

DISCOVER INDIA'S HIDDEN GEMS!

*OUR ASSOCIATED*  
**WELLNESS RESORTS, HOSPITALS  
& CLINICS(DAY CARE)**

Find one For Yourself & Your Family



**REVERSE YOUR LIFE-STYLE DISORDERS**



Naturopathy



Ayurveda



Yoga

## ABOUT US

Wellness Mahotsav is a platform that brings together doctors, Ayurveda practitioners, naturopathy experts, yoga instructors, wellness centers, and Panchakarma clinics in one place. This collaboration allows everyone to support each other and grow together. The platform will help generate clients for all participants, ensuring that everyone benefits.



We offering a comprehensive ecosystem that includes parivar pass subscription, wellness app subscription, events, workshops, retreats, an online platform for exploring and wellness management software and booking wellness services. By focusing on preventive care and natural healing, we aim to combat lifestyle diseases and promote physical, mental, and spiritual well-being. Through our parivarpass membership, and our wellness application, we provide exclusive access wellness programs, event and personalized health recommendation. In short our business model is like MakeMyTrip/Ola/Uber and mahindra model.

With over a decade of experience running wellness resorts, developing health-care system and constructing residential commercial property, to streamline wellness services, We are now expanding our vision globally under the banner of Wellness Mahotsav. our digital venture focuses on promoting traditional Indian health practices like Ayurveda, Panchakarma, Naturopathy, and Yoga. These treatments are well-known for their genuine benefits and are deeply rooted in Indian culture.



### NATUROPATHY

*'Naturopathy' is rooted in the belief that all healing powers are within the body itself and by using five elements of nature - earth, water, light, air and space, one can attain a lifelong health. The treatments are free from side effects and aims to remove the root cause of an illness and not just treat the symptoms. Naturopathy brings the goodness of nature to you.*



### AYURVEDA

*'Ayurveda', means 'The Knowledge of Life' is the system of traditional herbal medicines and treatments practiced in India since ages which has gained global prominence over a period of time. Our greatly knowledgeable and experienced Ayurvedic doctors and practitioners are capable of curing a range of health care and lifestyle diseases.*

#### Facilities :

Luxurious Therapy Rooms | Waiting Lounge | Swimming Pool (Optional) | Landscaped Gardens | Jogging Track | Yoga Hall | Physiotherapy Center | Gym | Restaurant | Luxurious Rooms | Beauty Treatment Section | Herbal Garden

#### Treatments :

Massages | Steam Bath | Hydrotherapy | Mud Therapy | Enema | Eye Wash | Panchkarma | Magnet Therapy | Acupressure & Reflexology | Acupuncture | Yogic Shatkarma | Yogasana Meditation & Prayer | Food & Dietetics | Physiotherapy | Beauty Treatment Section

# VARIOUS NATUROPATHY/ AYURVEDA PROGRAMS

## Stress Management Program (2 to 3 Day)

- Cultivation of emotional Equilibrium
- Coordinately in interpersonal
- Exercising Self-control their by Gain in Mastery Over Own Nature
- Optimization of job Performance
- Maintenance of Healthy State & Prevention of Disease



## Preventive Program (3 to 5 Day)

- Relaxation
- Detoxification
- Rejuvenation
- Geriatrics Care
- Lifestyle Modification
- Revitalize & Recreation
- Beautification



## Holistic Health Program (5 to 7 Day)

- Music Therapy
- Yoga
- Reiki
- Chakra Balancing
- Dhyān / Meditation



## Curative / Healing Program (10 Day)

- Pain Management
- Respiratory Care
- Digestive Care
- Circulatory Disorder Management
- Immune Disorder Management
- Psychological Disorder Management
- Endocrinal Disorder Management



## Weight Management Program (12 to 15 Day)

- Weights Reduction
- Old age Obesity
- Cellulite Removing
- Inch Loss
- Shape up
- Child Obesity
- Menopausal Obesity



## Post Operative Rehabilitation Program (21 Day)

- Post Liposuction / Gastric Bypass for Obeac People
- Post Knee Replacement for Osteo Arthritis People
- Post Radio / Chemo Therapy Detoxification & Immune Boosting in Cancer People
- Rehabilitation after Traumatic Stress Incidence



# CATEGORY-WISE PACKAGES

WELLNESS TARIFF – PER NIGHT PACKAGES		
CATEGORY	TARIFF	
 <b>CLASSIC</b>	SINGLE OCCUPANCY ₹5,000	DOUBLE OCCUPANCY ₹8,000
 <b>PREMIUM</b>	SINGLE OCCUPANCY ₹8,000	DOUBLE OCCUPANCY ₹12,000
 <b>LUXURY</b>	SINGLE OCCUPANCY ₹10,000	DOUBLE OCCUPANCY ₹16,000
 <b>EXLUSIVE</b>	SINGLE OCCUPANCY ₹15,000	DOUBLE OCCUPANCY ₹22,000
 <b>SUPER EXLUSIVE</b>	SINGLE OCCUPANCY ₹20,000	DOUBLE OCCUPANCY ₹30,000
 <b>ROYAL</b>	SINGLE OCCUPANCY ₹30,000	DOUBLE OCCUPANCY ₹50,000



