



NATUROPATHY REVITALIZE PROGRAMME



DURATION - 5 DAYS ONWARDS

***Goal** - Restore and rejuvenate your body and mind through the natural healing principles of Naturopathy, embracing customised therapies and lifestyle modifications for sustainable well-being.*



WHY DO YOU NEED THIS PROGRAMME?



The 5-Day Revitalise Programme offers a holistic introduction to Naturopathy, rooted in the principles of the Panchamahabhutas: the five elements of nature: Earth (Prithvi), Water (Jala), Fire (Agni), Air (Vayu), and Space (Akasha). By aligning with these natural elements, the programme seeks to detoxify and rejuvenate your body. Participants engage in self-care through a rejuvenating diet of semi-cooked and raw plant-based meals, daily yoga, pranayama, meditation, and various Naturopathic treatments like Hydrotherapy, Mud Therapy, Massages, and Foot Reflexology. This programme restores balance, enhances circulation, and stimulates the body's natural healing processes. It provides personalised care and expert guidance, leaving you feeling rejuvenated and inspired to adopt a healthier lifestyle.



HOW DOES THIS PROGRAMME HELP?



This programme offers a holistic introduction to naturopathy and natural healing therapies, providing a peaceful, nature-inspired environment for self-reflection. By encouraging the adoption of healthy dietary habits through raw and semi-cooked meals, it supports positive lifestyle modifications for long-term health and well-being. This programme leaves participants feeling rejuvenated, refreshed, and revitalised, with increased energy levels and improved gut health.

WHO IS THIS PROGRAMME FOR?



This programme is ideal for healthy individuals seeking a refreshing break, those looking to adopt positive lifestyle modifications, and people curious about holistic wellness and natural therapies. It's perfect for anyone interested in exploring healthy dietary habits through raw and semi-cooked meals, or simply those aiming to reconnect with themselves in a serene, nature-inspired environment.



PROGRAMME INCLUSIONS



DOCTOR'S CONSULTATION



On the first day of the programme, a detailed consultation with the doctor will be conducted, followed by daily follow-up sessions to ensure personalised care and progress tracking.

THERAPIES



The programme includes a range of natural treatments such as **Heliotherapy** (sunlight therapy) to boost vitality, **Hydrotherapy** to enhance detoxification and circulation, as well as Foot reflexology and **Mud Therapy** to soothe and revitalize the body. Additionally, **Manipulative Therapies** like therapeutic massages will be offered to relieve tension, improve mobility, and promote overall relaxation. These treatments work together to restore balance and harmony to the body and mind.

Note: There will be restrictions on treatments that can be availed of by female guests who are menstruating.



INTERACTIVE SESSIONS



With the doctor will be conducted on alternate days, providing valuable health insights and personalized guidance to support holistic well-being.

DIET



Health seekers will rejuvenate with a balanced, nutritious diet featuring unprocessed, whole foods, including a vibrant, rainbow-coloured variety rich in fibre, micro, and macronutrients. Depending on the consultation, they will follow either a 2-meal or 3-meal plan, incorporating the principles of intermittent fasting and the benefits of raw as well as semi-cooked gluten- and lactose-free foods.



RAW CULINARY TRAINING



Health seekers will also engage in raw culinary training on alternate days, learning to prepare wholesome, nutrient-rich dishes that support rejuvenation of the body.

YOGA



- **Mind Body Consultation** - One detailed consultation
- **Yoga sessions** – Gentle yoga sessions, Pranayama, Yoga Nidra
And meditation through the day



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	12.15 - 12.45 & 15.15 - 15.45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session



Distance

The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 - 5 hours.

Check - In & Check - Out

Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night's charge will be levied.

Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am.
F&B and Naturopathy services after check-out time will be chargeable.

Child Policy

We welcome children above the age of 18 years only.

Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above.

Safety & Hygiene

SwaSwara follows the highest safety & hygiene standards.



SWASWARA

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A PILGRIMAGE TO THE SELF


cgh earth
experience wellness



SwaSwara, CGH Earth



cghearthswaswara