

HEALTH & WELLNESS MENU

Balance and Renewal: Ayurvedic Elixir for Wellness

At *Rishivan*, we integrate Ayurveda and Naturopathy into our wellness offerings, enhancing guest experiences. Guided by *Vivekananda Health Global*, our programs are tailored to individual needs, whether for relief from ailments, detoxification, rejuvenation, or achieving balance.

Email: wellness@rishivanhotels.com

Phone: 9825926394

Website: www.rishivanhotels.com

MONDAY TO SUNDAY
TIMINGS - 7:00 AM - 8:00 PM



RISHIVAN
HOTELS & WELLNESS



VIVEKANANDAHEALTH®
GLOBAL
AYURVEDA | YOGA | NATUROPATHY



VIVEKANANDAHEALTH®

— GLOBAL —

AYURVEDA | YOGA | NATUROPATHY



Embark On A
Journey Of Holistic Healing.
Your Ayurveda & Naturopathy
Retreat Awaits.



www.vivekanandahealth.com

Rishivan Hotels & Wellness - www.rishivanhotels.com

For Stress : Resilient Teams - Corporate Raksha Kavach - Program

EYE HEALTH PROGRAM

- ▶ Eye Health Talk – Tips & Tricks
- ▶ Trataka
- ▶ Eye Pack
- ▶ Take Home - Eye Drops

SPINE HEALTH PROGRAM

- ▶ Spine Health Talk – Tips & Tricks
- ▶ Yoga Therapy
- ▶ Take Home - Spine Health Kit

STRESS MANAGEMENT PROGRAM

- ▶ Stress Management– Tips & Tricks
- ▶ Cyclic Meditation
- ▶ Take Home - Stress Blend

GUT HEALTH PROGRAM

- ▶ Gut Health Management– Tips & Tricks
- ▶ Yoga Therapy
- ▶ Take Home - Digestive Tea

- Min 20 participants. 2 hours session. ₹2000 / session per participant
- Max 100 participants / session
- 50 participants ₹1500 / participant
- 200 registrations ₹1000 / participant



www.vivekanandahealth.com

For Health Seekers Arogya - Programs For Healing

- ▶ NECK PAIN ▶ ARTHRITIS
- ▶ BACK PAIN ▶ MIGRAINE
- ▶ SCIATICA ▶ HYPERTENTION (BP)
- ▶ DIABETES ▶ OBESITY AND MANY MORE

All ailments are treated through various integrative treatments like *Greeva Pichu* for neck pain, *Kati Basti* for back pain, *Ardanga Abhyangam* for sciatica.

Treatments may vary from 5 days to 21 days as suggested by the Doctor after thorough assessment.

Treatment Packages can cost from ₹4000 to ₹9000 per day depending on the case complexity of the health seeker.

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AVAIL OUR EXCLUSIVE PACKAGES

For Our Wellbeing Advocates - Swaasthya Samraksha Packages

Restore your inner balance and revitalise yourself through Ayurveda,
Yoga & Naturopathy

		DELUXE	SUPERIOR	PREMIUM SUITE	CLUB SUITE
1 DAY	Individual	₹4,999	₹5,299	₹5,999	₹6,999
	Couple	₹9,299	₹9,599	₹10,999	₹11,999
1 NIGHT	Individual	₹5,799	₹5,999	₹11,499	₹12,499
	Couple	₹9,999	₹10,499	₹12,399	₹13,399
2 NIGHTS	Individual	₹9,599	₹10,999	₹12,399	₹13,399
	Couple	₹19,399	₹19,999	₹20,699	₹22,999
3 NIGHTS	Individual	₹16,999	₹17,599	₹19,499	₹21,999
	Couple	₹29,999	₹31,599	₹33,999	₹36,999
5 NIGHTS	Individual	₹28,499	₹29,999	₹34,999	₹38,999
	Couple	₹55,999	₹57,999	₹60,499	₹65,999
7 NIGHTS	Individual	₹31,999	₹34,999	₹40,999	₹45,999
	Couple	₹61,999	₹64,499	₹71,999	₹77,999

**All Prices are exclusive of GST, includes room tariff and therapies*

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THERAPIES

AYURVEDA THERAPIES

Ayurveda is a unique, indispensable branch of healing which is based on the concept of balanced body, mind, spirit, emotions and senses. The traditional Ayurvedic detox process incorporates various elements such as herbs, supplements, purges, enemas, bloodletting and specific dietary regimen.

