

NATUROPATHY

Vrindavan Chikitsalayam





VRINDAVAN CHIKITSALAYAM

Embracing a World Without Medicines

About Vrindavan Chikitsalayam

Welcome to Vrindavan Chikitsalayam, a serene oasis spread across 25 acres and surrounded by 500 acres of lush green forests. Get healed in the presence of soothing sounds of ॐ chanting that invites you to unwind wholly.

This is more than just a place to heal; it's a natural journey back to your true essence, where the harmony of mind, body, and spirit is celebrated.

Welcome to Vrindavan Chikitsalayam!





Hydrotherapy



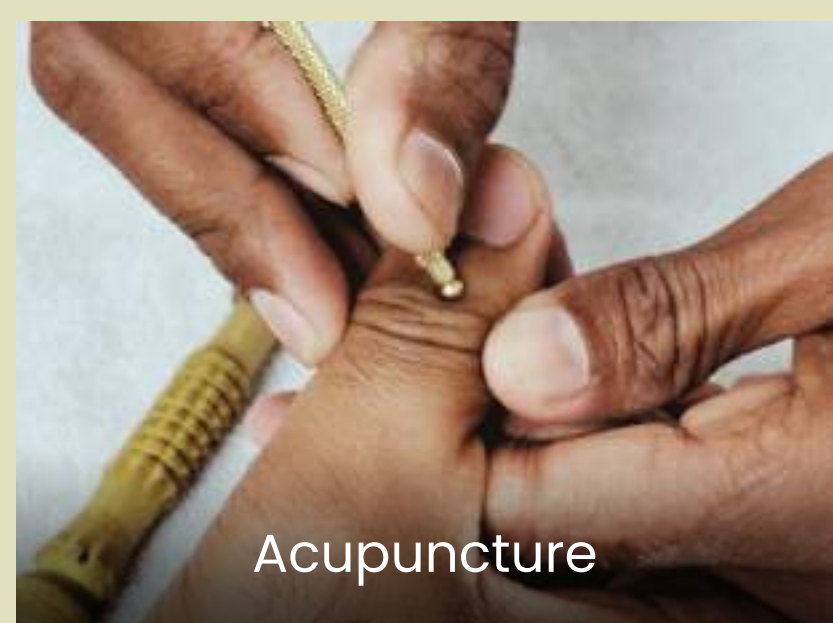
Mud Therapy



Acupressure



Massage Therapy



Acupuncture



Yoga & Meditation

NATUROPATHY TREATMENTS

- Eye Wash
- Shat Karma
- Jal Neti
- Hydrotherapy
(Hip Bath, Spine Spray,
Foot & Arm, Jacuzzi)
- Rubber Neti
- Colon Hydrotherapy
- Mud Therapy
- Sun Therapy
- Steam & Sauna Therapy
- Massage Therapy



Ailments Naturopathy can help Treat

- | | |
|--|---------------------------------------|
| Digestive Issues (IBS, Constipation) | Skin Disorders (Eczema, Psoriasis) |
| Arthritis & Joint Pain | Migraines & Headaches |
| Respiratory Conditions (Asthma, Bronchitis) | Chronic Pain Allergies |
| Diabetes | Stress & Anxiety |
| Hypertension | Depression Insomnia |
| High Cholesterol | Mood Swings, Fatigue & Burnout |
| Hormonal Imbalance | Mental Fatigue |
| Metabolic Disorders | Emotional Blockages |
| Thyroid Issues | Obesity |





DETOX PACKAGE

- Focuses on eliminating toxins from the body
- Includes therapies like colon hydrotherapy, steam baths, mud therapy, and water therapy
- Customised detox diet of sattvic, organic meals
- Yoga & Meditation sessions to support mental detox
- Improves digestion, boosts immunity, and rejuvenates energy levels

WEIGHT LOSS PACKAGE

- Designed to promote natural, healthy weight loss
- Includes acupuncture, yoga, and acupressure for metabolism stimulation
- Personalised weight-loss diet plan with organic, sattvic meals
- Detox therapies such as steam & sauna to enhance fat burning
- Focuses on sustainable weight loss by improving lifestyle habits



Note* The overview of each Package is generalised and is subjected to change as per doctor's advice.



