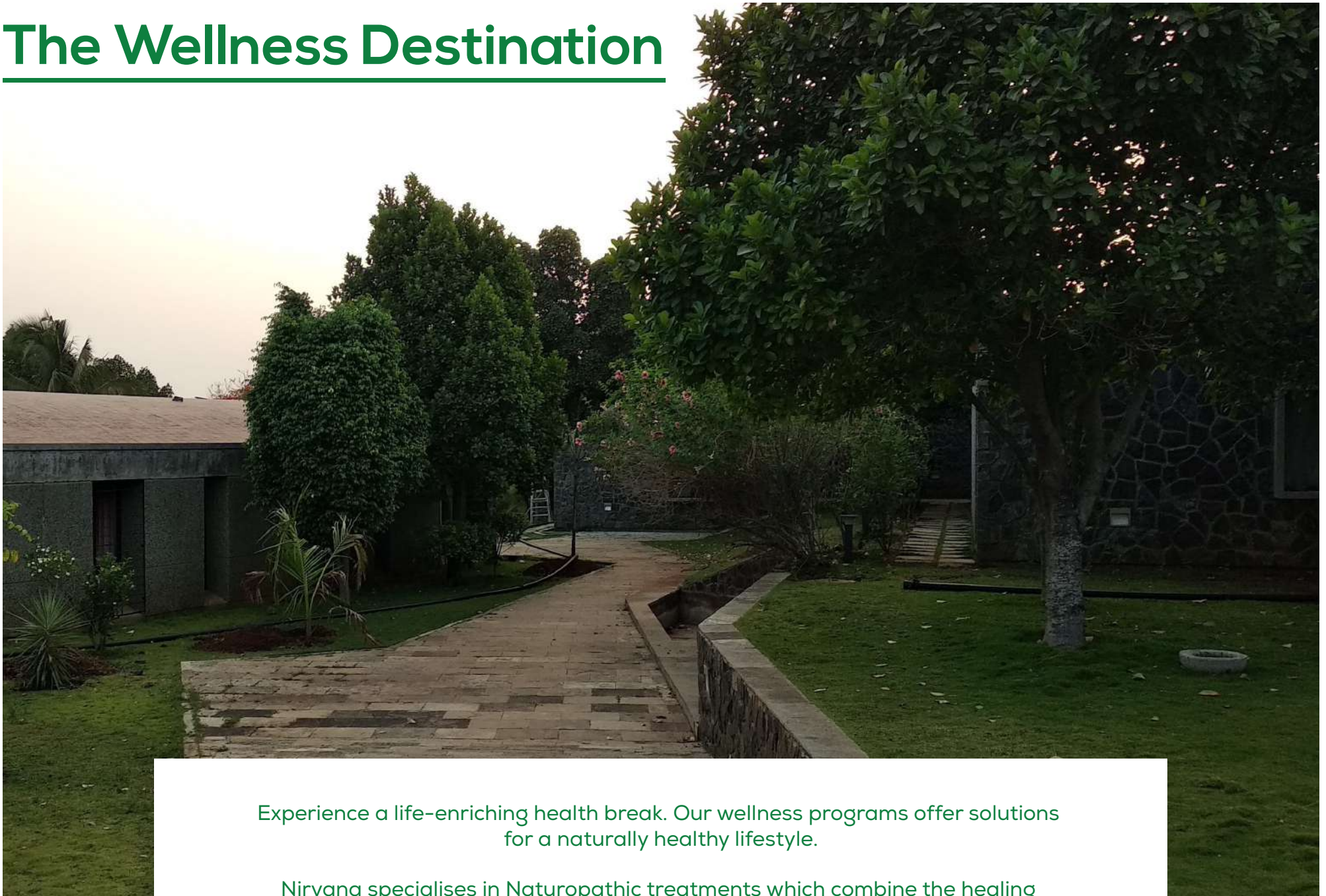




N I R V Ā N A
N A T U R E C U R E

The Wellness Destination



Experience a life-enriching health break. Our wellness programs offer solutions for a naturally healthy lifestyle.

Nirvana specialises in Naturopathic treatments which combine the healing traditions of ancient India, such as Hydrotherapy, Ayurveda and Yoga.

