

# TRAVELJINGLES

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## FINLAND

**INDULGE IN THE FINNISH WAY  
OF ADVENTURE SPORTS**

## OMAN

**SPEED UP ON LAND,  
WATER & SKY!**

## PALAMPUR

**INDIA'S HIDDEN PARADISE**

# Adrenaline Rush

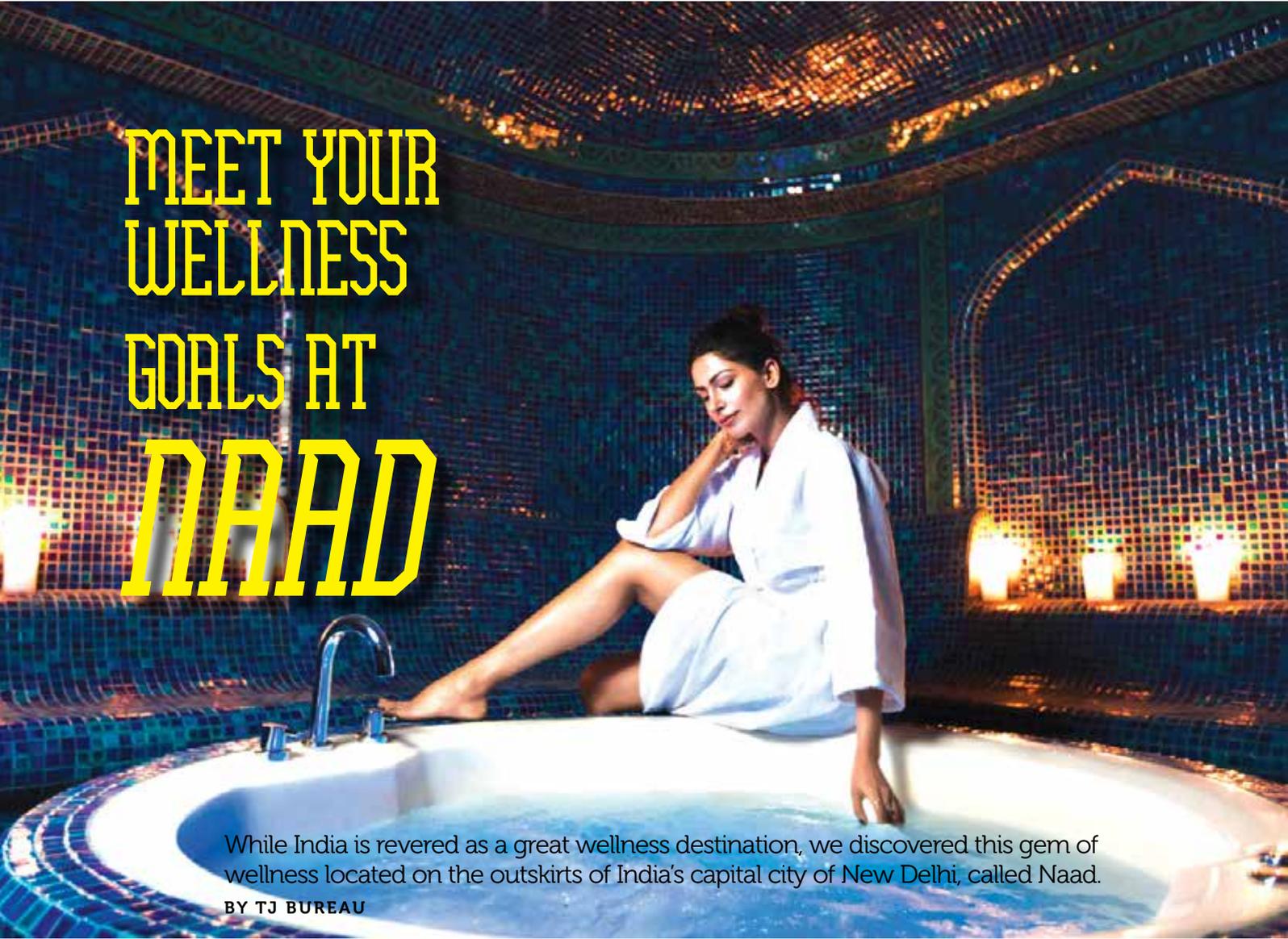
**GET SET FOR SOME  
NERVE-TEASING  
ADVENTURE ACTIVITIES!**



H.E. GUÐMUNDUR ÁRNI STEFÁNSSON,  
AMBASSADOR OF ICELAND

**ICELAND DISCOVER**  
THE LAND OF FIRE AND ICE

# MEET YOUR WELLNESS GOALS AT NAAD



While India is revered as a great wellness destination, we discovered this gem of wellness located on the outskirts of India's capital city of New Delhi, called Naad.

BY TJ BUREAU

**W**hile going to spas is a great idea, and we must head to them as soon as we can, perhaps we can take our wellbeing a notch higher as well. While everyday going for a fitness routine, watching one's diet are a few of the things one can do, there is also a trend fast catching up, of going for a wellness break.

Naad features a bunch of curated experiences that aim to heal and initiate you towards holistic wellbeing. They have an incredible list of therapies and services that one can subscribe to. You could restore balance to your five senses and tune yourself into a sound you.

## FEEL

Experience a healing sensation with their range of tuning techniques for the strings of the body. These techniques

help to improve blood circulation, treat depression, alleviate chronic muscle pain and remove stubborn toxic waste. Choose from any of their therapies to feel de-stressed, relaxed and in tune.

## SMELL

Breathe in the aromas of health and vitality. Harness your sense of smell to relieve respiratory problems and strengthen the immune system.



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## **LISTEN**

Listening to music has an immediate effect on mood swings and anxiety. It can help reduce chronic pain. At Naad wellness, tap into the primordial sounds of the universe to please the ear, satisfy the soul, and calm the mind. The dedicated Music Therapy room also allows guests to enjoy the music of their choice.

## **TASTE**

Take your taste buds on a satisfying journey that revives all the five senses, with expert cuisine consultation and a range of delectable offerings, whipped

with a balanced mix of the five elements. Naad's cuisine offerings are customised to suit every individual dosha.

## **SEE**

The eyes are the windows to the soul. Avert your eyes from the city's dull gray scale and take in the lush green environs of Naad. The serene surroundings and healing greenery will not only energise the body, but also reduce tension and improve overall mental health.

We invite you to choose a stay experience that's perfect for you.

While these are the foundations of all the therapies and experiences that you can have at Naad, their list of therapies is

very specific that could treat some chronic conditions of the mind and body. These therapies apply to acupressure, reflexology, aroma therapy, compress packs, and much more. To get yourself diagnosed, you can have individual wellness consultation, dental consultation, body composition analysis, etc. The gamut of the stay also spills over to daily fitness and leisure activities, such as gym, yoga, pranayama, meditation, miniature golf, lawn tennis, badminton, temperature-controlled swimming pool, reflexology track, etc. The yogic kriyas includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan and Trataka, as per the resident doctor's recommendation. You could choose a package of three days or longer, and be assured of coming out healed.