



# A PATH TO wellness

A REJUVENATION PACKAGE



ERODE, TAMILNADU





# WELCOME FRIEND

Naturopathic rejuvenation is a holistic approach that taps into the body's inherent healing abilities. Focused on restoring balance and vitality, it combines natural therapies, personalized nutrition, and lifestyle adjustments to promote overall well-being.

Rooted in traditional healing practices and modern insights, naturopathy emphasizes preventative measures and sustainable changes, aiming not only to address existing health concerns but also to enhance long-term resilience. This approach stands out for its commitment to nurturing the mind, body, and spirit in unison, offering a holistic pathway to rejuvenation and optimal health.



*Cauvery*



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“YOU”

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FEEL YOU

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STAY CONNECTED

CONGRATULATIONS





# “YOU”

The day of your arrival begins with an initial consultation and a comprehensive examination by an experienced Naturopathy doctor. In an extensive questionnaire, you provide him many information, for example, whether you sleep well or not.

Your doctor uses examination and your answers to determine your therapy and diet plan.

**The treatment plan:** Until the end of your stay, the treatment plan will be provided to you with orientation.

**The diet plan:** This package also includes an individual diet. As part of the initial examination, our doctors will put together a personal natural diet plan for you – according to the individual needs. Do not worry, we don't provide raw spinach and leaves. Various types of fruit, freshly squeezed juices, delicious menu will be on your cards.

WELCOME





SELF CARE  
IS NOT  
SELFISH





DAY ONE

# COFFEE OR TEA ?

There's **no** denying the powerful effects of the world's most beloved beverage. But here we do not follow the usual routine.







# TIPS FOR MORNING RITUALS

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We start the day with something very unusual.

**Body Detoxification** and or **cleansing** are important part of maintaining health, slowing the aging process and preventing diseases, by allowing the body to rid itself of a build up toxins.

Our bodies are exposed to various toxins regularly – in our foods, in the air we breathe, in our environments among other areas. While the body has a tremendous capacity to put up with junk, it does eventually break down and that is when the body starts to suffer from various symptoms of feeling sluggish, lack of energy, digestive issues such as bloating and constipation among other symptoms.







# TASTE NATURAL MEAL

Diet is a significant element of a comprehensive naturopathic healthcare plan. In any event, the diet to which we are adapted is almost certainly much better for health, and reversing illness, than the prevailing modern diet. There is abundant evidence of disease-reversal with diets of whole, minimally processed food; plant-predominant diets; and even plant-exclusive diets.

For example: Strong proteins such as cheese or tofu must be consumed in association with weak starches such as potatoes, sweet potatoes, pumpkins, etc. A cereal (high starch content) and pulse (weak proteins) combination is good. Gluten should be discarded from the diet and alkaline food must be eaten to neutralize the acidity of the body. Do not worry, we provide you delicious meals and juices 24\*7.







# ENJOY TREATMENT

Naturopathic medicine is a system that uses natural remedies to help the body heal itself. It embraces many (100+) therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling.

Naturopathic medicine is used for a wide range of health issues. A 21st century review of studies found that methods that used in naturopathy may be effective in: cardiovascular disease, musculoskeletal pain, type 2 diabetes, Obesity, rheumatoid arthritis, polycystic ovary syndrome, bowel syndrome, depression, anxiety and many other chronic conditions.







DAY TWO

# FEEL YOU

It is similar to Day one but with small modifications on diet along with the treatments, and more time to relax.







# COST

INR

**THE PACKAGE PRICE VARY ON MANY FACTORS**

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FOR INDIVIDUALS VS GROUPS

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AC VS NON AC ROOMS

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SPECIAL TREATMENT FOR ADDITIONAL ISSUES

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NEW CUSTOMER VS REPEATED CUSTOMER

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SPECIAL PROMOTIONS

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SINGLE VS DOUBLE COT

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VISITING WITH ATTENDER

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SO KINDLY CALL US

YOU WILL BE SUPRISED OF THE **LOW PRICE** BEING OFFERED

**MOBILE: 9600 300 305 | 95142 95242**

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# PACKAGE INCLUSIONS

- TRADITIONAL WELCOME DRINK ON ARRIVAL.
- TWO MAJOR TREATMENTS (60MIN) PER GUEST DURING THE COURSE OF 2 DAYS - & 2 MINOR TREATMENTS(30MIN).
- LUNCH, DINNER AND BREAKFAST AT OUR NATURE-CUISINE RESTAURANT .
- YOGA & MEDITATION SESSION BY THE LAKESIDE EVERY MORNING.
- TEA AND SNACKS AT OUR TRADITIONAL SPOT.
- ONE HOUR SUNSET OR COUNSELLING EVERY EVENING.
- SPECIAL PROGRAM AT AMPI HALL OR OUTDOOR AT EVENING.
- FISHING, CYCLING & VILLAGE WALK.
- COMPLIMENTARY USAGE OF SWIMMING POOL & INDOOR GAMES (SHUTTLE, CAROM AND CHESS).
- COMPLIMENTARY USAGE OF WI-FI.
- ALL APPLICABLE TAXES.





# CONGRATULATIONS

STAY CONNECTED

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The lightness you feel as a result of rejuvenative cleaning, the youthful happiness and joy, is something that is reminiscent of childhood – playing on a summer's evening, flying kites or splashing in the ocean waves.



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"You only live once, but if you do it right,  
once is enough."



# Cauvery Nature Cure Centre

“DISCOVER WELLNESS”