Award Winning Campus





Nirvana

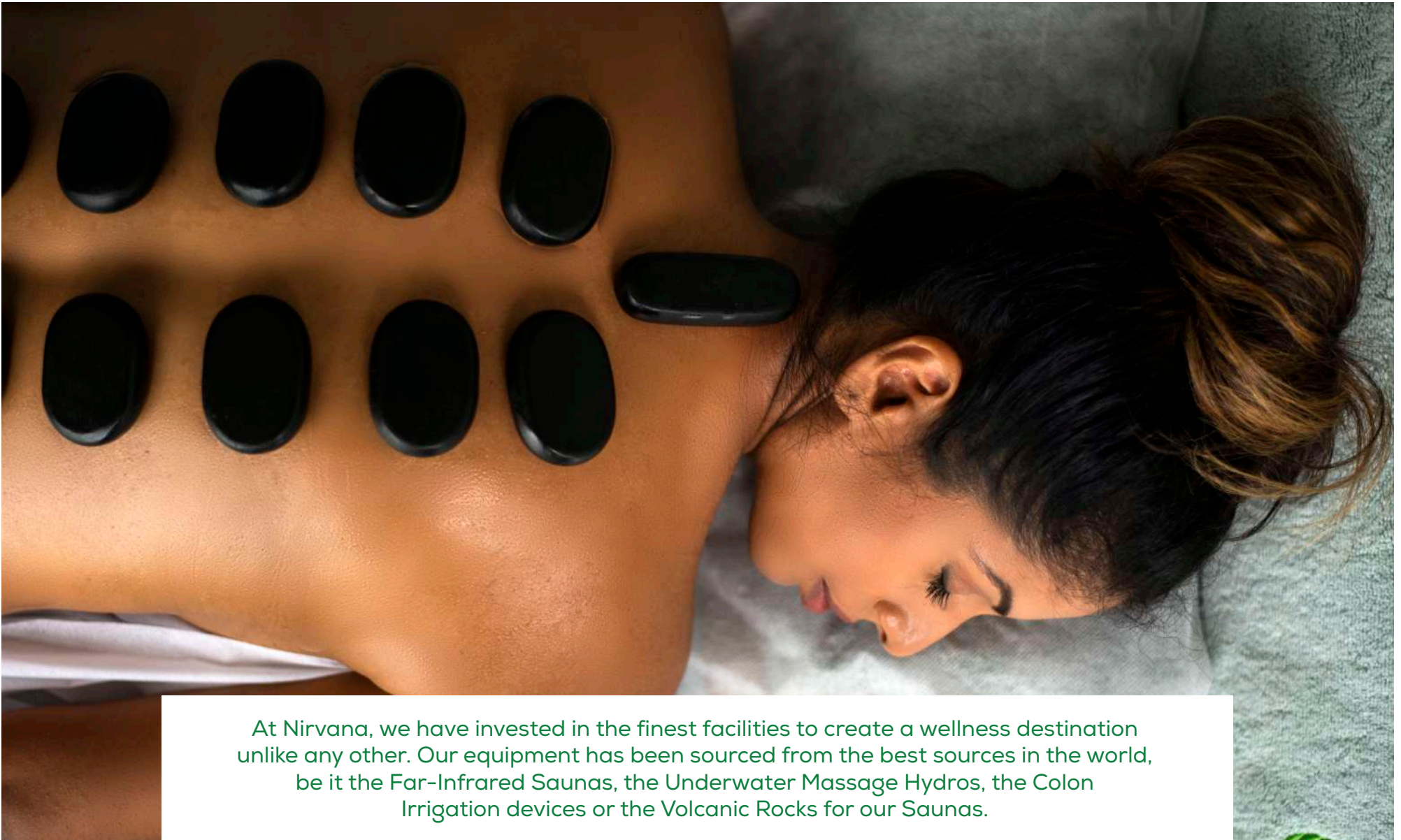
is a unique Naturopathy centre located at Talegaon, near Lonavala, 120 km from Mumbai and 40 km from Pune.

The residential centre consists of luxurious rooms and state-of the-art Naturopathy and Ayurvedic facilities on a 6 acre campus.

All our air-conditioned rooms offer exquisitely decorated and comfortable interiors, flat-screen TVs and en-suite bathrooms.