SARVANGA PIZHICHIL

90 mins

₹5300

Warm oil streaming on the body

SARVANGA LEPAM

70 mins

₹3400

Application of medicated paste to the whole body

SARVANGA ABHYANGAM

60 mins

₹1800

Full body massage with medicated oil followed by Swedanam (steam)

SARVANGA NAVARAKIZHI

60 mins

₹1800

Application of medicated rice boluses to the full body

NAVARA MUKHA LEPAM

60 mins

₹1500

Application of medicated paste & rice paste

KESHA SAUNDARYA

60 mins

₹1400

Hair treatment

RAKTAMOKSHANA (JALAUKAVACHARANA)

60 mins

₹2100

Blood letting therapy

VAMANA

60 mins

₹1900

Emesis, i.e the process of vomiting

MUKHA LEPAM

60 mins

₹1500

Medicated paste application on face

KSHEERA DHARA

60 mins

₹1900

Medicated milk streaming on the forehead or full body

TAKRA DHARA

60 mins

₹1700

Streaming of buttermilk on the targeted body part



THALAM

60 mins

₹1600

Application of specially made medicated paste on the head

SARVANGA PODIKIZHI

60 mins

₹3300

Fomentation to full body

JANU BASTI (BOTH KNEES)

50 mins

₹1800

Oil pooling therapy on both knees

JANU BASTI (ONE KNEE)