## Nature's Treatment :

Irritable | Bowel Syndrome | Gastritis | Menstrual Disorders | General Debility | Migraine (Headache) | Rheumatoid Arthritis | Gout | Sciatica | Hemiplegia | Sinusitis | Hepatomegaly | Obesity | Osteo Arthritis | PCOD | Stable Heart Cases | Piles | Psoriasis | Abdominal | Disorders | Allergic Bronchitis | Allergic Rhinitis | Alopecia | Amoebiasis | Anaemia | Anxiety Neurosis | Arthritis | Bronchial Asthma | Calcaneal Spur | Colitis | Constipation | Depression | Diabetes Mellitus | Sleep Apnea | Dysentery | Dyspepsia | Eczema | Fibro myalgis | Frozen Shoulder | Skin Allergy | Slip Disk | Ulcers | Urticaria | Varicose | Veins | Vertigi | Hyperacidism | Indigestion | Insomnia

High Blood Pressure (Hypertension) | High Uric Acid (Hyper Uricaemia) | High Cholesterol (Hyper Cholesterolemia) | Spondylitis-cervical & Lumber

## DAILY SCHEDULE

- WAKE UP
- SHATKARMA'S
- SERVING OF LIQUID (prescribed by doctor)
- YOGA (compulsory)
- MUD COMPRESS
- BREAKFAST
- TREATMENTS
- LUNCH
- QUATH
- MUD COMPRESS
- TREATMENTS
- JUICE THERAPY
- YOGA (compulsory)
- ACTIVITIES/BREAFEING
- DINNER
- HERBAL QUATH
- BED TIME



## List of inclusions in Package

- Stay for two people in designated room
- All meals and juices as prescribed by doctor
- 2 Treatment sessions everyday (60-90 hours)
- All basic treatments like packs, fomentation, hip bath, local massage, acupressure, yoga, magnet therapy etc.
- Consultation fee and admission and processing fee



## Not included in Package

- Stay and food for any caretaker or children
- Special treatments like Swedish Full Body Massage, Pachkarma treatments like Nashya, Basti etc.
- Any lab tests that might be required during stay.
- Laundry and salon services
- Pick-up or drop services



## General Rules on Campus

- Tea, coffee & tobacco products of all kinds are not allowed on campus
- Phones, laptops, etc are not allowed inside the treatment & dining areas
- No outside food is allowed on campus
- Guests cannot leave campus without written consent of doctor
- Treatments would be provided in treatment section only. In special case if room treatment is required due to immobility, there would be extra charges
- Children of all age are welcome as long as guardians can take care of them
- Govt Taxes & Levis as may be applicable at the time of admission will be charged extra
- Tariffs, Policies, Rules & regulations are subject to change without prior notice



## General instruction for patients

- Patients are to bring medical & clinical report for the consultation as well as current medication in sufficient quantity
- Patients are advised to bring comfortable clothing for Yoga & Gym. Walking Shoes is recommended for daily walks.
- Kindly refrain from bringing valuable items. Though all rooms are provided with lockable drawers for valuable personal belongings.
- Therapy related items and herbs are available in our Health shop near reception.





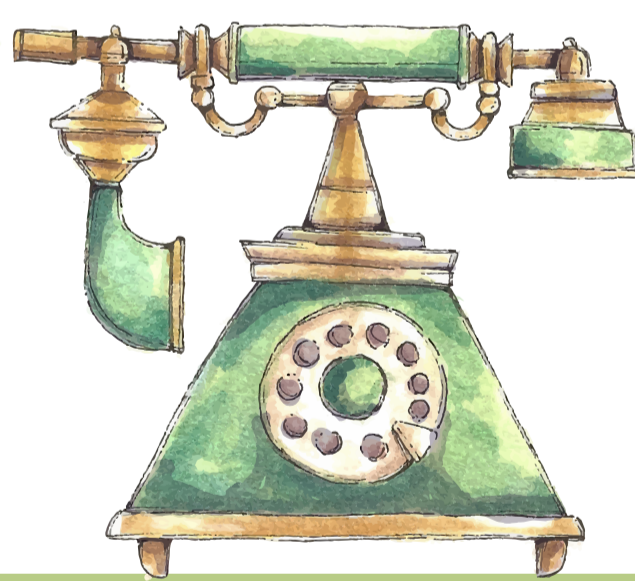
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