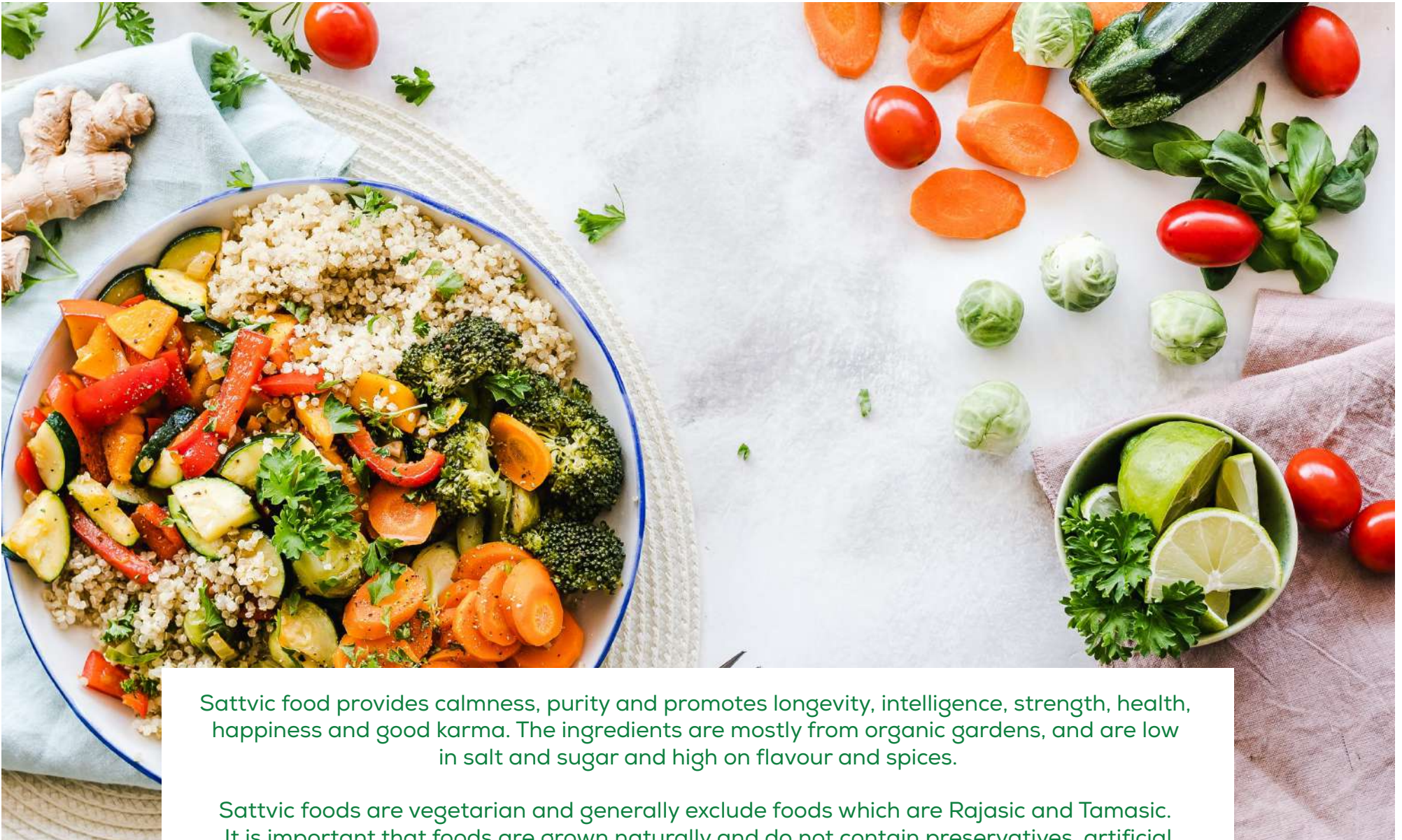
The Nirvana Experience



At Nirvana, we have invested in the finest facilities to create a wellness destination unlike any other. Our equipment has been sourced from the best sources in the world, be it the Far-Infrared Saunas, the Underwater Massage Hydros, the Colon Irrigation devices or the Volcanic Rocks for our Saunas.

While our treatment rooms are built for individual privacy, each gender has exclusivity in their respective treatment settings.