30 mins

₹1100

Oil pooling therapy on the knee

KASHERUKA BASTI

50 mins

₹2500

Oil pooling therapy on the spinal cord

ARDHANGA NAVARAKIZHI

50 mins

₹2400

Application of medicated rice boluses to any half of the body

SARVANGA UDVARTANA

50 mins

₹2800

Oil application followed by full body massage with medicated powders

BACK & FACE LEPAM

50 mins

₹1700

Application of paste on back & face

ARDHANGA LEPAM

50 mins

₹1900

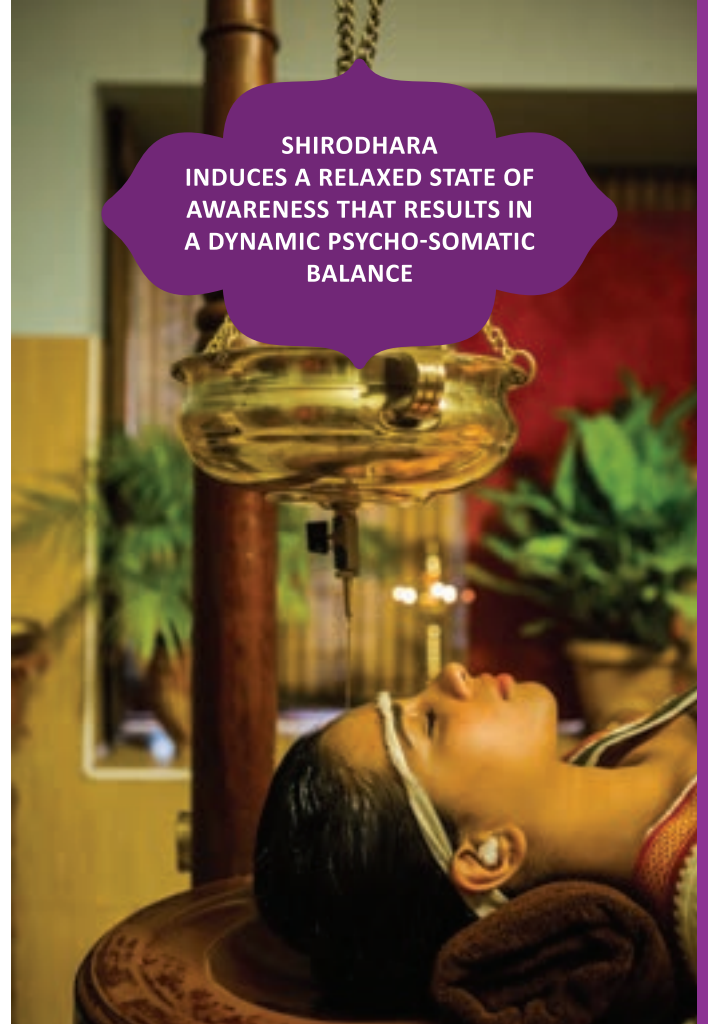
Application of paste on half the body

EKANGA ELAKIZHI

45 mins

₹1500

Fomentation to one particular part



SHIRODHARA
INDUCES A RELAXED STATE OF
AWARENESS THAT RESULTS IN
A DYNAMIC PSYCHO-SOMATIC
BALANCE

ARDHANGA ELAKIZHI

45 mins

₹2000

Fomentation to half the body

ARDHANGA UDVARTANA

45 mins

₹2300

Oil application to half part of the body followed by massage with medicated powders

SHIRODHARA

45 mins

₹3000

Light stroking of oil on the body followed by oil streaming on forehead

PIZHICHIL (BOTH KNEES)

45 mins

₹2600


Oil pouring for both knee joint

ARDHANGA PODIKIZHI

45 mins

₹2300

Fomentation to half body



**KATI BASTI REMOVES TOXINS
FROM BODY, REDUCES EFFECTS
OF MORBID DOSHAS, IMPARTS
LIGHTNESS IN BODY**

ARDHANGA ABHYANGAM

40 mins

₹1400

Half body massage with medicated oil

KATI BASTI

40 mins

₹1400

Oil pooling therapy on the back

GREEVA BASTI

40 mins

₹1300

Oil pooling therapy on the neck

EKANGA NAVARAKIZHI

40 mins

₹1600

Application of medicated rice boluses to one part of the body

EKANGA PIZHICHIL

40 mins

₹2300

Warm oil streaming on a localized body part

EKANGA ABHYANGAM

35 mins

₹1200

Massage to one particular part using medicated oil

EKANGA UDVARTANA

35 mins

₹1400

Oil application to local body part followed by massage with medicated powders

YONI PRAKSHALANA

35 mins

₹2300

Vaginal douche

YONI PICHU

30 mins

₹1000

Oil padding of vagina

SHIRO PICHU

30 mins

₹1000

Oil padding on the head

KATI PICHU

30 mins

₹1100

Oil padding on the lower back

GREEVA PICHU

30 mins

₹1100

Oil padding on the neck

PADA ABHYANGAM

30 mins

₹900

Foot massage with medicated oil

SHIRO ABHYANGAM

30 mins

₹800

Head massage with medicated oil

ASTHAPANA BASTI

30 mins

₹1900

Full body massage with medicated oil followed by Swedanam (steam)

ANUVASANA BASTI

30 mins

₹1000

Hand massage with medicated oil

NASYA

30 mins

₹1300

Installation of nasal drops after a thorough massage on the nose and forehead and then inhaling a medicated smoke

UPANAHA (BOTH KNEES)

30 mins

₹1400

Application of medicated paste to both knees

UPANAHA (ONE KNEE)

20 mins

₹900

Application of medicated paste to one knee

VIRECHANA

30 mins

₹1900

Purgation therapy

EKANGA UDVARTANA

30 mins

₹1000

Application of paste on particular part

KARNAPOORANA

30 mins

₹900

Medicated oil pooling in the ears

NETRA TARPANA (BOTH EYES)

