



Sparsh Naturopathy & Wellness Retreat

Rejuvenate Body, Mind, & Senses

Feel the Healing

Sparsh is a Sanskrit word which means “Touch”. Every element of Sparsh is pure, pollution-free and nourishing. Pragati Sparsh Naturopathy & Wellness Retreat or simply Sparsh is located in the midst of Pragati Resorts which is renowned for different varieties of medicinal, herbal and aromatic plantations, which have significant therapeutic effect on human immune system. A mere walk of few minutes or a stay in the serene environment of Pragati Sparsh Naturopathy & Wellness Retreat would uproot deep seated acute & chronic ailments.

Pragati Sparsh Naturopathy & Wellness Retreat is thoughtfully designed based on the core Vedic and Upanishad principles of nature and health which are an integral and sacred platform on which our rich Indian heritage got flourished. Our therapeutic approach is a blend of five elements of nature (Earth / Fire / Water / Space / Air), therapeutic diet, and medicinal herbs.

Naturopathy stringently adheres to the concept of toxins, accumulation of which results in various psychosomatic ailments (physical & psychological). The remedy thus would be to eliminate these toxins in a well streamlined and medically proven manner and then to strengthen the body and mind, which would finally impart robust health.





Wellness Programs

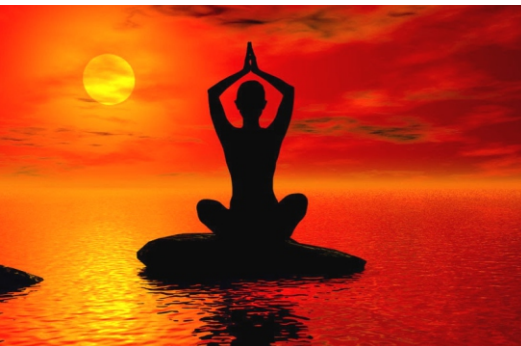
Wellness is a state of balance between body, mind and senses. Sparsh's rejuvenation programs free the guests from stress induced by life style disorders. Our qualified Naturopathy physicians guide you in the process of detoxification and rejuvenation through authentic age old therapies. Personalized life style modifications and guidance is given which would be accompanied by highly skilled therapists. A visit to Pragati Sparsh Naturopathy & Wellness Retreat is an intimate journey of self-discovery of health and wellbeing.



Packages

Pragati Sparsh Naturopathy & Wellness Retreat offers wide varieties of health packages as mentioned below.

- > Health Rejuvenation Package (HRP)
- > Stress Management Package (SMP)
- > Detoxification Package (DTP)
- > Bridal Package (BDP)
- > Honeymoon Package (HMP)
- > Anniversary Package (ANP)
- > Festival Celebration Package (FCP)
- > Corporate Wellness Package (CWP)



Therapies at Pragati Sparsh Naturopathy & Wellness Retreat

1.	Acupuncture per session (including needles)	---	1000/-
2.	Foot / Hand reflexology	---	1000/-
3.	Individual yoga therapy session	---	1000/-
4.	Sparsh signature therapy	---	2000/-
5.	Deep tissue therapy	---	1750/-
6.	Caribbean hot stone therapy	---	2500/-
7.	Back, neck, and shoulder massage therapy	---	750/-
8.	Swedish massage therapy	---	1500/-
9.	Vibro powder massage therapy	---	1500/-
10.	Ancient Ayurvedic ritual	---	1700/-
11.	Sea salt glow	---	1500/-
12.	Neem healing body wrap	---	1500/-
13.	Aloe hydrating wrap	---	1500/-
14.	Full mud bath therapy	---	1500/-
15.	Hot mud application	---	500/-
16.	Plantain leaf smoothening wrap	---	2000/-
17.	Turmeric immunity wrap	---	2500/-
18.	Sauna bath with chromo light and music therapy	---	500/-
19.	Steam bath with chromo light and ozone therapy	---	500/-
20.	Deluxe hydrotherapy / Jacuzzi	---	750/-
21.	Circular jet bath	---	750/-
22.	Local steam	---	500/-
23.	Spinal spray	---	500/-
24.	Hip bath Jacuzzi	---	500/-
25.	Stress management individual session	---	1000/-
26.	Sun bath	---	500/-
27.	Human body elements analysis	---	500/-
28.	Shirodhara	---	2000/-
29.	Kati/Janu/Greeva vasti	---	750/-
30.	Pada Abhyanga	---	1000/-
31.	Ayurvedic spice poultice kizhi (potli massage)	---	2000/-
32.	Other drugless therapies	---	500/-

* Taxes extra as applicable

Pragati Sparsh Naturopathy & Wellness Retreat's Core Concept

Human body is made up of five elements of nature hence every living being in this universe is a part of it. Any imbalance in these five elements results in disease and balance boosts health. At Pragati Sparsh Naturopathy & Wellness Retreat, these five elements are available in abundance and in perfect balance.

The uniqueness of Pragati Sparsh Naturopathy & Wellness Retreat' natural environment offers a symbiotic blend of Prithvi (earth/yellow/stability/mango tree), Jala (water/blue/happiness/Neredu tree), Tejo (fire/red/energy/moduga tree), Vayu (oxygen/green/inspiration/juvvi tree), and Akash (sky or sound/white/peace/ravi tree).

We welcome everyone to the relaxation sanctuary that offers health, wellness, luxury, and contemporary Naturopathy therapy. Get back to nature, surrender to it, and walk out disease free with rejuvenated health, energy, and abundant happiness.



People with ailments under the following categories would not be admitted: Pregnant women, Patients with unstable heart condition, Persons suffering from stage II malignancies (cancers) and above, Infectious diseases (Malaria, Typhoid, Dengue fever, Chikungunya, Tuberculosis - TB), other incurable /infectious diseases, and Skin diseases like psoriasis etc.

Consultation Timings :

Daily 10am to 1pm & 2pm to 5pm (Monday to Sunday, except Wednesdays)

Treatment timings :

Daily 7am to 7pm - Last treatment commences at 5.30pm



Charges/Tariff:

- General Consultation --- 300/-
- Diet Consultation --- 500/-
- Other Consultations --- 1000/-

Mandatory condition for Admission:

> Complete medical history need to be shared with supporting investigation reports for Doctor's review and confirmation of admission.



Contact Us :

Pragati Sparsh Naturopathy & Wellness Retreat @ Pragati Resorts

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