experience gained across multiple Nattika retreats. Approachable and attentive, he ensures that all dining and service-related needs are handled promptly and with care, contributing to a smooth and welcoming guest experience at Retreat Park Am See Nattika Ayurveda.

Meet the Team



MR. BIJUMON

Ayurveda Therapist

Bijumon is an experienced Ayurveda therapist from Kerala, trained in Ayurvedic Nursing, and associated with Nattika Ayurveda since 2014. Known for his gentle, attentive, and caring approach, he ensures guests feel comfortable, supported, and well cared for throughout their treatments.



MR. SULFI SALIM

Lead Ayurveda Therapist

Sulfi Salim is a senior Ayurveda therapist with over 12 years of experience in classical Ayurvedic and Panchakarma therapies. Trained in Kerala and currently leading therapeutic care at Retreat Park Am See Nattika, he is known for his balanced techniques, calm presence, and commitment to authentic, effective healing.



MR. MAIK MUHS

Maintenance & Park Care

Maik is a valued member of our maintenance team, dedicated to the care and upkeep of the park at Retreat Park Am See Nattika. With his commitment and attention to detail, he helps maintain a harmonious, welcoming environment that supports relaxation and the overall wellbeing of our Ayurvedic guests.



MR. SUMESH

Ayurveda Restaurant Guest Relations

Sumesh has been part of the Nattika family since 2016, with extensive experience in Ayurveda wellness hospitality across Nattika Beach Resort and Rockholm Wellness Retreat. At Park Am See Nattika, he ensures seamless, diet-specific dining by coordinating closely with doctors, chefs, and service teams, bringing warmth, efficiency, and genuine care to every guest's healing journey.



MR. GOPAKUMAR

Ayurveda Chef

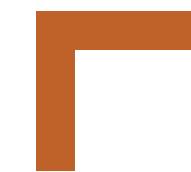
Gopakumar is an experienced Ayurveda chef trained in Hotel Management at the Food Craft Institute and associated with Nattika since 2012. Specialising in Ayurveda-inspired cuisine, he skillfully blends traditional dietary principles with modern culinary practices to create nourishing, personalised meals that support healing while delighting the palate.



MR. VIPINDAS

Ayurveda Chef

Vipindas is a talented young chef with formal training in Food Production and a growing expertise in Ayurvedic culinary arts. By skillfully blending Ayurvedic principles with creative cooking, he prepares meals that are both nourishing and flavourful, offering guests memorable dining experiences that support health and wellbeing.



Our team is here to guide you through your
healing experience at **Retreat Park Am See Nattika**.
We look forward to welcoming you warmly.



PARK AM SEE

NATTIKA AYURVEDA

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NATTIKA
AYURVEDA RETREATS