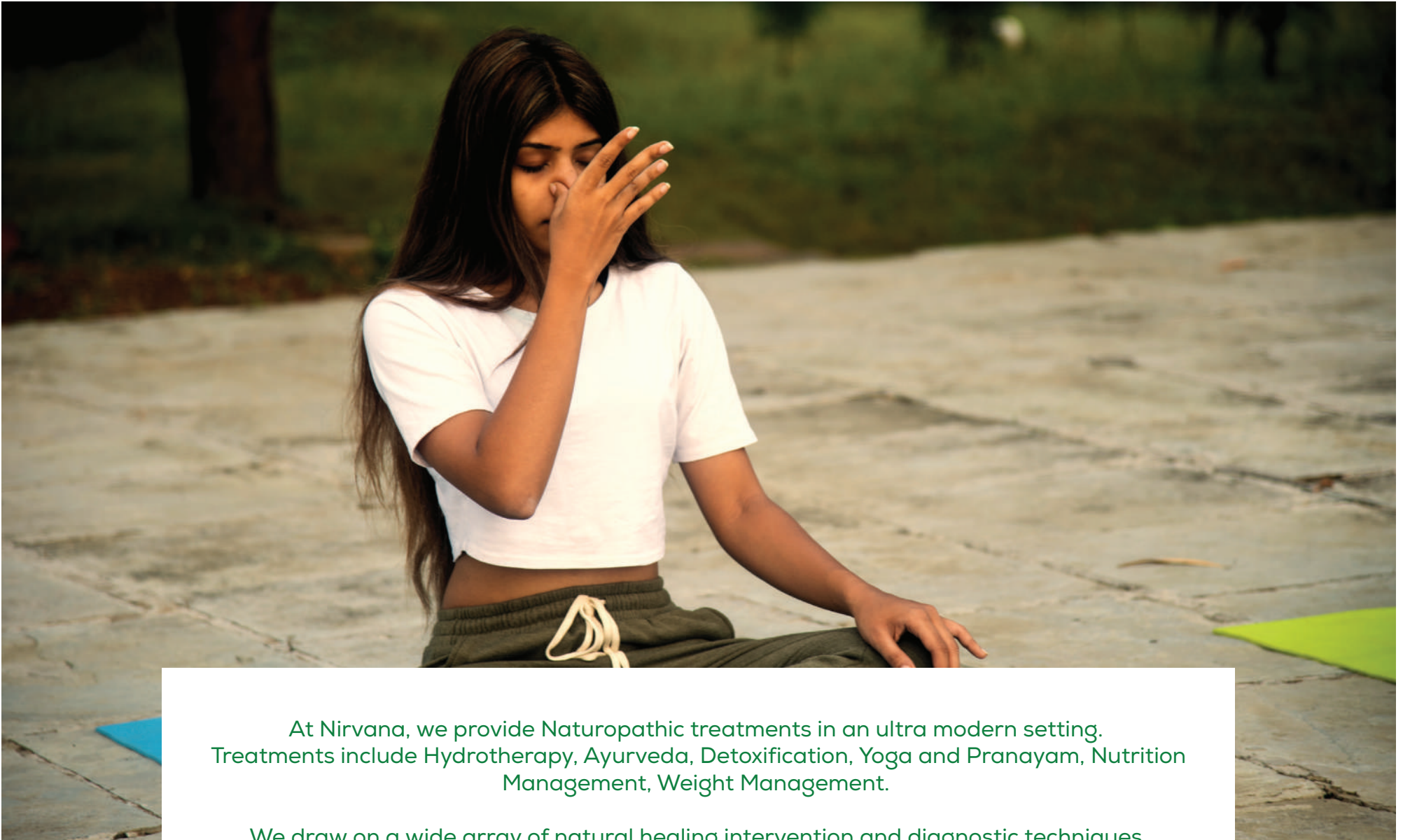
Sattvic Meals



Sattvic food provides calmness, purity and promotes longevity, intelligence, strength, health, happiness and good karma. The ingredients are mostly from organic gardens, and are low in salt and sugar and high on flavour and spices.

Sattvic foods are vegetarian and generally exclude foods which are Rajasic and Tamasic. It is important that foods are grown naturally and do not contain preservatives, artificial flavours, or additives. At Nirvana we can cater to Vegan, Nutfree, Gluten-free and Jain styles of Sattvic cuisine.

Naturopathy



At Nirvana, we provide Naturopathic treatments in an ultra modern setting. Treatments include Hydrotherapy, Ayurveda, Detoxification, Yoga and Pranayam, Nutrition Management, Weight Management.

We draw on a wide array of natural healing intervention and diagnostic techniques to promote optimal health and to treat as well as prevent diseases.

Yoga Pranayam and Meditation





At Nirvana,

we practice classical Yoga, with special emphasis on Meditation and Pranayama.

Our campus is oriented in an East-West direction allowing open-air sunrise Asanas, facing the rising sun, while our specially constructed indoor Yoga hall is acoustically treated to reverberate with yogic sounds and mantras.

We offer small batch sizes as well as personalised one-on-one sessions.

Experience Ayurveda the Science of Life



At Nirvana, we practice classical Ayurvedic treatments which include Shirodara, Kativasti, Januvasti, Choorna Swedana along with Mud, Herbal and Steam Baths.

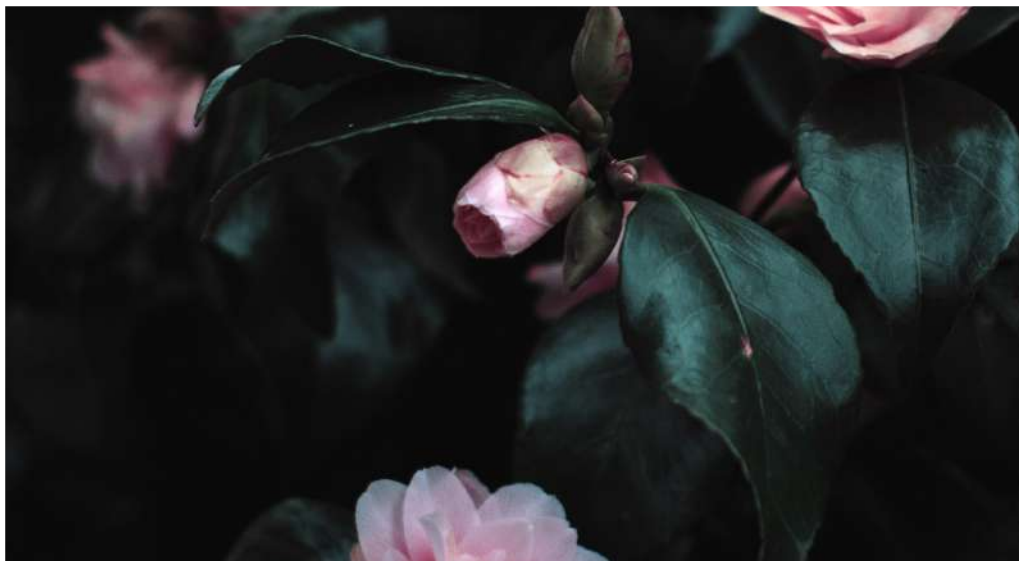
Our Ayurvedic treatment oils and concoctions are freshly prepared and follow the traditional method of use and prescription to the greatest accuracy so as to extract the most potent therapeutic results as prescribed by the ancient science.

