



NAVJIVAN NATURE CURE

A New Approach To Life



NURTURE YOUR MIND, BODY AND SOUL

At Navjivan, we focus on time-tested and proven methods of Naturopathy Ayurveda, Homeopathy, Yoga, and other holistic treatments to not just treat your symptoms, but ensure healthy living becomes a key part of your life.

For more than 30 years, our health gainers across the world have experienced a transformation of the mind, body and soul at Navjivan, by placing nature at the very core of their being.

Our goal is to be your destination for a nature-inspired transformative journey. We rely on time-tested ancient wisdom and science-tested modern practices to create personalised treatments, practices and wellness experiences that reconnect you to nature and give you lasting health.





NATUROPATHY

Naturopathy focuses on stimulating the body's ability to heal itself through natural therapies. It combines various techniques of herbal medicine, dietary adjustments, hydrotherapy, and lifestyle counseling to address root causes of illness and promote overall wellness.

AYURVEDA

Known as the "Science of Life," Ayurveda is an ancient holistic healing system from India. It restores the balance between mind, body, and spirit through practice of herbal remedies.



YOGA

An ancient practice from India, Yoga combines physical postures, breathing exercises, and meditation for holistic well-being. It brings together the mind, body, and spirit for inner peace and complete balance.





CLEANSE, HEAL & REJUVENATE

Come home to holistic treatments and cures tailored to rejuvenate your mind, body, and spirit. We help you to harness the power of nature to nurture your well-being and unlock your body's potential for a long, healthy life.



Respiratory Disorders



Eyes, Ear, Nose and Throat



Lifestyle and Metabolic Disorders



Paediatric Development Disorders



Gastrointestinal



Cancer Rehabilitation



Skin Conditions



Reproductive Disorders



Musculoskeletal and Neurological Disorders



Addictive Disorders



ACCOMMODATION



SPECIAL ROOMS

Comfortable and pleasant, each special room ensures complete peace of mind in an ambiance that embraces you like home

DELUXE ROOMS

A private villa retreat that offers breathtaking views for those seeking a much-needed escape from the concrete jungles of our busy world. The perfect stay for relaxation, rejuvenation and healing amidst nature.



| ROOMS | OCCUPANCY | PRICE PER DAY |
|--------------|-----------|---------------|
| SPECIAL ROOM | SINGLE | ₹ 3,000 |
| | DOUBLE | ₹ 4,000 |
| DELUXE ROOM | SINGLE | ₹ 3,500 |
| | DOUBLE | ₹ 5,000 |

*Taxes extra if any applicable



NATUROPATHY TREATMENTS

FULL BODY SCRUB

₹1200

Get rid of dullness and reveal radiant skin with an invigorating natural scrub.

THAI RELAXING MASSAGE

₹1000

1 Hour

Achieve deep relaxation and improved circulation with traditional Thai techniques

UNDERWATER MASSAGE

₹550

Designed to help you feel natural weightlessness and profound muscle relief

NNCC SPECIAL FULL BODY MASSAGE

₹1000

Unwind, rejuvenate, and feel the power of deep relaxation and wellness

COLONICS

₹1,800

Helps improve your digestive health and detoxifies your gut.



FACIAL MASSAGE

₹750

Enhance your natural glow and promote facial circulation.

THAI YOGA

₹400

Improve flexibility and reduce stress with Thai Yoga.

FULL BODY ACUPRESSURE

₹1000

Restore balance and promote well-being through targeted acupressure points.

VIBRO MASSAGE

₹750

Soothe muscle tension and stimulate circulation with this vibration massage.

FULL BODY MASSAGE

₹1000

Unwind and ease muscle tension with our full body massage.



FULL BODY POTLI MASSAGE

₹1000

Deep muscle relaxation and detoxification with warm herbal poultices

ELECTRICAL MUSCLE STIMULATOR

₹300

Improve muscle tone and reduce pain with targeted electrical stimulation.

DETOX

₹300

Cleanse your body and boost your well-being with our natural detoxification program.

