



NAAD



*WELLNESS PACKAGES*

# The Naad Experience

The Naad Experience aims to establish and inculcate a healthy, vibrant, & fulfilling way of life by incorporating healthy lifestyle choices in the daily routine and making wellness a life mantra.

## BENEFITS:

- Helps in restoring balance to mind & body
- Improves & corrects the daily routine
- Helps develop healthy eating habits
- Increases vitality & vigour
- Boosts confidence & self-esteem

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 3 night stay
- Treatments & therapies listed below

## THERAPIES INCLUDED IN THE NAAD EXPERIENCE

Inclusions	3 Nights
Abhyanga	1
Therapeutic Massage	1
Aromatherapy	1
Naad Sparsh	1
Reflexology	1
Acupressure	1
Compress/Packs	2

# *Punarnava*

Punarnava improves metabolism by cleansing the body off metabolic waste while providing intense nourishment to the skin. Feel immensely refreshed and breathe in a new life with Punarnava.

## **BENEFITS:**

- Inculcates healthy habits and an ideal lifestyle
- Energises the body
- Strengthens the immune system
- Enhances clarity of thought
- Increases vitality & vigour

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 5, 7, 10 or 14 night stay
- Treatments & therapies listed below



## THERAPIES INCLUDED IN PUNARNAVA

Inclusions	5 Nights	7 Nights	10 Nights	14 Nights
Abhyanga		1	1	1
Sarvāngadhara	1	1	2	3
Shashtikashali Pinda Sweda			2	2
Enema	2	3	3	4
Salt Glow Oil Massage	1	1		1
Hot Stone Massage			1	1
Deep Tissue Massage	1	1	1	1
Thai Massage		1	1	2
Naad Sparsh	2	2	2	3
Acupressure	2	2	2	3
Reflexology	1	2	2	3
Mud Wrap		1	2	2
Turkish Hammam	1	1	1	2
Colon Hydrotherapy	1	1	1	1
Salt Cave Therapy			2	3

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 wellness objectives.



# *De-stress at Naad*

The package focuses on restoring health and energy in the body through a combination of healthy diet and authentic therapies. Rediscover the mind's real potential with De-stress at Naad.

## **BENEFITS:**

- Alleviates stress, migraine, headache, anxiety & general fatigue
- Restores health & energy in the body
- Inculcates healthy habits to manage stress

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 5, 7 or 10 night stay
- Treatments & therapies listed below



## THERAPIES INCLUDED IN DE-STRESS AT NAAD

Inclusions	5 Nights	7 Nights	10 Nights
Abhyanga	1	1	1
Shirodhara	3	3	3
Sarvāngadhara			2
Shiroabhyanga	1	1	1
Padābhyanga	1	1	1
Enema	2	3	3
Therapeutic Massage	1	1	
Thai Massage		1	1
Hot Stone Massage			1
Naad Sparsh	1	2	3
Acupressure	1	2	2
Reflexology	1	1	2
Mud Wrap			1
Turkish Hammam			1
Colon Hydrotherapy		1	1

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# *Detox at Naad*

The Detox at Naad package has been carefully planned to detox the mind, body and soul entirely. This program includes customized treatments & therapies, diet and wellness activities.

## **BENEFITS:**

- Alleviates prolonged stress in the body & mind
- Cleanses accumulated toxins from the body thus restoring vitality
- Builds a strong immunity to illnesses
- Promotes positivity & improves general health

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 7, 10, 14 or 21 night stay
- Treatments & therapies listed below



## THERAPIES INCLUDED IN DETOX AT NAAD

Inclusions	7 Nights	10 Nights	14 Nights
Abhyanga	1		
Shirodhara		3	3
Sarvāngadhara		1	3
Choorna/Patra Pinda Sweda	2	2	3
Enema	3	3	4
Detoxifying Massage	1	1	1
Deep tissue Massage	1		1
Balinese Massage	1	1	1
Colon Hydrotherapy	1	1	1
Turkish Hammam		1	1
Naad Sparsh	2	2	3
Acupressure	2	2	3
Reflexology	1	2	2
Body Scrub	1	1	1
Mud Wrap	1	1	2
Salt Cave Therapy		2	3

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# Weight Management

The Weight Management package contains a weight loss and health recovery program that is based on ancient as well as western treatments. These treatments are recommended to anyone troubled with obesity, eating disorders and depression due to body image. Experience a positive change with the Weight Management package and improve your quality of life.

## BENEFITS:

- Helps in preventing & alleviating diabetes
- Decreases the risk of stroke
- Strengthens the heart
- Builds immunity against weight related illnesses
- Full mind & body detox
- Increases vigour & vitality

## INCLUSIONS:

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 10, 14, 21 or 28 night stay
- Treatments & therapies listed below



## THERAPIES INCLUDED IN WEIGHT MANAGEMENT

Inclusions	10 Nights	14 Nights	21 Nights	28 Nights
Abhyanga	-	-	2	2
Choorna Pinda Sweda	2	2	3	4
Udwarthanam	5	7	10	12
Enema	3	4	5	6
Colon Hydrotherapy	1	1	1	2
Turkish Hammam	1	1	2	3
Salt Glow Oil Massage	1	1	1	2
Deep Tissue Massage	-	1	1	2
Thai Massage	-	1	1	1
Naad Sparsh	2	2	3	4
Acupressure	2	2	3	3
Reflexology	1	2	3	3
Mud Wrap	2	3	4	6
Body Wrap	2	3	4	6
Salt Cave Therapy	1	2	4	6

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# *The India Experience: An Ayurvedic Journey*

The Ayurvedic journey takes one through various ancient vedic healing practices to restore balance to the senses. How we use our five senses – taste, sight, smell, touch and listen - affects our entire well-being. This journey helps each individual to tune their senses and take in positivity. These Dosha specific ayurvedic treatments and diet are designed to suit every individual's needs.

## **BENEFITS:**

- Restores balance to the senses
- Strengthens the body to fight against various diseases
- Encourages overall well-being & promote longevity
- Increases vitality & vigour

## **INCLUSIONS:**

- Individual wellness consultation
- Dental consultation
- Body composition analysis
- Daily fitness & leisure activities (such as Gym, Yoga, Pranayama, Meditation, Miniature golf, Lawn tennis, Badminton, Temperature-controlled Swimming pool, Reflexology track etc.)
- Yogic kriyas (includes Neti, Kunjal Kriya, Laghu Shankh Prakshalan & Trataka as per our resident doctor's recommendation)
- Customized wellness cuisine including breakfast, lunch, dinner & non-alcoholic beverages
- 7, 10 or 14 night stay
- Treatments & therapies listed below



## THERAPIES INCLUDED IN THE INDIA EXPERIENCE

Inclusions	7 Nights	10 Nights	14 Nights
Abhyanga	1	1	2
Sarvāngadhara	1	1	3
Shirodhara	2	3	3
Choorna/Patra Pinda Sweda	2	3	3
Shashtikashali Pinda Sweda	1	1	2
Body Wrap	1	1	2
Naad Sparsh	1	1	2
Shiroabhyanga	1	2	2
Padābhyanga	2	3	3
Akshi Tarpanam	1	2	3
Mukha Lepa	1	1	2
Turkish Hammam	-	1	1

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