

1. FACILITIES -

PARKING FACILITIES

AUDITORIUM

AYURVEDIC PANCHKARMA TREATMENTS

JOGGING & WALKING TRACK

YOGA HALL

HYGIENIC DINING AREA

GYMNASIUM

2. PACKAGES -

FACILITIES & TARIFF

The TARIFF Includes Stay, Food and Basic Treatments.

Sr. No.	Room Type	For One day	For One Week	For 15 days	For 1 Month
1.	General Ward	700	4900	10500	21000
2.	Semi Private	1500	10500	22500	45000
3.	Private Room	2000	14000	30000	60000
4.	Deluxe Room	3000	21000	45000	90000
5.	Studio Room	4500	31500	67500	135000

NATUROPATHY PROGRAMS

Sr. No.	Therapy	Durati on	Price	Sr. No.	Therapy	Price	Durati on
1.	Accupuncture	30min	200	23.	Hot & Cold foment..	150	30min
2.	Knee pack	30min	100	24.	Natural lep	300	15min
3.	GH pack	30min	100	25.	BCM	100	35min
4.	Chest pack	30min	100	26.	Enema	100	25min
5.	Kidney pack	30min	100	27.	Health P. Treatment	100	35min

6.	Mud pack	30min	100	28.	Hip bath	100	20min
7.	Mustard Pack	30min	250	29.	Steam bath	150	15min
8.	Abdomen & eye pack	15min	100	30.	Spinal bath	100	20min
9.	Wet sheet pack	30min	200	31.	Foot & Arm Bath	150	20min
10.	Face pack	30min	150	32.	Diet Therapy	350	
11.	Ice massage	30min	300	33.	Aroma therapy	350	-
12.	Swedish massage	45min	450	34.	Cupping therapy	250	25min
13.	Powder massage	45min	350	35.	Colon hydrotherapy	2200	-
14.	Deep tissue massage	45min	600	36.	Magnet therapy	100	35min
15.	Salt glow massage	45min	500	37.	Reflexology	250	45min
16.	Stone massage	45min	450	38.	Compress [H&C]	150	25min
17.	Potali Massage	45min	500	39.	Douches [H&C]	200	15min
18.	Thai massage	45min	500	40.	Accupressure	100	-
19.	Lymphatic massage	45min	600	41.			
20.	Local steam	15min	100	42.			
21.	Facial steam	15min	100	43.			
22.	Body scrub	40min	500	44.			

AYURVEDIC PANCHKARMA

S.N.	Therapy	Duratio n	Pric e	S.N.	Therapy	Duratio n	Price
1.	ABHYANGAM	45min	350	16.	UBTAN	40min	400
2.	SHIROABHYAN GAM	15min	150	17.	BALUKA SAINDHWA SWEDA	30min	300
3.	SHIRODHARA	35min	1000	18.	NADI SWEDA	15min	100
4.	GREEVA VASTI	30min	300	19.	NASHYA	25min	100

5.	SHIROVASTI	35min	1200	20.	TAKRADHARA	35min	400
6.	KATI VASTI	30min	300	21.	SARVANG SWEDA	60min	400
7.	JANU VASTI	30min	300	22.	NIRUH BASTI	30min	300
8.	UROVASTI	30min	300	23.	ANUVASANA BASTI	30min	300
9.	HRID VASTI	30min	300	24.	UTTAR BASTI	30min	300
10.	PRUSHTA VASTI	30min	300	25.	VAMAN KARM	30min	300
11.	SHASTISHALI PINDA SWEDA	100min	1300	26.	VIRECHAN KARM	30min	300
12.	PATRA PIND SWEDA	85min	800	27.	RAKTAMOKSHANA	40min	200
13.	PIZICHILL	35min	600	28.	NETRA TARPAN	20min	300
14.	MARDANA	40min	400	29.			
15.	UDVARTANA	45min	450	30.			

3. THERAPIES -

STEAM BATH

- It gives a soothing effect to your body and mind, thereby reducing stress levels and tension.

- It helps you generate heat from your body. This in turn increases the blood circulation to your skin and thereby helps in skin nourishment.

THERAPEUTIC MASSAGE-

- Massage therapy is great for working out problem like lower back pain and chronic stiffness.

- Stimulating the soft tissues of your body will help to release toxins through your blood and lymphatic system.

HYDROTHERAPY -

- Hydrotherapy is an effective preventive and curative system where water is applied on body in various forms and at various temperatures depending on the effect desired.

MUD THERAPY

-It dilutes and absorbs the toxic substances of body and ultimately eliminates them from body.

-Mud is used successfully in different diseases like constipation, headache due to tension, high blood pressure, skin diseases etc.

DIET THERAPY

- ELIMINATIVE DIET: Liquids-Lemon, Citric juices, Tender Coconut water, Vegetable soups, Butter milk, Wheat Grass juices etc.

- SOOTHING DIET: Fruits, Salads, Boiled/Steamed Vegetables, Sprouts, Vegetable chutney etc.

- CONSTRUCTIVE DIET: Wholesome flour, Unpolished rice, little pulses, Sprouts, Curd etc.

AYURVEDIC PANCHKARMA

- Helps restore metabolic fire (AGNI)
- Eliminates AMA (toxins) strengthens tissue functions.
- Assists balance all three doshas (VATA,PITTA & KAPHA).
- Helps implement a healthy diet and lifestyle.
- Reduces stress, improves relaxation & tolerance.
- Slows the ageing process.
- Boosts the bodies immunity levels.

ACCUPUNCTURE

Accupuncture is not for a life-threatening emergency, "Other than that, it can help lots of conditions. Acupuncture is not targeting the disease or pathogen. Instead, it adjusts the functions of the human body itself, so the body can heal.

ACCUPRESSURE

- Acupressure is a thousands-year-old form of massage therapy that involves applying pressure to certain points on the body to address ailments.

PHYSIOTHERAPY

- Involve therapeutic exercise to improve strength, range of motion and endurance and to correct postural and muscle imbalance, joint mobilization, manipulation and soft tissue massage, as well as stretching and trigger point therapy to reduce stiffness and to relieve pain.

YOGIC THERAPY

- Yoga is not just about working out, it's about a healthy lifestyle. Yoga helps relieve stress and declutters the mind, helping you to become more focused. Peace and tranquility achieved through focused training appeals to everyone.

CUPPING THERPY

- Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow.

4 . OUR TEAM -

Dr. AMIT KUMAR SINGH, B.N.Y.S

Dr. NEETU GAUR, D.N.Y.S

Dr. AKANKSHA , D.N.Y.S

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