Naturopathy, The Good Life



EXPERIENCE THE GOOD LIFE

OUR 2 NIGHTS & 3 DAYS PACKAGES *



Naturopathy is a system that uses natural remedies to help the body heal itself. It embraces many therapies including Hydrotherapy, Ayurveda, Massage Therapies, Acupressure, Exercise, and Nutritional Counselling. Nirvana aims to treat the whole person; that means mind, body, and spirit. It also aims to heal the root causes of an illness - not just stop the symptoms.

3 Morning Kriyas,
3 Morning Yoga sessions,
3 Ghee Nasyam,
3 Sunset Meditation sessions,
2 Night Treatments,
6 Mud Packs for Eyes,
6 Mud Packs for Abdomen,
3 Sattvic Detox Breakfast,
3 Sattvic detox lunch,
2 Sattvic dinner,
14 Juices/ health drinks,
1 Enema,
1 Swedish massage,
1 Steam bath,
1 Takradhara,
1 Deluxe hydrotherapy,
1 Mud bath,
1 Vibro massage,
1 Body composition analysis

C L E A N S E A N D D E T O X

O U R 6 N I G H T S & 7 D A Y S P A C K A G E S



Welcome to the life changing world of Cleansing and Detoxification. Whatever your personal goals, we will help you to achieve them. We guide people - young and not so young, healthy and otherwise - through our transformational programs, and we are confident that you, too, will feel amazing while experiencing greater health, joy, vitality and lightness of body and being.

7 Morning Kriyas,
7 Morning Yoga sessions,
7 Ghee Nasyam,
7 Sunset Meditation sessions,
6 Night Treatments,
7 Mud Packs for Eyes,
7 Mud Packs for Abdomen,
7 Sattvic Detox Breakfast,
7 Sattvic detox lunch,
6 Sattvic dinner,
34 Juices/ health drinks,
2 Enema,
1 Colon hydrotherapy,
1 Partial massage,
1 Swedish massage,
2 steam,
1 Vibro massage,
1 Sauna bath,

Deep tissue massage,
Abhyanga,
Mud bath,
Takradhara,
Neutral immersion bath,
Castor oil pack,
Circular jet bath,
Herbal bath,
Deluxe hydrotherapy

Fruit facial complimentary

Weight Balance Retreat



The 'Weight Balance Retreat' at Nirvana is a package that gives you the drive to initiate a new beginning in weight management.

Make conscious lifestyle changes and empower yourself to make informed and positive changes to your lifestyle. This is probably one of the best weight management programs around.

W E I G H T B A L A N C E R E T R E A T

O U R 6 N I G H T S & 7 D A Y S P A C K A G E S



Low-cal, low-fat, low-carb — you name it, you've tried it. You've exhausted every option from Weight Watchers to Atkins diets, and you still aren't anywhere near your goal. This might be the time to try an alternative weight-loss therapy.

At Nirvana our methods include Ayurvedic treatments and Hydrotherapy, Meditation, Pranayam, Yoga and Detox Cuisine using nature's basket of fruits and vegetables, nuts and seeds. Our campus is designed to be a quiet retreat where your mind, body and soul experience mindfulness and peace.

7 Morning Kriyas,
7 Morning Yoga sessions,
7 Ghee Nasyam,
7 Sunset Meditation sessions,
6 Night Treatments,
7 Mud Packs for Eyes,
7 Mud Packs for Abdomen,
7 Sattvic Detox Breakfast,
7 Sattvic detox lunch,
6 Sattvic dinner,
34 Juices/ health drinks,
2 Enema,
1 Swedish massage,
3 Udhwarthanam
4 Steam bath,
2 Vibro massage,
1 Hot stone massage,
1 Neutral immersion bath,
2 Circular jet bath
1 Takradhara,
1 Deluxe hydrotherapy,
2 infrared sauna bath

Fruit facial complimentary

T A R I F F

D E L U X E R O O M

Days(D)/ Nights(N) INR(Rs)	Single Occupancy Package Per Person Per Day	Double Occupancy Package Per Person Per Day
3D/2N	7,000	5,000
5D/4N	6,650	4,750
7D/6N	6,510	4,650
10D/9N	6,300	4,500
15D/14N	5,950	4,250
21D/20N	5,530	3,950



For Booking call our Front Desk on :

+91 93591 94077

www.nirvana.institute.in

*All treatments are subject to a consultation with our doctors and may vary depending on your constitution.