IMPROVED LIFESTYLE PACKAGE

- Aims to cultivate a healthier, more balanced lifestyle
- Includes yoga, meditation, and Naturopathy therapies to improve overall well-being
- Focus on dietary changes with personalised guidance and organic meals
- Emphasis on improving sleep patterns, physical fitness, and emotional well-being
- Teaches stress management techniques and promotes healthy habits

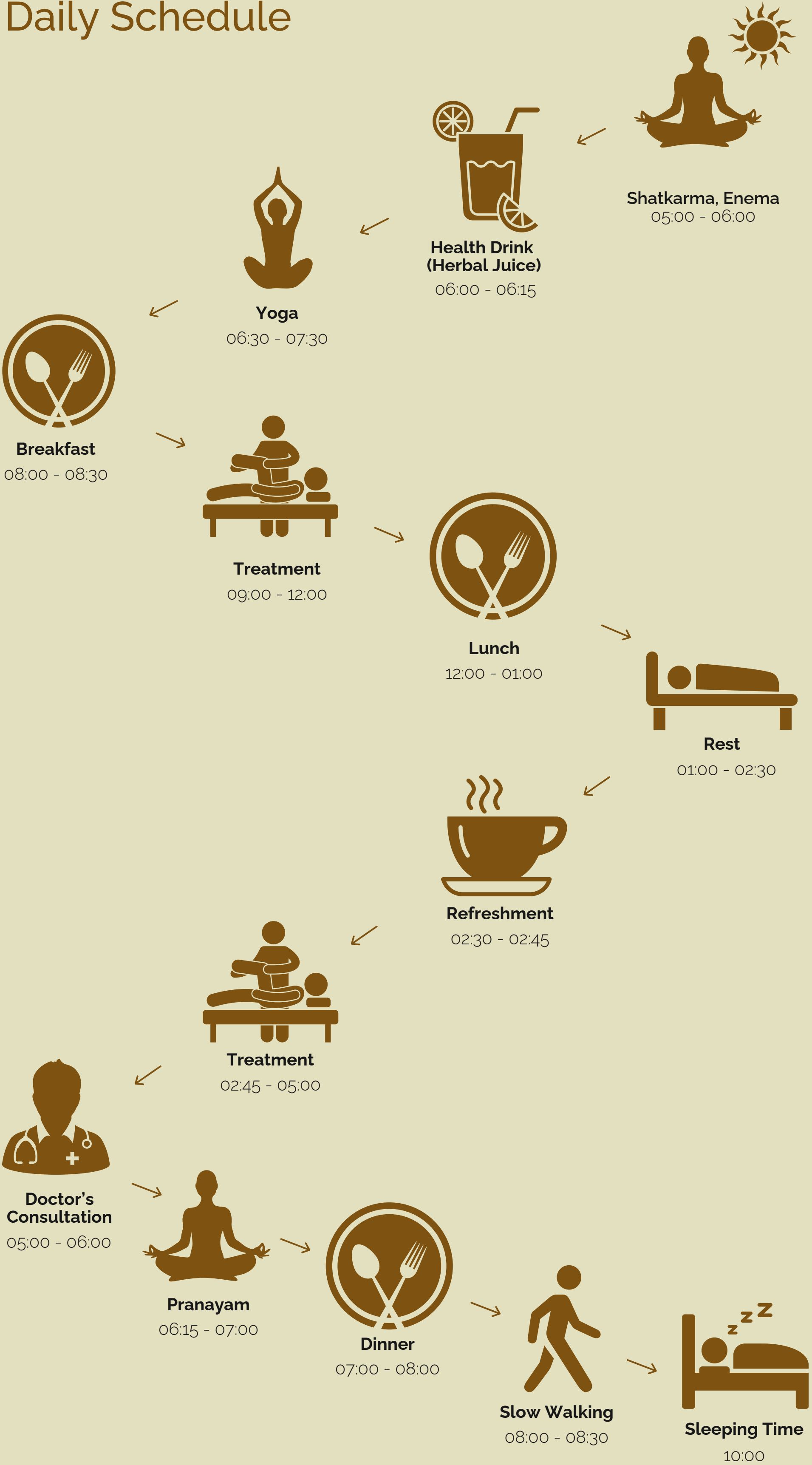
STRESS & ANXIETY-FREE PACKAGE

- Tailored to relieve stress, anxiety, and mental fatigue
- Acupressure and acupuncture to release tension and balance energy flow
- Daily yoga and meditation sessions to calm the mind
- Relaxation therapies like steam baths and massage
- A personalised diet plan focused on foods that support emotional stability and mental clarity



Note* The overview of each Package is generalised and is subjected to change as per doctor's advice.

