



Nirvana
NATUROPATHY & RETREAT



Address: Ghoti-Sinnar Highway, Near Dhamangaon,
Ghoti-Khurd, Tal- Igatpuri, District - Nashik, Pin Code - 422402, Maharashtra, India.

Contact: (+91)-8411957555, Email: info@nirvananaturopathy.com
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“Your body is a Temple. You are what you eat”

- This is still the mantra for healthy living and superior well-being.

“Respect and honor your temple – and it will honor you”

- It is a matter of simple choice, really!

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Rejuvenation & Detoxification Program

- Do you regularly clean your house? Then, why not your body? Detoxified body is able to gain resilience, function more effectively and feel rejuvenated.
- Toxicity in the body is a raging health issue, but conventional medicine fails to acknowledge it. This is a major underlying cause for numerous chronic diseases including cancer.
- Obesity, memory loss, hormonal imbalances, lack of vitality, fatigue, sleep disturbances and metabolic syndrome are some of the common manifestations of a body filled with toxicity.

Fitness Facts

In a room (on an average) out of 100 people there are:

- 42 suffering from obesity
- 36 addicted to smoking
- 28 indulge in excess use of alcohol
- 53 chooses junk food over home-cooked meals
- 18 refuses to exercise
- 22 have type 2 diabetes
- 13 have high blood pressure
- 09 have breathing problems
- 98 inhale pollution and harmful gases
- Inhaling harmful air, obesity, smoking and eating junk food is most common.

Why Rejuvenation & Detoxification?

Modern life can be hectic and to feel energized to deal with everyday stresses, it is important to feel rejuvenated. The build-up of toxins lead to weakening the immune system of the body and that is where a simple detoxification or cleanse can help the body to fight. Rejuvenation & Detoxification is primarily about eliminating toxins from the body and making it feel more energized and healthy.

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There is no denying that allopathic medicine offers prompt relief for health problems. But, the effects are only temporary. You can pop a pill to feel invigorated or to lose weight, but the effects are not going to be permanent. Also, allopathic medicines lead to side effects and long-term dependency on medication. Through naturopathy, you can rid yourself of toxins and lead a healthier life. All you have to do is some yoga, meditation and diet changes. The more active and fit you become; you are going to be able to enjoy life more. The people around you will also find immense happiness in seeing you at your best.

Nirvana Naturopathy & Retreat

Nirvana Naturopathy & Retreat is a state-of-the-art facility set amidst lush green fields, breathtaking hillocks and a large water body. Our serene and natural surrounding promotes rejuvenation for both the mind and the body.

We invite everyone – men, women and teenagers – to come and experience our exclusive center. Here, you will be in the lap of nature and away from all the hullabaloo of modern life. The beautiful surroundings will cleanse your mind, while we cleanse all the toxins away from your body!

Our services and facility are the perfect opportunity for:

- Taking a break and staying away from the monotony of daily life
- Being close to nature and be surrounded with it
- Breathing clean, pure and fresh air
- Bonding with yourself
- Learning about yoga, meditation and other alternative medicine
- Laying emphasis on lifestyle changes that will help you mitigate the risks associated with several health conditions, such as asthma, diabetes, stress, blood pressure, obesity and so on

Detoxification helps in eliminating a lot of problem including:

1. Severe headaches
2. Fatigue and low energy
3. Belly fat
4. Cravings
5. Skin problems
6. Aches and pains

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Detox Benefits

- Eliminates all kinds of toxins from the body that come from the food and beverage that you consume and even the air that you breathe.
- A feeling of renewed or more sustained energy throughout the day.
- Detoxification will help you in making sustainable food and beverage choices that are healthy for your body and overall well-being.
- A smart detox plan can nip food cravings in the bud, which is one of the most primary causes of binge-eating and weight gain.
- Good diet with a combination of light exercises, yoga or meditation and therapies lead to tackling the problem of stress and anxiety.
- You will experience enhanced performance and improved productivity.
- Your mood swings will be under control and people around you will truly enjoy your company.

Rejuvenation & Detoxification Program

7 to 10 days rejuvenation & detoxification program

- Our rejuvenation & detoxification program is aimed to bring about a sustainable and quality change in your life.
- The program is all about cleansing and flushing out your entire system of toxins that are consumed through food, beverage and air. It is about clearing out everything to bring about better health and well-being, reduced levels of stress and helping you feel good about yourself.
- This program is to encourage you to make better lifestyle choices and just give yourself pause from the daily headaches of life.

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The main attractions of the program are:

- The elimination of toxins from your body.
- Re-energizing your body, mind and soul.
- Bringing you closer to nature and teaching you the ancient art of yoga and meditation.
- Giving you complete peace of mind while eradicating all your worries and stress.
- Helping you explore all the brand new dimensions of good health and fitness.



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