



# COMPREHENSIVE NATUROPATHY DETOX



DURATION - 10 DAYS ONWARDS

*Goal - cleanse and rejuvenate the body while restoring balance and vitality through natural therapies and mindful living*



# WHY DO YOU NEED THIS PROGRAMME?



The Detox Naturopathy Programme is a holistic approach designed to activate your body's self-cleansing mechanisms and enhance organ function. By releasing toxins, it improves vitality, immunity, and overall well-being. Participants may undergo Laghu Shankha Prakshalana, a gentle gastrointestinal cleanse, to improve gut health and nutrient absorption. The programme includes a structured diet aligned with detoxification phases: a constructive diet of two raw meals a day with intermittent fasting, a soothing phase of smoothies and purées, an eliminative phase of fresh juices, and a gradual return to soothing and constructive meals for a balanced recovery.



# HOW DOES THIS PROGRAMME HELP?



The Detox Naturopathy Programme offers a holistic approach to rejuvenate your body and mind, activating your body's natural detoxification processes and enhancing organ function for a range of benefits. These include deep detoxification, improved digestion, increased energy levels, enhanced skin health, mental clarity, boosted immunity, weight management, hormonal balance, and improved mental and emotional clarity.

# WHO IS THIS PROGRAMME FOR?



This programme is ideal for individuals seeking a holistic approach to wellness. Whether you're a healthy person looking to reset and rejuvenate, someone interested in naturopathy, or looking to improve digestion, manage stress, or enhance mental clarity, this programme offers a comprehensive solution. By combining gentle yoga, therapeutic massages, and a carefully structured diet, this programme helps you detoxify, improve energy levels, and achieve a balanced and vibrant lifestyle.



# PROGRAMME INCLUSIONS



## DOCTOR'S CONSULTATION



Prior to the start of Naturopathic treatments, there will be a consultation with the doctor. Being a Naturopathic curative programme, the doctor can prescribe, depending on your condition, a minimum of two treatments/therapies/massages per day, per person.

# THERAPIES



The programme integrates daily therapies rooted in the Panchamahabhutas philosophy, which emphasises the healing properties of the five elements—Earth, Water, Fire, Air, and Space. Health seekers will receive a minimum of two therapeutic treatments daily, including one general therapy such as a full-body massage or hydrotherapy to promote overall relaxation and detoxification.

The second treatment will be personalised, targeting specific health concerns or individual needs. Participants will undergo Heliotherapy, which harnesses sunlight to invigorate and energise the body. Hydrotherapy, which promotes detoxification and enhances circulation, Mud Therapy, which soothes inflammation and draws out toxins, and Manipulative Therapies, such as massages, to relieve tension, improve lymphatic flow, and promote relaxation.

Together, these therapies work in harmony with the body's natural elements to restore physical and mental balance and ensure a comprehensive and tailored healing experience.

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



# DIET



The programme features three dietary phases: constructive with raw meals, soothing with easy-to-digest smoothies and purées, and eliminating with thin juices to enhance detoxification. Intermittent fasting complements these phases by enhancing the body's natural healing and cleansing processes.



# 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. Interactive sessions with the doctor will be conducted on alternate days, providing valuable health insights and personalised guidance to support holistic well-being.

# A TRANQUIL HEALING



## PRAKRUTI UPASANA (IMMERSE IN NATURE)

Mental detoxification by immersing health seekers in nature, allowing them to reconnect with the five elements, reducing stress and clearing the mind. This experience enhances emotional balance and mental clarity, promoting a natural reset for overall well-being.



## KALA UPASANA (EXPRESS YOUR CREATIVITY)

A creative outlet for mental detox, where health seekers engage in artistic expression to release emotional tension and clear mental blockages. By tapping into creativity, it helps calm the mind, enhance self-awareness, and support emotional healing.

# YOGA



- **Mind Body Consultation** - One detailed consultation
- **Yoga sessions** – Gentle yoga sessions, Pranayama, Yoga Nidra, and meditation throughout the day
- **Therapeutic yoga session:** the health seeker may be prescribed an individual therapeutic yoga session, which will be handled by a Naturopathy doctor.



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



## A PILGRIMAGE TO THE SELF

**cghearth**  
experience wellness



SwaSvara, CGH Earth



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