



REVITALISE *With*
NATUROPATHY



Swaswara
a cgh earth experience



REVITALISE WITH NATUROPATHY

DURATION: 5 - DAYS Onwards

Goals: Embark on a journey to rediscover your inner balance and vitality. In today's fast-paced world, it's easy to lose sight of what truly matters – your well-being. Our General Wellness and Rejuvenation program is designed to guide you toward a transformative path of self-discovery and rebirth, where every breath fills you with renewed energy and every moment radiates inner harmony.

Naturopathy, an ancient wisdom, forms the heart of our program. This holistic approach harnesses the body's innate healing potential through yoga, therapeutic diets, hydrotherapy, and manipulative therapies. Our skilled practitioners will tailor a personalized journey to nurture your physical, mental, and spiritual well-being, amidst serene surroundings that cradle your soul.

Our 5-Day General Wellness and Rejuvenation program encompasses a comprehensive range of rejuvenating experiences, including personalized wellness consultations with experienced naturopathy practitioners, twice-daily holistic therapies such as massages, hydrotherapy, and mud therapy, daily yoga sessions incorporating yoga, pranayama, and meditation, and delicious organic cuisine crafted to support your body's natural rejuvenation. Our culinary approach features one raw meal daily, complemented by steamed or lightly cooked, gluten-free options for remaining meals, ensuring optimal nourishment. Additionally, engage in interactive health talks and mindfulness sessions, and unwind in serene surroundings, perfectly suited for relaxation and leisure.



All Inclusive Rates in INR

Valid till 31/12/2024

Duration	One treatment per person	
	Rate per day	Rate for 5 days
5 days		
Single	28,000	1,40,000
Double	30,000	1,50,000

Note:

- Can be extended on a pro rata basis.
- Kindly seek the doctor's advice through the Preliminary Assessment Form, to know the suggested duration of the program, for effective results.
- Kindly seek the doctor's advice if you wish to extend the program beyond 5 days.
- All rates are inclusive of taxes, consultations, treatments, massages, oils, herbs, yoga, meditation, accommodation, and meals during your stay.
- The price includes pick up and drop from Goa's Dabolim Airport and Mopa Airport.
- **Check in / Check out time : 1 pm / 11 am**

Booking and Cancellation Policy

- Confirmation of the booking is against 50% advance payment that must be paid at the time of booking the programme or before the cut-off date mentioned by the Wellness reservations.
- 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the Wellness reservations.
- Complete refund, if the booking is cancelled 30 days in advance.
- 50% refund if the booking is cancelled 21 days in advance.
- No refund if the booking is cancelled in less than 20 days.



INCLUSIONS

Naturopathy

Personalized Wellness Consultation with our doctor who will tailor a customized plan to address your unique health goals and needs.

Holistic Therapies

Experience a synergy of traditional naturopathic treatments, including Full-body and partial massages, Hydrotherapy, Mud therapy and Nutritional counseling.

Note: There will be restrictions with regards to treatments during the menstrual cycle.



YOGA AND MEDITATION: Experience daily yoga, pranayama, and meditation sessions, tailored to our in-house schedule, to harmonize body and mind and foster overall well-being. These gentle practices are perfect for our General Revitalization program, promoting relaxation, flexibility, and mental clarity.



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	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

DIET: Savor nourishing, organic cuisine expertly designed to fuel your body's natural rejuvenation. Enjoy a daily raw meal, paired with steamed or lightly cooked, gluten-free options, carefully crafted for optimal well-being.





ACCOMMODATION

Accommodation in rustic Konkan villas that are cradled in colours of the earth, using locally available material such as laterite and coconut thatch. The villas have an open-to-the-elements aesthetic, with an open inner courtyard and partially open-to-sky bathrooms. Only the bedrooms are enclosed and air-conditioned, while the rest of the villa gets you in touch with nature directly. The yoga deck on the second level offers spectacular views of the forests and glimpses of the ocean, while serving as a perfect spot to just revel in being.

ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities. All physical activities will be subject to the doctor's advice.

Nature Trails & Bird Watching

What better way to start your day than with a sighting of Hornbills or the White bellied Sea Eagle that nests in our property! With a protected patch of forest and the rainwater lakes, SwaSvara plays host to a wide variety of migratory and resident birds, with occasional visits from endangered species too. Experience all this and more on a bird watching walk.

Interactive Cooking

Every day, our chefs offer interactive classes for healthy cooking. Guests join our chefs to learn how to cook healthy, tasty food and improve consumption habits. They give you recipes to try at home (with almost no oil, refined sugar or flour) with healthy alternatives you can find in your city.

Art Studio

Healing with art and pottery is an experience our guests look forward to. Expressing oneself through art is an activity we have enjoyed as children. At SwaSvara you get back in touch with that forgotten child within you. To break the ice, our artist-in-residence interacts with you throughout besides introducing you to a wide range of creative activities. Guided sessions for art and clay modelling with our resident artist are available everyday. This interaction with art will unleash your imagination and bring you closer to self-discovery.

Boat Ride

Subject to the Doctor's advise you can contact our front desk for Boat Rides to Mirjan Fort, Long Beach and Tadadi Harbour. A very interesting cruise to the historic Mirjan Fort, takes you through the sea up the Aganashini river. A tuk tuk ride will get you from the boat jetty to the fort. Return by boat to OM Beach. Cruise by the pristine long beach where you can explore a relatively un touristy beach and fishermans village and a typical Konkan style temple. Cruise to the busy fishing harbour to experience the local flavor of a bustling fish market. Return by Tuk Tuk.

Visit the Temple Town of Gokarna

Meander around and find yourself back in time at Gokarna's 2 streets amid the sacred cows; visit its famous Shiva temple; or tour the inland temples and forts.

Library

A circular, well lit space that is open all day and has an eclectic collection of books. The library can be air-conditioned if you wish.





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 Mopha Airport and SwaSwara is 200 km - a drive of approximately 06 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 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.



BEGIN
YOUR
SOULFUL
HOLIDAY

