



# शुद्धी

DETOX ● NOURISH ● REJUVENATE

4 NIGHTS & 5 DAYS

## JIVAGRAM :

Centre for Well-being

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR (SECTOR 89), FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## SHUDDHI

Feel your pain wash away with our therapeutic, deep-tissue massages and special therapies for detoxification and pain management. Rediscover vitality with a combination of steam and multilayered massages which stimulate micro-channels (srotas) in the body to eliminate ama (toxins) and relieve pain. The program is perfect for minor as well as chronic pains.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 4 nights & 5 days | **Cost: Double** INR 1,13,000 (\$1780) | **Individuals** INR 62,500 (\$970)\*



### TREATMENT JOURNEY

<b>Day 1</b>	Abhyanga, Sarwanga Sweda, Shiroabhyanga, Pichu, Shirodhara
<b>Day 2</b>	Abhyanga, Sarwanga Sweda, Shiroabhyanga, Pichu, Shirodhara
<b>Day 3</b>	Abhyanga, Sarwanga sweda, Shiroabhyanga, Pichu, Shirodhara, Mriduviechan
<b>Day 4</b>	Patra Pind Sweda, Pichu, Matra Basti, Shirodhara
<b>Day 5</b>	Patra Pind Sweda, Pichu, Matra Basti, Shirodhara

#### Lifestyle Management Therapies:

Experience a collection of natural interventions designed to empower you to cultivate positive changes in your daily habits and routines. Embrace these natural interventions, create positive habits, and witness the profound impact on your overall health and happiness through this therapy.

**Shuddhi** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya.

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customised lifestyle steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets Dedicated experts for lifestyle guidance
- Specialized Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App

#### Yoga Session:

Jivagram combines Ayurvedic treatment and Yoga Therapy for a comprehensive well-being approach. Yoga Therapy (Yoga Chikitsa) is a holistic healing method that relieves physical, physiological, mental, and emotional symptoms, restoring balance and enhancing quality of life. Our Yoga Therapists personalised practices using movement, breathing, meditation, and philosophy, promoting optimal health and healing.



### BENEFITS OF THE PROGRAM

- Removes toxins from body channels (srotas)
- Balances vata dosha the root- cause of pain
- Strengthens joints, nerves and muscles
- Improves blood circulation Stimulates flow of energy
- Reduces dependance on pain medication

### BOOK YOUR PROGRAM TODAY!

**Call:** +91-9319227333, +91-8800549858  
**Email:** reception.jivagram@jiva.com, helpdesk.jivagram@jiva.com  
**Visit:** jivagram.jiva.com

Program can be customised for extended stay. Special discounts for multiple guests maybe available at the discretion of Jivagram Management.

**T&C apply\***



# मोक़्शह

DETOX ● NOURISH ● REJUVENATE

3 NIGHTS & 4 DAYS

**JIVAGRAM**   
Centre for Well-being

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR (SECTOR 89), FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## MOKSHA

Moksha unties knots deep in your body and mind, letting you release stress and relax. Special herbal massages and steam therapies in this program replenishes you with Prana energy, as you feel your stress melt away. Moksha is a combination of our signature Ayurvedic therapies and massages that detoxify your body, rejuvenate your mind and nourish your soul to bring you into a state of wellbeing.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities

**Duration** 3 nights & 4 days | **Cost: Double** INR 89,000 (\$1400) | **Individuals** INR 49,000(\$760)\*



### TREATMENT JOURNEY

Day 1	Abhyanga, Churan Pind Sweda, Nasya, Shirodhara
Day 2	Abhyanga, Churan Pind Sweda, Nasya, Shirodhara
Day 3	Pizhichil, Nasya, Padabhyanga, Shirodhara
Day 4	Pizhichil, Nasya, Padabhyanga, Shirodhara

#### Lifestyle Management Therapies:

Experience a collection of natural interventions designed to empower you to cultivate positive changes in your daily habits and routines. Embrace these natural interventions, create positive habits, and witness the profound impact on your overall health and happiness through this therapy.

**Moksha** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation, your doctor will identify special herbs and oils for the therapy
- Your Ayurvedacharya will plan the right diet and recommend customized life-style steps
- Therapies begin with Abhayanga steam head massage to release stress as well as to prepare your body for nourishment



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customised Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialised Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates. via JivaHealth App

#### Yoga Session:

Jivagram combines Ayurvedic treatment and Yoga Therapy for a comprehensive well-being approach. Yoga Therapy (Yoga Chikitsa) is a holistic healing method that relieves physical, physiological, mental, and emotional symptoms, restoring balance & enhancing quality of life. Our Yoga Therapists personalise practices using movement, breathing, meditation, and philosophy, promoting optimal health and healing.