30 mins

₹1000

Rejuvenating both eyes by medication

NETRA TARPANA (ONE EYE)

30 mins

₹900

Rejuvenating one eye by medication

EKANGA PODIKIZHI

30 mins

₹1200

Fomentation to one particular part

NADI SWEDAM

25 mins

₹1100

Localised steam provided through medicated decoction

HASTA SAUNDARYA ABHYANGAM

20 mins

₹700

Hand massage

SNEHAPANA

15 mins

₹600

Administering medicated oil/ghee



NATUROPATHY THERAPIES

Naturopathy combines ancient natural healing practices with modern scientific knowledge to form the most ancient healthcare system. Naturopathy empowers the body's self-healing abilities. It is an art and science of healthy living and a drugless system of natural healings. Naturopathy focuses relatively more on the whole person than the treatment of isolated disease entities.

ANTI STRESS AROMA MASSAGE

60 mins

₹1800

Full body naturopathy massage with aroma essential oil

FRUITS MUKHA LEPAM

60 mins

₹1500

Medicated paste application on face along with fruit

AROMA FACIAL

30 mins

₹900

Facial massage using aroma essential oils

SPINAL BATH

30 mins

₹800

Water based therapy, specially designed equipment so that only the back is immersed in water

HIP BATH

30 mins

₹800

Water based therapy, specially designed equipment to rest and immerse the hips in water

CIRCULAR JET BATH

30 mins

₹1000

Multiple, small and powerful water jets that envelop the body from all directions

ARM & FOOT BATH


20 mins

₹700

Hot/cold water is placed on a deep tub in which the feet are kept, same as to the hands

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FRUITS MUKHA LEPAM
PREVENTS WRINKLES, TONES
THE SKIN & REDUCES
PIGMENTATION

OTHER THERAPIES

YOGA THERAPY

60 mins

₹1100

Mind-body practice that focuses on your physical, emotional and mental health

GROUP YOGA

60 mins

₹300

Active Yoga for positive health improves strength, balance and flexibility

ADDITIONAL EXCLUSIVE ADD-ON PACKAGES FOR OUR VISITING GUESTS

Yoga & Meditaion package:

- ₹ 1000 for 8 sessions on the weekends only

Delight Mind & body package:

- ₹ 500 per session
- Swimming pool access for 1 hour
- Group session duration - 30 mins
- Morning / evening meal (Satwik food)



ACUPUNCTURE

40 mins

₹1000

Inserting needles into specific points along meridians helping your energy flow to re-balance

MUD THERAPY (ABDOMINAL)

30 mins

₹800

Boosts metabolism by absorbing intestinal heat, thereby strengthening the abdominal muscles

CUPPING THERAPY

30 mins

₹800

Body replenishes the cupped areas with healthier blood flow & stimulates proper & normal healing at a cellular level

PHYSIOTHERAPY

30 mins

₹800

Therapy to restore, maintain and make the most of one's mobility, function & well-being

Dont forget to carry:

- Government approved ID card
- Present medications if any
- Latest Health Reports if any

For exclusive
complementary offerings
for in-house guests, please
check with the front desk.



Things To Note

- Avoid mobile phones during treatments
- Laundry charges extra
- Taxi is available on extra charges
- Gratuities at reception only
- Avoid carrying valuables
- Rates are subject to change without prior notice
- Additional charges for extra bed in room.
- GST extra

For Enquiries Call: 9825926394
Or Email:
wellness@rishivanhotels.com

Experience the Power of
Ayurvedic Healing: Find
Your Balance Today!

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RISHIVAN
HOTELS & WELLNESS



VIVEKANANDAHEALTH®
GLOBAL
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Dasada Road, Opp Somic ZF, Close to Maruti Suzuki Gujarat, Naviyani 382750