Daily Schedule



- NOTE:
- Every patient has to meet the Doctor every evening after the treatment
 - Everybody has to take acupressure daily
 - Yoga and meditation are compulsory for all



Temples



Recreation Activities



Gaushala



Yagyas



Organic Farming

Therapeutic Comforts at VVAC

Accommodation



Vrindavan Chikitsalayam offers a “Home Away from Home”
experience with comfortable, fully furnished
accommodations as per your requirements.

| Type of Accommodation | Occupancy | Facilities Available | Price Per Day |
|-----------------------|-----------------------|--|---------------|
| Studio Room | Single Occupancy | 1 SingleBed, AC, Attached Washroom | ₹4,500/- |
| Standard Room | Double Occupancy | 1 Bedroom with 2 Single Beds, AC, Attached Washroom, Drawing Room | ₹7,500/- |
| Premium Room | Suitable for 4 People | 2 Bedrooms with Attached Washrooms, Drawing Room, Dining Area, Kitchen, AC | ₹15,000/- |

Inclusions

- Accommodation
- Doctor Consultations
- Naturopathy Therapy
- (Oils, Herbs, Internal Medicine Charges)
- Sattvic Meals
- Yoga & Meditation
- Nursing
- Recreational Activities

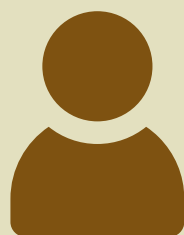


Chargeable Additional Treatments

1. Colon hydrotherapy 1500 per session
2. Vibro massage 300 per session
3. Ubtan massage 300 per session
4. Wax bath 300 per session
5. Salt glow massage 300 per session



Studio Room



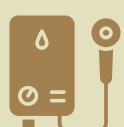
Single Occupancy



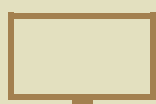
Single Bed



Attached
Washroom



Heater



TV



AC



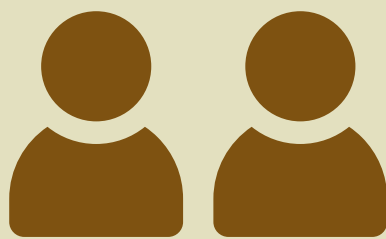
Wifi



Lobby



Standard Room



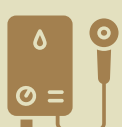
Double Occupancy



Double Bed



Attached
Washroom



Heater



TV



AC



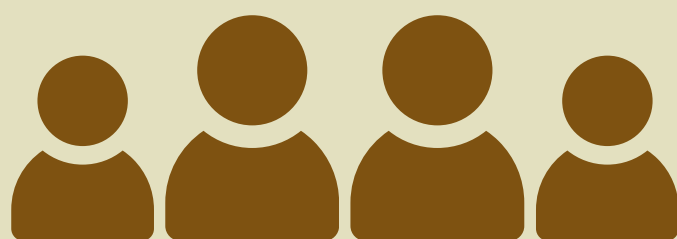
Wifi



Lobby



Premium Room



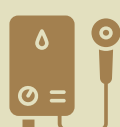
Suitable for 4 people



Double Bed



Attached
Washroom



Heater



TV



AC



Wifi



Lobby

RECREATIONAL ACTIVITIES AT VVAC



1. Croquet
2. Darts
3. Archery
4. Badminton
5. Pottery
6. Herbal garden tour
7. Vegetable harvesting
8. Kite flying
9. Library and meditative colouring books for kids and adults
10. Doctor interaction session
11. Personal Yoga session
12. Board games: Chess, Ludo, Scrabble, Carrom Board
13. Gau shala tour and cow feeding



How to Reach Vrindavan Chikitsalayam



Paid pick-and-drop facility available to and from
Chandigarh for a hassle-free journey.

Shivalik Foothills, Vill. Thana EPIP-2, Baddi Himachal Pradesh

📞 | Phone 7901778899 | www.vrindavanchikitsalayam.com
ayurveda@vrindavanchikitsalayam.com