### BENEFITS OF THE PROGRAM

- Reduces stress and anxiety
- Improves sleep
- Strengthens immunity
- Relieves headaches and pains
- Improves blood circulation
- Helps increase concentration
- Stimulates flow of energy
- Strengthens the heart

## BOOK YOUR PROGRAM TODAY!

**Call:** +91-9319227333, +91-8800549858

**Email:** reception.jivagram@jiva.com, helpdesk.jivagram@jiva.com

**Visit:** jivagram.jiva.com

Program can be customised for extended stay. Special discounts for multiple guests maybe available at the discretion of Jivagram Management.

**T&C apply\***



# व्जस

DETOX ● NOURISH ● REJUVENATE

2 NIGHTS & 3 DAYS

## JIVAGRAM :

Centre for Well-being

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR (SECTOR 89), FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## OJAS

Feel your mind, body and spirit come alive again with our signature wellness treatments. Heal your inner self and recuperate from maladies with our soothing and nourishing Ayurvedic massages and steam therapies. This three-day rejuvenation package will give you a sense of blissful rejuvenation and newness



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities

**Duration** 2 nights & 3 days | **Cost: Double** INR 65,000 (\$1020) | **Individuals** INR 35,000(\$550)\*



### TREATMENT JOURNEY

Day 1	Abhyanga ,Sarwanga Sweda, Nasya, Padabhyanga, shirodhara
Day 2	Patra Pind Sweda, Nasya, Padabhyanga, Shirodhara
Day 3	Shastik shali pind sweda, Padabhyanga , Shirodhara

#### Lifestyle Management Therapies:

Experience a collection of natural interventions designed to empower you to cultivate positive changes in your daily habits and routines. Embrace these natural interventions, create positive habits, and witness the profound impact on your overall health and happiness through this therapy.

**Ojas** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customised lifestyle steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment



### UNIQUE ADVANTAGES AT JIVAGRAM

- Thorough consultation with Yoga expert
- Yoga asanas optimized for every individual to maximize benefits
- Special diets planned by doctor to compliment Yogic experiences
- Holistic lifestyle routines designed around the individual's health status
- Serene location aids in better healing
- Haryana's first NABH & CGHS approved Ayurveda hospital

#### Yoga Session:

Jivagram combines Ayurvedic treatment and Yoga Therapy for a comprehensive well-being approach. Yoga Therapy (Yoga Chikitsa) is a holistic healing method that relieves physical, physiological, mental, & emotional symptoms, restoring balance and enhancing quality of life. Our Yoga Therapists personalised practices using movement, breathing, meditation, and philosophy, promoting optimal health and healing.



### BENEFITS OF THE PROGRAM

- Ojas starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya
- Based on the evaluation your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customised lifestyle steps
- Therapies begin with Abhayanga steam head massage which releases stress and prepares your body for nourishment

## BOOK YOUR PROGRAM TODAY!

**Call:** +91-9319227333, +91-8800549858

**Email:** reception.jivagram@jiva.com, helpdesk.jivagram@jiva.com

**Visit:** jivagram.jiva.com

Program can be customised for extended stay. Special discounts for multiple guests maybe available at the discretion of Jivagram Management.

**T&C apply\***



# Jivanya

DETOX ● NOURISH ● REJUVENATE

2 NIGHTS & 3 DAYS

**JIVAGRAM** ::

Centre for Well-being

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR (SECTOR 89), FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## LAVANYA

Be pampered to the core with Ayurvedic herbal routines that exfoliate and cleanse your skin as well as nourish it from deep within. Special steam therapy, facials and massages promote lymph circulation and stimulate skin cells that give you a healthy, smooth and beautiful skin, naturally. Enjoy this combination of hand-picked herbal routines that revitalize your skin cells, leaving you feeling younger.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 2 nights & 3 days | **Cost: Double** INR 65,000 (\$1020) | **Individuals** INR 35,000(\$550)\*



### TREATMENT JOURNEY

Day 1	Abhyanga, Sarvangasweda, Potali facial, Nasya, Shirodhara
Day 2	Abhyanga, Sarvangasweda, Potali facial, Nasya, Shirodhara
Day 3	Shashtik shali pind sweda, Potali Facial, Shirodhara

#### Lifestyle Management Therapies:

Experience a collection of natural interventions designed to empower you to cultivate positive changes in your daily habits and routines. Embrace these natural interventions, create positive habits, and witness the profound impact on your overall health and happiness through this therapy.

