



THE NEERAJ RIVER FOREST RESORT

AYURVEDIC WELLNESS CENTER



Ayurveda

OVERVIEW

Nestling in the forested hills of Rajaji National Park and Tiger Reserve, The Neeraj River Forest Resort “Ayurvedic Wellness Center” This is One of The World’s No.1 Wellness Resort in Rishikesh. is a 16-room luxury hideaways where the tranquil and sometimes raging river the Ganges flows in eternity, soaking – up the jungle chorus.

☎ Contact: +91 9389317597, 8077320232
🌐 www.theneerajwellness.com
✉ Reservations@theneerajforestresort.com





10 DAYS

AYURVEDIC WELLNESS PROGRAM

Ref. No.: NRFR/2023-24/USD

Room Type	9 Nights / 10 Days Charges (in INR)	
	Single	Double
Maharaja Room with Private Plunge pool	27,000/- Day	36,000/- Day
	85,000/- Day	1,20,000/- Day

INCLUSIONS

- Ayurvedic Panchakarma Therapy
- Ayurvedic Doctor Consultation
- All Ayurvedic Meals (Breakfast, Lunch & Dinner)
- Spiritual Well-Being Counselling Session
- Nadi Mardan Yog Kriya Therapy
- Yog Session- Asana/ Pranayama/ Meditation
- Local Sightseeing- Nature Safari/ Rishikesh Darshan/ Ganga Darshan
- Immunity booster
- Weight/Core Management
- Stress Management
- Improving the Digestion System
- Spiritual Growth
- Morning Yoga Bliss
- Meditations
- Body Detoxification
- Nature Walk
- Music, Dancing & Laughing Therapy
- Panchakarma
- Shirodhara
- Abhyanga Kriya
- Nano Cell Therapy for New Healthy Cell Growth & Rejuvenation
- Talking Therapy
- Cupping Therapy
- Mud Therapy
- Pick & Drop (Chargeable)





JOURNEY TO REJUVENATE YOURSELF

DAY 1

- Welcome to The Neeraj River Forest Resort Ayurvedic Wellness Center with Chandan Tikka and Tulsi Mala.
- Counseling with Ayurvedic Doctors to diagnose the Disease
- Well Being Spiritual Counselling with Ayurvedacharya
- Abhyanga Kriya, Ayurvedic Diet Chart

DAY 2

- Morning Yoga Bliss, Meditation, Nature Walk
- Nadi Mardan Yog Kriya
- Ayurvedic Meal
- Body Detoxification (Panchakarma)
- Improving the Digestion System
- Stress Management

DAY 3

- Morning Yoga Bliss, Meditation, Nature Walk
- Local Sightseeing- Rishikesh Darshan / Ganga Darshan
- Nadi Mardan Yog Kriya
- Ayurvedic Meal
- Body Detoxification (Panchakarma)
- Improving the Digestion System
- Stress Management

DAY 4

- Morning Yoga Bliss, Meditation, Nature Walk
- Nadi Mardan Yog Kriya
- Ayurvedic Meal
- Body Detoxification (Panchakarma)
- Improving the Digestion System
- Stress Management
- SPA, Steam Bath

DAY 5

- Morning Yoga Bliss, Meditation, Nature Walk / Zumba
- Nadi Mardan Yog Kriya
- Shirodhara
- Ayurvedic Meal
- Body Detoxification
- Improving the Digestion System
- Cupping Therapy
- Stress Management



DAY 6

- Nature Safari
- Tracking
- Abhyanga Kriya, Steam Bath

DAY 7

- Morning Yoga Bliss, Meditation, Nature Walk
- Nadi Mardan Yog Kriya
- Nano Cell Therapy for New Healthy Cell Growth & Rejuvenation
- Ayurvedic Meal
- Body Detoxification
- Improving the Digestion System
- Stress Management

DAY 8

- Morning Yoga Bliss, Meditation, Nature Walk
- Himalaya Darshan / River Rafting (Extra Charges)
- Nadi Mardan Yog Kriya
- Ayurvedic Meal
- Body Detoxification
- Improving the Digestion System
- Stress Management
- Cupping Therapy

DAY 9

- Morning Yoga Bliss, Meditation, Nature Walk
- Local Sightseeing
- Nadi Mardan Yog Kriya
- Ayurvedic Meal
- Body Detoxification
- Improving the Digestion System
- Stress Management
- SPA, Steam Bath

DAY 10

- Motivational Counseling
- Art of Living



Terms & Conditions

- Government Taxes of 18% will be charged extra and are subject to change.
- Reservations will be confirmed against 30% advance payments.
- Confirmation would be given on a first come first served basis.
- Telephone calls, Personal laundry, and other additional services requested will be charged extra.
- Only Ayurvedic (Sativik Food) applicable in this package.
- A la Carte orders will be charged as per the restaurant rates.
- This Package is valid till 31st March 2022



Cancellation Policy

- 30 days before arrival date – 100% Refund,
- 15 days before arrival date – 50% Refund,
- Less than 5 days before arrival date / Change in Schedule during the stay – No Refund.



Child Policy

Children below 5 years are Complimentary .



**Total Package:
Advance Booking Amount:
HDFC Bank:**

The Neeraj River Forest Resort

A/c No- 50200055876702

IFSC Code: HDFC0000725

OR

You can scan QR CODE or Use Paytm at 8218704702

SCAN TO PAY



