



# RESET & SLEEP ENHANCEMENT

## WITH NATUROPATHY



DURATION - 14 DAYS ONWARDS

*A holistic programme to restore healthy sleep that combines Naturopathy, lifestyle modifications, and nutritional support.*



# WHY DO YOU NEED GOOD SLEEP?



Sleep is when your body repairs and regenerates itself. A good night's sleep detoxifies, improves cognitive functions, and enhances emotional balance. Our modern lifestyle interrupts this critical cycle of healing, leading to several disorders.



# HOW DOES THIS PROGRAMME HELP?



The Rest & Sleep Enhancement programme at CGH Earth SwaSwara uses natural therapies and personalised guidance to unlock a deep sense of relaxation, renewal, and overall well-being. A combination of therapies such as **acupuncture, aromatherapy, sound therapy, hydrotherapy**, and treatments work together to calm your nervous system and promote relaxation. A customised diet plan complements the healing process, while various yoga sessions soothe the mind and body. This holistic approach addresses the root causes of sleep disturbances, improving your sleep quality and leading to a radiant, refreshed, and healthier you.

# WHO IS THIS PROGRAMME FOR?



This Naturopathy programme is tailored for individuals struggling with insomnia, sleep disorders, stress, or fatigue. Lack of sleep can be attributed to a range of interconnected factors such as nutrition, stress levels, relationships, environmental conditions, sunlight exposure, and meal timings. If your hectic schedule is leading to sleep disturbances, this programme is for you.



# HOW DOES IT WORK?



The programme begins with a comprehensive assessment of your sleep pattern, utilising the Pittsburgh Sleep Quality Index (PSQI) and Insomnia Severity Index (ISI) tests.

Our expert Naturopathic doctors will:



Uncover hidden patterns and underlying factors affecting your sleep.



Craft a tailored treatment plan addressing your unique needs.



Guide you through holistic therapies and evidence-based practices.

# PROGRAMME INCLUSIONS



## NATUROPATHY

### CONSULTATION

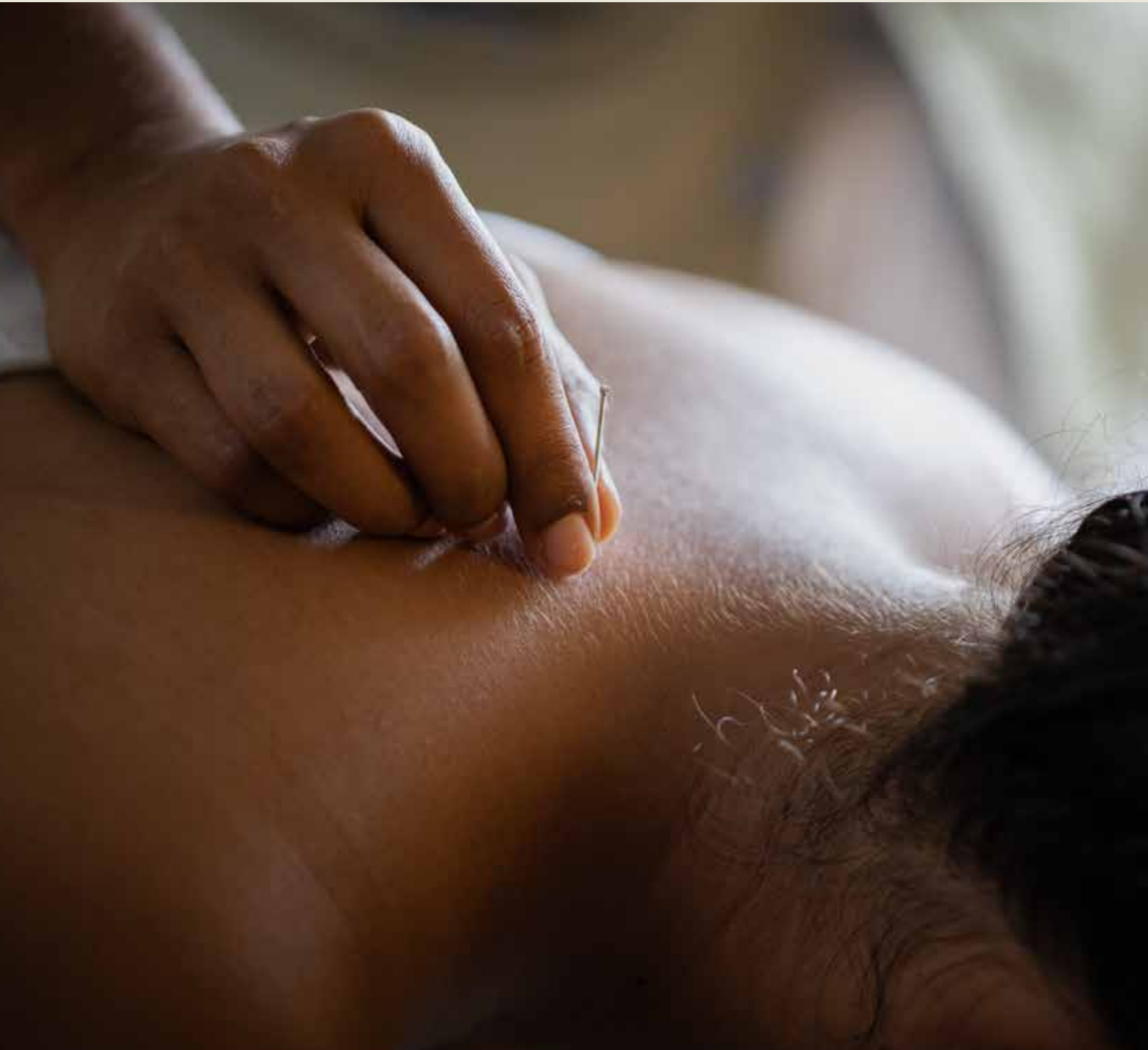
Before starting the programme, our doctor will conduct a personalised wellness consultation to create a customised plan that addresses your unique health goals and needs. With a minimum of two therapeutic consultations per day, your wellness plan is designed to address your underlying malaise.