**Lavanya** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhyanga steam Potali Facial which releases stress and opens the pore on your skin to receive the benefit of nourishing therapies



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialised Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App

#### Yoga Session:

Jivagram combines Ayurvedic treatment and Yoga Therapy for a comprehensive well-being approach. Yoga Therapy (Yoga Chikitsa) is a holistic healing method that relieves physical, physiological, mental, and emotional symptoms, restoring balance and enhancing quality of life. Our Yoga Therapists personalize practices using movement, breathing, meditation, and philosophy, promoting optimal health and healing.



### BENEFITS OF THE PROGRAM

- Removes toxins from deep pores
- Balances Vrajak Pitta on skin
- Adds radiance to your skin
- Reduces signs of ageing and dullness
- Naturally improves skin elasticity
- Relaxes you and reduces stress

## BOOK YOUR PROGRAM TODAY!

**Call:** +91-9319227333, +91-8800549858

**Email:** reception.jivagram@jiva.com, helpdesk.jivagram@jiva.com

**Visit:** jivagram.jiva.com

Program can be customised for extended stay. Special discounts for multiple guests maybe available at the discretion of Jivagram Management.

**T&C apply\***





# shanti

DETOX ● NOURISH ● REJUVENATE

3 NIGHTS & 4 DAYS

## JIVAGRAM :

Centre for Well-being

JIVAGRAM HELP DESK 9319227333 | JIVAGRAM@JIVA.COM  
VILLAGE RIWAJPUR (SECTOR 89), FARIDABAD, HARYANA - 121002  
(DELHI NCR)

## SHANTI

Take a break from your busy life and rediscover relaxation. Let us guide you to the state of complete relaxation of the body and mind with this special package. A thoughtfully planned combination of steam, oiling and deep-tissue massage therapies, the Shanti program releases stress and disease causing toxins to maintain Tridoshic balance which calms your mind, body and soul.



**Includes** Consultation, Panchakarma therapies, meals, yoga, meditation, stay and access to facilities  
**Duration** 3 nights & 4 days | **Cost: Double** INR 89,000 (\$1400) | **Individuals** INR 49,000(\$760)\*



### TREATMENT JOURNEY

Day 1	Abhyanga, Sarvang Sweda, Shirodhara, Shiroabhyanga
Day 2	Abhyanga, Sarvang Sweda, Shirodhara, Shiroabhyanga
Day 3	Nasya, Shirodhara, Pizhichil, Padabhyanga
Day 4	Nasya, Shirodhara, Pizhichil, Padabhyanga

#### Lifestyle Management Therapies:

Experience a collection of natural interventions designed to empower you to cultivate positive changes in your daily habits and routines. Embrace these natural interventions, create positive habits, and witness the profound impact on your overall health and happiness through this therapy.

**Shanti** starts with a complete evaluation of your health by an expert Jiva Ayurvedacharya.

- Based on the evaluation, your Ayurvedacharya will identify special herbs and oils for the therapy
- Your Ayurvedacharya will plan the right diet and recommend customized lifestyle steps
- Therapies begin with Abhyanga steam head massage which releases stress and prepares your body for nourishment
- This is followed by Karnapurana, Shirodhara, Nasya, Netrabasti and Padabhyanga



### UNIQUE ADVANTAGES AT JIVAGRAM

- Customized Sattvic diets
- Dedicated experts for lifestyle guidance
- Specialised Panchakarma therapies
- Access to healing therapies such as naturopathy, art, music and more
- Access to world-class facilities to heal and rejuvenate amidst nature
- Continuing care through updates via Jiva Health App

#### Yoga Session:

Jivagram combines Ayurvedic treatment and Yoga Therapy for a comprehensive well-being approach. Yoga Therapy (Yoga Chikitsa) is a holistic healing method that relieves physical, physiological, mental, and emotional symptoms, restoring balance and enhancing quality of life. Our Yoga Therapists personalize practices using movement, breathing, meditation, and philosophy, promoting optimal health and healing.



### BENEFITS OF THE PROGRAM

- De-stresses and relaxes your body and mind
- Stimulates muscles and nerves
- Increases metabolism which increases Ojas
- Boosts vitality, endurance, and strength
- Improves mood and reduces stress
- Regulates circadian cycle.

## BOOK YOUR PROGRAM TODAY!

**Call:** +91-9319227333, +91-8800549858

**Email:** reception.jivagram@jiva.com, helpdesk.jivagram@jiva.com

**Visit:** jivagram.jiva.com

Program can be customised for extended stay. Special discounts for multiple guests maybe available at the discretion of Jivagram Management.

**T&C apply\***