

Aarogya Naturopathy Village



Nothing Heals Better than Nature

HEALTH - THE ESSENTIAL VALUE OF LIFE

A fundamental resource, health ensures an individual functions optimally in society. Thus, rather than waiting until the end when sickness, health problems or infirmity come knocking, one should be driven to maintain health through a wholesome lifestyle. True health is a continuous state of enhanced well-being.

WHY CHOOSE AAROGYA?

We at Aarogya, are committed to help and inspire people to live a healthier, longer and better life. Through thorough research, Aarogya Research has observed that nature has a very positive impact, both on the physical and mental state of health. Therefore, Aarogya strives to bring you closer to nature. As an extension to that motto, Naturopathy follows a drugless, holistic regimen comprising of Naturopathy, Yoga, Physiotherapy, Acupuncture as well as Ayurveda

Tariff Plan

Night Basis Packages		3 Nights		5 Nights		7 Nights	
S.No	Living Space	Single Occupancy	Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy	Double Occupancy
1	Premium Room (AC+TV+Attached Bathroom+ Inclusive naturopathy therapies+meals)	INR 12,499	INR 24,999	INR 20,499	INR 40,999	INR 28,499	INR 56,999
2	Executive Room (AC+TV+Attached Bathroom+ Inclusive naturopathy therapies+meals)	INR 9,999	INR 19,999	INR 16,499	INR 32,999	INR 22,999	INR 45,999
3	Dormitory Bed (Inclusive Naturopathy therapies & meals)	INR 6,999		INR 11,499		15,999	
4	Naturopathy Kit Fee	INR 500					
5	Doctor Consultation Fee	INR 250					

- Extra bed charges INR 3,000/- for premium accommodation & INR 2,500/- for executive accommodation per day person.
- The check-in time is 10 am and the check-out time is 9 am.
- Additional Panchkarma/Ayurvedic therapies are on chargeable basis.

NOTE- Consumable materials like towels, gowns etc. are chargeable. Laundry services are provided on chargeable basis.

Treatments Available

Naturopathy Treatment

Steam Bath, Massages, Mud Therapy, Face Pack, Hip Bath, Hot Foot-Arm Bath, Spinal Bath, Hot & Cold Compress, Wet-Sheet Lapait, Sun Bath, Local Steam, Shatkarma, Hijama, Wet-Dry Cupping, Physiotherapy, Upvas Therapy, Diet Therapy, Raga Therapy, Acupressure & Acupuncture.

Panchkarma Treatment

Shirodhara, Akshitarpan, Karnpooran, Nasyam, Abhyang, Patra Pinda Sweda, Shiro Pichu, Raktamokshana, Agnikarm, Enema, Snehdhara.

Ayurveda Treatment

Abhyangam, Udvartnam, Leech Therapy, Potli Massage, Kativasti, Nasyam, Shirodhara, Grivavasti, Januvasti, Spinal Vasti, Nabhi Vasti, Netra Tarpan, Pizhichil, Pichu-Karm, Karn Puran, Dry Massage, Patr Potli, Upnaha Swedan, Rakt Mokshan etc.

***Natural Beauty Packs * Herbal Shoppe * Lab Tests**

Others

Yoga Therapy, Meditation Acupressure, Acupuncture & Diet Therapy.

General Rules & Booking Procedure

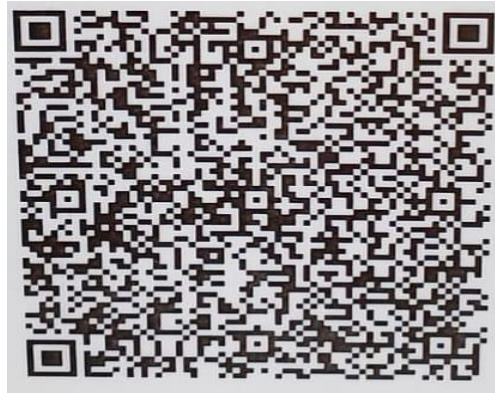
- Guests must carry their ID proof in original at the time of arrival. Foreign Nationals are required to provide their passport and valid Visa.
- The check-in time is 10 am and the check-out time is 9 am, beyond which a half- day charge will be applicable up to 4pm, and beyond 4 pm, full day charges will apply.
- 50% advance to be paid at the time of reservation & remaining 50% at the time of check-in.

NOTE:- Payment should be made at the given below account details or the attached scanner:

Bank Account Details	
Name	Aarogya Naturopathy Village
Account No.	50200081017018
IIFSC No.	HDFC0001478
Bank	HDFC BANK SAFIDON

OR

Scan below to pay:



Reservation/Cancellations Policy

- In case of cancellation before 10 days of the expected check-in, 10% processing charges will be deducted. Rest amount non-refundable to be carried forward for next booking, subject to availability.
- In case of cancellation before 5 days of the expected check-in, 50% processing charges will be deducted. Rest amount non-refundable to be carried forward for next booking, subject to availability.
- In case of cancellation in less than 3 days & no show, 100% deposit will be forfeited.
- Guests discharged on account of indiscipline will be forfeited 3 days charges or the balance days whichever is less. In case there is any balance amount after forfeiture, the same can be refunded.

However, his/her future admission may be affected by the severity of indiscipline.
(Right of admission is reserved with management)

NOTE- All disputes subject to Jurisdiction of Safidon, Jind, Haryana.

Dincharya (Routine)

Time	Activity
5:00 AM	Wake Up Call
5:45 AM - 6:00 AM	Compulsory Walk
6:00 AM - 6:45 AM	Yoga & Meditation Class
6:45 AM - 7:00 AM	Relaxation With Herbal Drink
7:00 AM - 8:00 AM	Breakfast
8:00 AM - 12:00 PM	Therapy And Dr's Consultation
12:00 PM - 1:00 PM	Satvik Lunch
1:00 PM - 2:00 PM	Leisure & Relaxation
2:00 PM - 5:00 PM	Second Round Of Therapy Session
5:00 PM - 6:00 PM	Healthy Snack and Drink Time
6:00 PM - 6:30 PM	Personal Work Allowance
6:30 PM - 7:45 PM	Interactive Session With Aarogya Team
7:45 PM - 9:00 PM	Dinner Time
9:00 PM - 10:00 PM	Personal Assessment Of Whole Day
10:00 PM	Lights Off



Amenities



Social Media Handles



<https://www.facebook.com/AarogyaNaturopathy?mibextid=ZbWKwL>



<https://instagram.com/aarogyanaturopathyvillage?igshid=NjIwNzlyMDk2Mg==>



<https://youtube.com/@AarogyaNaturopathyVillage?si=GRUy1SbJrVJbTB8r>



<https://www.linkedin.com/company/aarogyanaturopathyvillage/>



<https://aarogyanaturopathyvillage.com/>

For Booking you can contact us at the below details:

Contact no: 9896960980 / 9896960985 / 9729590005

Email Address: aarogyanaturopathyvillage@gmail.com

Address to Reach Us: Aarogya Naturopathy Village

Near PDM College, Karsindhu, Safidon-126112, Distt. Jind (HR)

(Just 120 km from Delhi Airport, 18 km from Panipat, 60 km from Karnal & 170 km from Chandigarh).

Location Link: <https://maps.app.goo.gl/1WWCWWnxvyPutgLW6>