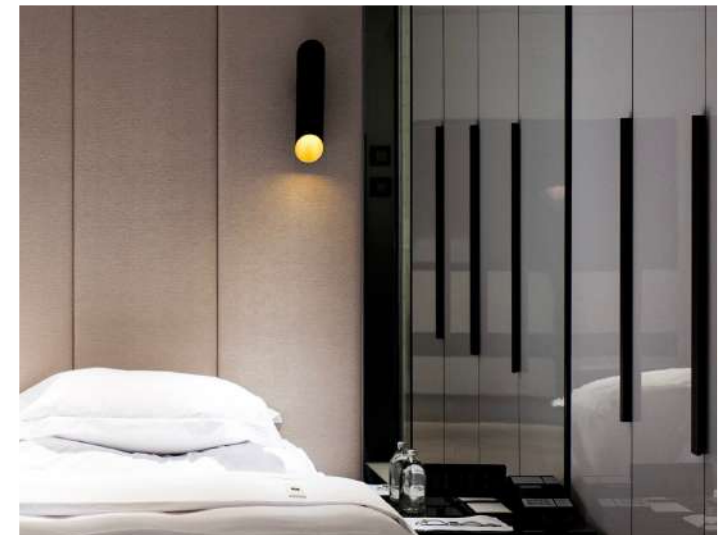
All Prices are in INR, inclusive of treatments, stay, food & beverages and taxes.

T A R I F F

S U I T E

(Limited Availability)

Days(D)/ Nights(N) INR(Rs)	Single Occupancy Package Per Person Per Day	Double Occupancy Package Per Person Per Day	Double Occupancy Package Per Person Per Day
3D/ 2N	10,000	7,500	5,500
5D/ 4N	9,500	7,125	5,225
7D/ 6N	9,300	6,975	5,115
10D/ 9N	9,000	6,750	4,950
15D/ 14N	8,500	6,375	4,675
21D/ 20N	7,900	5,925	4,375



