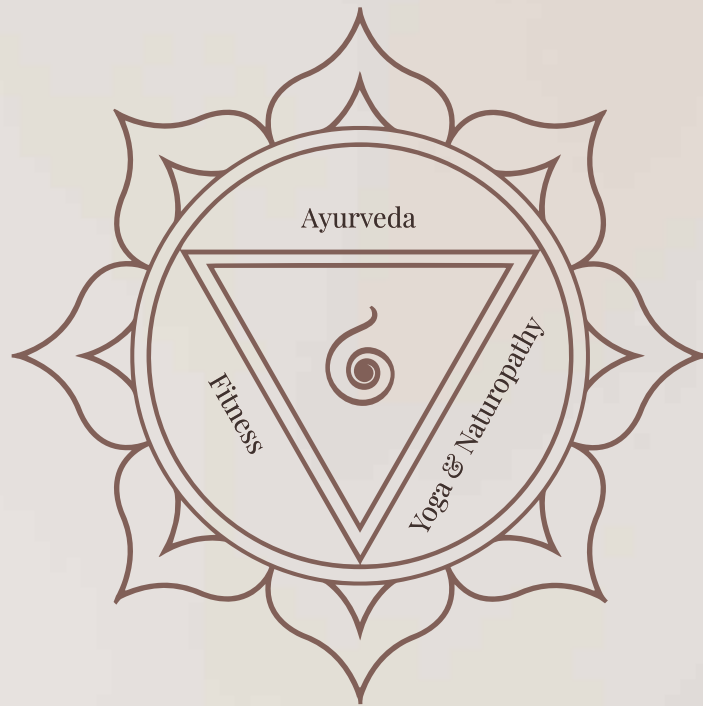




NAAD



WELLBEING FOR THE WORKPLACE

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It is well known and scientifically proven that wellness leads to productivity. It's not uncommon for today's workforce to feel exhausted, unsatisfied and stressed at the workplace and bring home insomnia. The sedentary lifestyle works against the health of our body, plaguing us with illnesses like eye strain, dry eyes, back ache, cervical spasm and carpal tunnel syndrome. A healthy mind, soul and body ensures we stay energized throughout the day and enhances concentration and productivity.

Naad brings you and your team a transformational journey that brings back the balance of the five senses, while restoring good health and wellness.

BENEFITS TO YOUR ASSOCIATES :



Improved insight into one's wellness and resiliency needs



Improved health and wellbeing



Stress management along with work-life balance.

BENEFITS TO YOUR ORGANISATION :



Obligations for employee health met



Improved workplace morale



Increased staff productivity & retention



INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities
(including gym, yoga, miniature golf, lawn tennis, badminton, temperature-controlled swimming pool, reflexology track, indoor games etc.)
- Yogic kriyas
(Includes neti, kunjaj kriya, laghu shankh prakshalan & trataka as per our resident doctor's recommendation)
- Wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 2, 5 or 7 night stay
- Treatments & therapies listed below

THERAPIES INCLUDED

Inclusions	2 Nights	5 Nights	7 Nights
Choorna Pinda Sweda	1	2	3
Shirodhara			2
Abhyanga		1	
Therapeutic Massage	1	1	1
Steam Bath	1	2	1
Enema	1	2	3
Colon hydrotherapy		1	1
Himalayan Salt Cave therapy		2	2
Akshitarpana	2	2	3
Naad Sparsh	1	2	2
Reflexology		1	2

Your schedule at Naad will be determined by our doctors during consultation. Additionally, our doctors may recommend alternative therapies in place of the therapies listed above, that are in tune with your healing objectives.

FOR A SOUND YOU AT THE WORKPLACE

Choorna Pinda Sweda

Boluses prepared with healing powders are made warm by dipping in medicated oil and applied over the stiff or inflamed areas which helps to cure muscular pain and spasm, cervical spondylosis , rheumatoid arthritis and swelling.

Shirodhara

The head is the root of the body, the processing unit for all our five senses. Medicated oil, milk or buttermilk is poured continuously over the forehead while simultaneously massaging the head to reduce stress and tension. Shirodhara not only enhances blood circulation to the brain, but also improves memory and sleep.

Abhyanga

Abhyanga is an ancient Ayurvedic therapy which involves massaging the whole body with warm herbal oil. Abhyanga restores the flow of vital energy (prana) throughout the body which rejuvenates all the organs and senses. This massage removes unwanted toxins and stimulates lymphatic and arterial circulation for overall wellbeing.

Therapeutic Massage

A Naturopathic treatment, this massage is designed to treat the musculoskeletal problems, thereby, improving circulatory, lymphatic and neurological functioning.

Steam Bath

The steam opens and cleanses the skin's pores while warming the deepest layers. Steam baths oxygenate the body and provide relief to sore muscles and joints.

Enema

Enema is an injection of various fluids of different temperature into the rectum depending on one's condition. The fluids are retained for some time which aids in the flushing out of accumulated harmful toxins.

Colon Hydrotherapy

Colon cleansing is a popular therapy that boosts energy levels and enhances the immune system. Filtered warm water is introduced in the large intestine to cleanse the body off stubborn toxic waste, fecal matter, flatulence and mucus from the colon. This safe and highly effective therapy is recommended for an overall wellbeing.

Himalayan Salt Cave Therapy

Ascend the majestic throne of Naad's Himalayan Salt Caves and slowly breathe in pink salt vapour that heals and relaxes. Salt is a natural anti-bacterial and anti-inflammatory agent which helps alleviate skin conditions like eczema and respiratory problems like asthma and allergies. Experience relaxation like never before and rejuvenate the mind and body with this unique therapy.

Akshitarpana

It is an eye nourishing therapy where a frame of black gram dough is made around the eyes, followed by pouring the medicated ghee upon the eyes. The eye is made to blink continuously for a specific period of time.

Naad Sparsh

A tension relieving massage focussed head, neck and back wherein the medicated oil used is basis the individual body type and the complaint area.

Reflexology

Reflexology targets specific zones or organs of the body with gentle pressure applied to the feet. This therapy relieves stress through touch and stimulates and revives the functions of various organs.
