



KAIVALYADHAMA

Where Yoga tradition and Science meet

100
YEARS



Yoga & 
Naturopathy

Rewind
Restore
Rejuvenate

Naturopathy, The Good Life

Experience a life-enriching health break. Our wellness programs offer solutions towards a naturally healthy lifestyle.

Kaivalyadhama specializes in Naturopathic treatments which combine the healing traditions of ancient India such as Yoga & different Naturopathy modalities.

Kaivalyadhama aims to treat the whole person; that means mind, body, and spirit. It also aims to heal the root causes of an illness - not just stop the symptoms.

While our treatment rooms are designed for individual privacy, each gender has exclusive treatment settings.

Yoga and Naturopathy are used together as it helps heal naturally. In this program, we combine natural forces and approaches that benefits the body.



The Sattvic Meals



In order to lead a long and healthy life, diet should be considered a hall of fame reward in natural medicine. In this case, there is no exceptional question as to what diet does. Eating nutritious food is a good way to lead a healthy life.

In Naturopathy, food is referred to as the 'medicine', as food is one of the necessary components in managing any disease.

According to Bhagavad Gita,

Sattvic food gives life, purity, strength, health, joy, and cheerfulness.

Sattvic food is always freshly made and along with the body it also nourishes the mind.

Sattvic food has many health promoting properties. Fresh fruits, dry fruits, grains and legumes like rice and dal, milk and milk products are all examples of sattvic foods.

Eating sattvic food promotes the three necessary ingredients for vitality Ojas (responsible for overall health, energy, immunity and liveliness) Tejas (intelligence) and prana (energy levels).



Diet

Eliminative Diet:

The eliminative diet contains several features that help the body to function well. Some of the examples are lemon juice, citric fruits, tender coconut water, vegetable soups, buttermilk, and wheat-grass juice, etc. We can say that the toxic food is the root cause of most diseases, one needs to eliminate these from the diet to help in healing.

Soothing Diet:

Soothing diet is an acronym of light diet, this type of diet consists of food that is light to digest, good for stomach, healthy for the body, and acts as a food supplement. The foods which are good at this stage are Dalia, Kichdi, Boiled vegetables, fruits, etc.



Constructive Diet:

Naturopathy constructive diets clear the harmful substances present in the body and give an immense level of clarity or say potential to the body in order to do common operations of daily life. The constructive diet is a wholesome diet which provides the body with proper nutrition like wholesome flour, unpolished rice, millet, pulses, sprouts, yogurt, etc. Thus, it helps to give extra energy to rebuild the structure of the body and to perform normal duties.



Honey

Naturopathy Wellness Program

At Kaivalyadhama, we provide Naturopathic treatments in an ultra-modern setting. Treatments include special Massages, Hydrotherapy, Mud therapy, Diet therapy, Yoga and Pranayama.

We draw on a wide array of natural healing intervention and diagnostic techniques to promote optimal health and to treat as well as prevent diseases.

1. Yoga & Naturopathy: Yoga and Naturopathy are used together, for natural and alternative healing. In this program, we utilize natural forces and approaches that benefits the body. Cleansing and detoxifying programs are ways in which we help individuals refine and improve, by reducing the toxicity they are exposed to in everyday life, and prepare for positive change. Our cleansing and detoxifying programs may include a combination of diet, along with herbal and nutritional supplementation which supports the body's natural detox processes.

2. Yoga & Weight Management Program: It helps you lose weight and maintain your weight loss long- term. The weight management plan is not just a quick fix or a fast way to lose weight. Instead, it provides individuals with the tools they need to lose weight, eat the right foods, do regular physical workout (like yoga & walking), good stretching and maintain their healthy weight for a long-term.

3. Yoga & Pain Management Program: In this program, we heal the symptoms of pain and discomfort, strengthen the immune system and build up defenses against future pain attacks, accomplished by yoga to improve and maintain muscles' strength.

4. Yoga & Anti-Aging program (OJASYA) : A specifically designed program to manage age related problems and slow down the early aging process. The treatment plan works on skin, muscle tone and digestion along with addressing symptoms of pain, restlessness and emotional imbalance to help one achieve and maintain the optimal state of oneself. In combination with Yoga and Pranayama it is possible to achieve a state of youthfulness and health.

5. Yoga & Hormone-Revival Program (SANTULAN) : A program inclined to set the body to stimulate and relax and get aligned within self to regulate the inner world of hormones to be tuned and balanced according to one's requirement. Modulation of lifestyle and initiating a healthy schedule will realign and balance hormones promoting wellness.



Naturopathy Wellness Program Yoga, Pranayama and Meditation

We practice Traditional Yoga, with special emphasis on Meditation and Pranayama. Our campus is oriented in an East-West direction allowing open-air sunrise Asanas, facing the rising sun, while our specially constructed indoor Yoga Hall is acoustically constructed to reverberate with yogic sounds and mantras. When we practice yoga along with meditation, it leads to mindfulness hence better daily habits. People who perform yoga tend to choose healthy diet options over junk food. This improves their bodily health, increases their confidence, boosts their energy, leading to cheerfulness and bliss.



We know that modern life is difficult where we have to deal with less sleep, more stress, and other physical & mental disorders. Yoga improves mind-body coordination and improves consciousness while Pranayama improves breath and mind control. Regular practice of meditation improves mental health by improving thought process. Daily practice of yoga, asana with pranayama and meditation helps individual to become healthy, hence live a holistic life.



Experience.... The Good Life

Welcome to the life changing world of Cleansing and Detoxification. Whatever be your personal goals, we will help you to achieve them. We guide people young and not so young, healthy and otherwise - through our transformational programs, and we are confident that you too, will feel amazing while experiencing greater health, joy, vitality and lightness of body and being.

Naturopathy Alacarte Services

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| 1. Full Body Massage (sesame oil) | 1200/- | 11. Mud Bath | 500/- |
| 2. Salt Glow Massage | 1500/- | 12. Mud Face Pack/ Mud Pack | 100/- |
| 3. Exfoliating Massage | 1500/- | 13. Enema | 200/- |
| 4. Partial Massage | 500/- | 14. Under Water Massage | 500/- |
| 5. Steam Bath | 400/- | 15. Immersion Bath/ Spine Bath | 300/- |
| 6. Partial Steam | 300/- | 16. G.H. Pack (Gastro Hepatic)/Kidney Pack/ Castor Oil Pack | 300/- |
| 7. Facial Steam | 100/- | 17. Oil Compress (Localized) | 300/- |
| 8. Kansavati | 300/- | | |
| 9. Mustard Pack (Localized) | 400/- | | |
| 10. Rice Ganji Turmeric Application | 500/- | | |

Special Treatments (Exclusive of programme)

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| 1. Acupuncture (5 sittings/week) | 1500/- |
| 2. Signature De-stress Massage | 3500/- |
| 3. Shiatsu Massage | 2500/- |
| 4. Deep tissue Massage | 2500/- |
| 5. Acupressure Massage | 2500/- |
| 6. Aroma Massage | 2000/- |
| 7. Neem herbal Face Pack | 400/- |
| 8. Castor Oil Enema | 400/- |
| 9. Herbal Face Pack | 300/- |



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