## THERAPIES

Traditional naturopathic treatments include a combination of acupuncture, stress management, nutritional support, and lifestyle guidance. These are complemented by relaxation techniques such as hip baths, foot reflexology, hot water immersions, and music therapy.

The therapies are interspersed with doctor sessions, silence days, walking meditation, and raw and gluten-free culinary training. Our medical team will provide a post-programme follow-up to monitor your progress.

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



# YOGA AND MEDITATION



Your daily schedule includes yoga, pranayama, and meditation sessions designed to bring balance to mind and body, as well as foster holistic well-being. These practices promote relaxation, flexibility, and mental clarity. Additionally, individual therapeutic yoga sessions may be prescribed based on specific patient needs, ensuring targeted support for optimal healing.



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

# DIET



What you consume during the day often decides how you sleep at night. Your diet plan is meticulously prepared by our chefs in consultation with the Naturopathy doctors, using organically grown and locally sourced ingredients.

The programme features three dietary phases:

**Constructive** with raw meals. **Soothing** with easy-to-digest smoothies and purées. **Eliminative** with thin juices to enhance detoxification. Intermittent fasting complements these phases by enhancing the body's natural healing and cleansing processes. You even participate in the process of preparation – right from picking ingredients from our garden to joining culinary sessions where you learn the art of preparing wholesome meals. On alternate days, you will also engage in raw culinary training, unlocking the innate goodness of uncooked foods. Interactive sessions with the doctors help provide personalised guidance on ways to stay the course towards holistic well-being.



# A TRANQUIL HEALING



## PRAKRUTI UPASANA (IMMERSE IN NATURE)

On alternate days, this immersive experience connects health seekers with nature, allowing them to align with the Panchamahabootas (the five elements) to restore balance and harmony within the body and mind. It enhances the connection with nature and promotes holistic well-being.



## KALA UPASANA (EXPRESS YOUR CREATIVITY)

This healing experience, on alternate days, uses artistic expression as a therapeutic tool for personal growth and well-being. It connects health seekers with art and creativity, promoting emotional balance and mental clarity.





### **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.

## All Inclusive Rates in INR Valid till 31/12/2025

DURATION	TWO TREATMENTS PER PERSON	
14 days	Rate per day	Rate for 14 days
Single	28,000	3,92,000
Double	30,000	4,20,000

*Kindly seek the doctor's advice through the Preliminary Assessment Form to know the suggested duration of the programme for effective results.*

### **Inclusions:**

- Daily consultation with the Doctor.
- Two, four-hand therapies per day.
- Five sessions of guided yoga and meditation.
- Personalised diet plan prescribed by the doctor during your treatment duration.
- Interactive session on raw food preparation | Art studio | Library
- Accommodation in a rustic Konkan Villa.
- Pick up and drop from Goa's Dabolim Airport and Mopa Airport.
- All rates are inclusive of taxes.

### **Booking and Cancellation Policy:**

- Confirmation of the booking is against a 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.

# SWASWARA



A PILGRIMAGE TO THE SELF



cghearth  
experience wellness



SwaSvara, CGH Earth



cghearthswaswara