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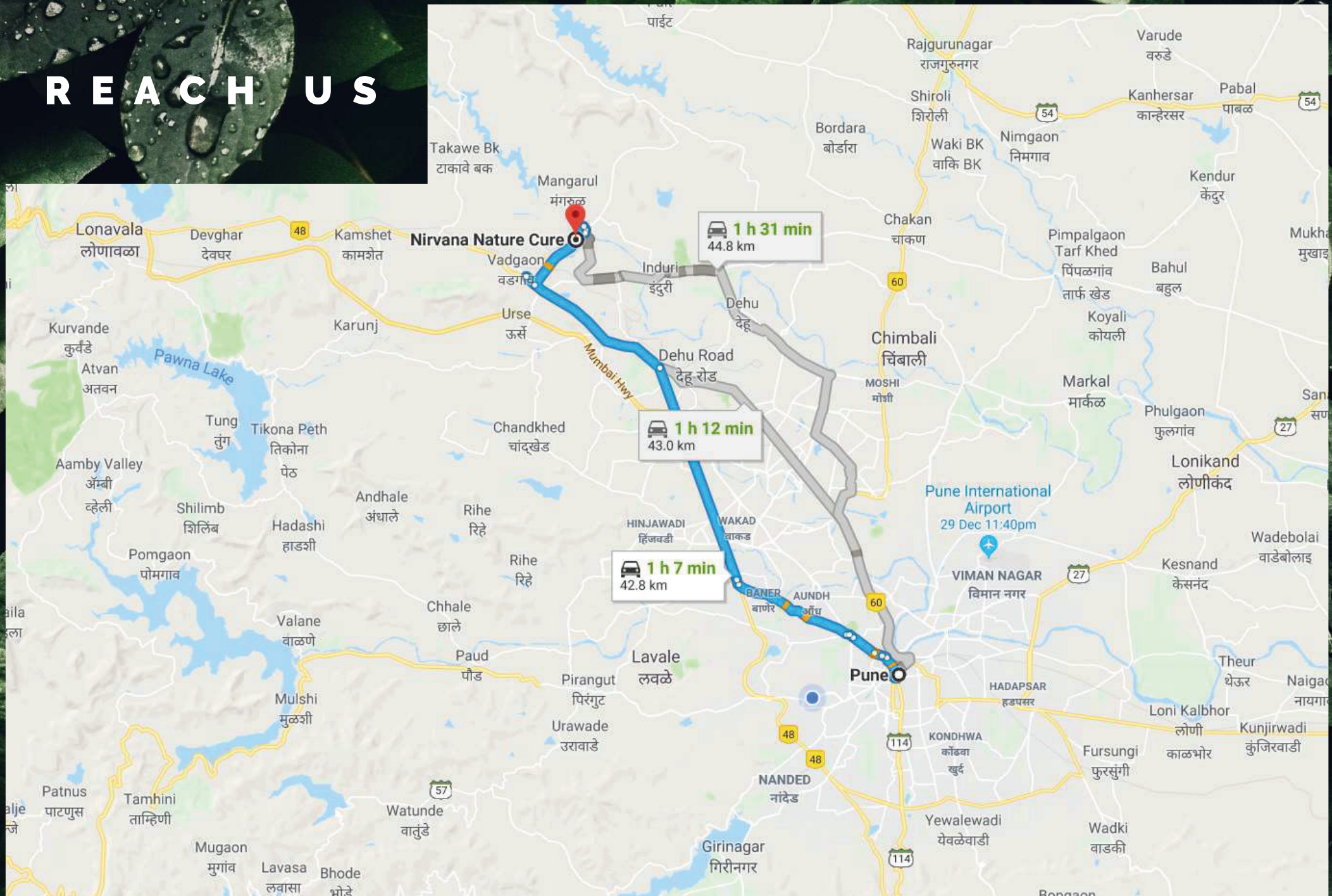
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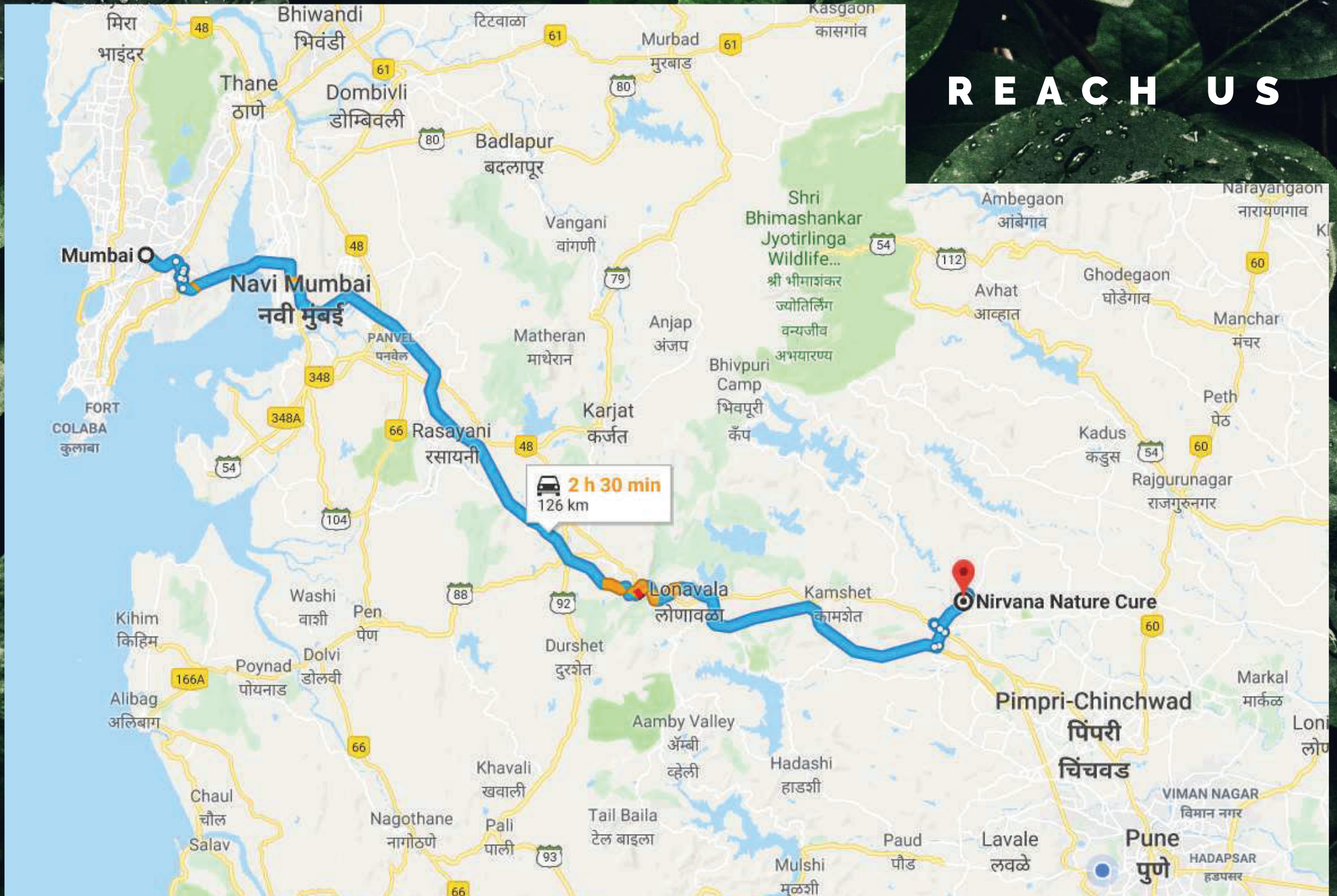
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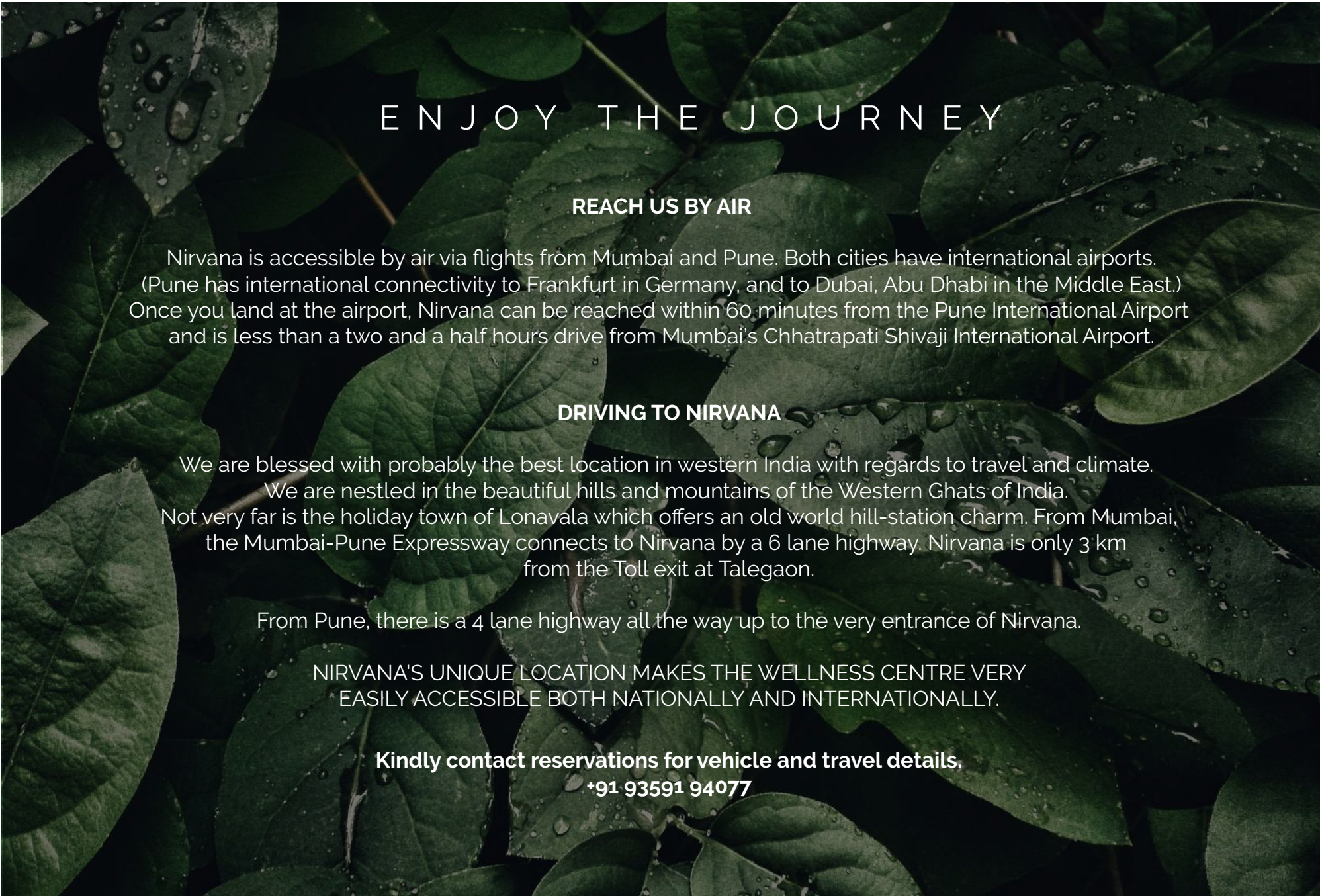
All Prices are in INR, inclusive of treatments, stay, food & beverages and taxes.

REACH US



REACH US





ENJOY THE JOURNEY

REACH US BY AIR

Nirvana is accessible by air via flights from Mumbai and Pune. Both cities have international airports. (Pune has international connectivity to Frankfurt in Germany, and to Dubai, Abu Dhabi in the Middle East.) Once you land at the airport, Nirvana can be reached within 60 minutes from the Pune International Airport and is less than a two and a half hours drive from Mumbai's Chhatrapati Shivaji International Airport.

DRIVING TO NIRVANA

We are blessed with probably the best location in western India with regards to travel and climate. We are nestled in the beautiful hills and mountains of the Western Ghats of India. Not very far is the holiday town of Lonavala which offers an old world hill-station charm. From Mumbai, the Mumbai-Pune Expressway connects to Nirvana by a 6 lane highway. Nirvana is only 3 km from the Toll exit at Talegaon.

From Pune, there is a 4 lane highway all the way up to the very entrance of Nirvana.

NIRVANA'S UNIQUE LOCATION MAKES THE WELLNESS CENTRE VERY EASILY ACCESSIBLE BOTH NATIONALLY AND INTERNATIONALLY.

Kindly contact reservations for vehicle and travel details.

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