LOCAL POTLI MASSAGE

₹500

Target specific areas of tension and pain relief with a warm herbal poultice massage.

ACUPUNCTURE

₹300

Restore balance and heal naturally with the stimulation of key acupoints.



STEAM BATH

₹200

Open your airways, detoxify your body, and experience deep relaxation in our therapeutic steam room

MUD BATH

₹500

Experience a mineral-rich mud bath that promotes detoxification, improved circulation, and leaves your skin feeling rejuvenated.

ASTHMA BATH

₹150

Helps you breathe easier and provides relief from congestion.

ULTRASOUND

₹150

Reduce pain with targeted ultrasound therapy.



I. F. T

₹150

Improve range of motion and reduce joint stiffness with Intermittent Traction therapy.

WAX BATH

₹150

Soothe stiff joints and improve circulation with a therapeutic warm wax treatment.

HEAD OR FOOT MASSAGE

₹200

Get rid of aches and improve your well-being with a customised head or foot massage.

ALOE VERA PACK / APPLICATION

₹200

To hydrate, soothe, and revitalise your skin.

CASTOR OIL PACK

₹150

Deeply nourish and moisturise your skin with a rejuvenating castor oil pack treatment.



MUSTARD PACK

₹150

Stimulate circulation and experience a warming sensation for pain relief with a mustard pack application.

MUD PACK

₹150

Detoxify and revitalise your skin with a mineral-rich mud pack treatment.

FACE PACK

₹150

Choose from our selection of targeted face packs to address specific skin concerns and achieve a radiant glow.

HING PACK

₹150

Improve circulation and reduce inflammation with a targeted hing (asafoetida) pack application.

AKADA PACK

₹300

For deep detoxification and skin rejuvenation.



ACUPRESSURE

₹300

Experience targeted pressure point relief for stress and tension.

PARTIAL MASSAGE

₹100

Target specific areas of tension and receive focused relief.

BLOOD SUGAR TEST

₹50

Monitor your blood sugar levels quickly and conveniently with our in-house testing service.





PANCHKARMA

SHIRODHARA

₹1,000

Achieve deep relaxation, stress reduction, and improved sleep as a warm herbal oil is poured rhythmically over your forehead.

SHIRO MASSAGE

₹1,000

Experience a rejuvenating head, scalp, and neck massage for more relaxation and improved circulation.

SYNCHRONISED MASSAGE

₹1000

Unwind and reconnect with a synchronised massage performed by two therapists.

PIZHICHIL

₹750

Cleanse and revitalise your body with a unique massage that uses herbal powders and medicated buttermilk.

NAVARAKIZHI

₹750

Experience a therapeutic body wrap using a special paste made with nine herbal grains for complete detoxification and pain relief.



PATRA SWEDA

₹750

Experience a unique steam therapy treatment using a special herbal concoction enclosed in a dough pouch.

PODIKIZHI

₹750

Nourish and revitalise your skin with a massage comprising herbal powder and warm medicated oil.

UDARWADANAM

₹750

Soothe and strengthen your digestive system with a warm herbal oil massage for your abdomen.

SHIROBASTI

₹750

Promote relaxation, improve sleep, and enhance cognitive function with a warm herbal oil massage.



KATIBASTI

₹500

A massage that relieves lower back pain and improves spinal health.

JANU BASTI

₹500

Eases knee pain and improves joint mobility.

NETRA BASTI

₹500

For issues like dry eyes, eye strain, and fatigue. Also improves vision and reduces eye discomfort.

GRIVA BASTI

₹500

Relieves neck pain, stiffness, and headaches and improves neck flexibility and range of motion.

URO BASTI

₹500

Strengthens your respiratory system and improves lung function and breathing.



NASYAM

₹200

Clears your sinuses, relieves congestion and strengthens your immune system.

PICHU

₹200

Reduces joint pain, improves joint mobility and decreases inflammation.





OTHER TREATMENTS

CLINICAL HYPNOSIS

₹1,000

Access your subconscious mind to bring about positive change and improved well-being





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CONTACT US

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