



Divine Beginnings

Experience the soul-stirring Ganga Aarti that awakens your spirit.

Best Yoga & Wellness Retreats



The Neeraj Ganga Wellness Retreat, a serene riverside retreat in Rishikesh, nestled gently on the sacred bank of the River Ganga. Designed as a sanctuary of peace and rejuvenation, our hotel brings together the timeless wisdom of Ayurveda, the harmony of yoga, and the calm of meditation, offering every guest a truly transformative wellness experience.

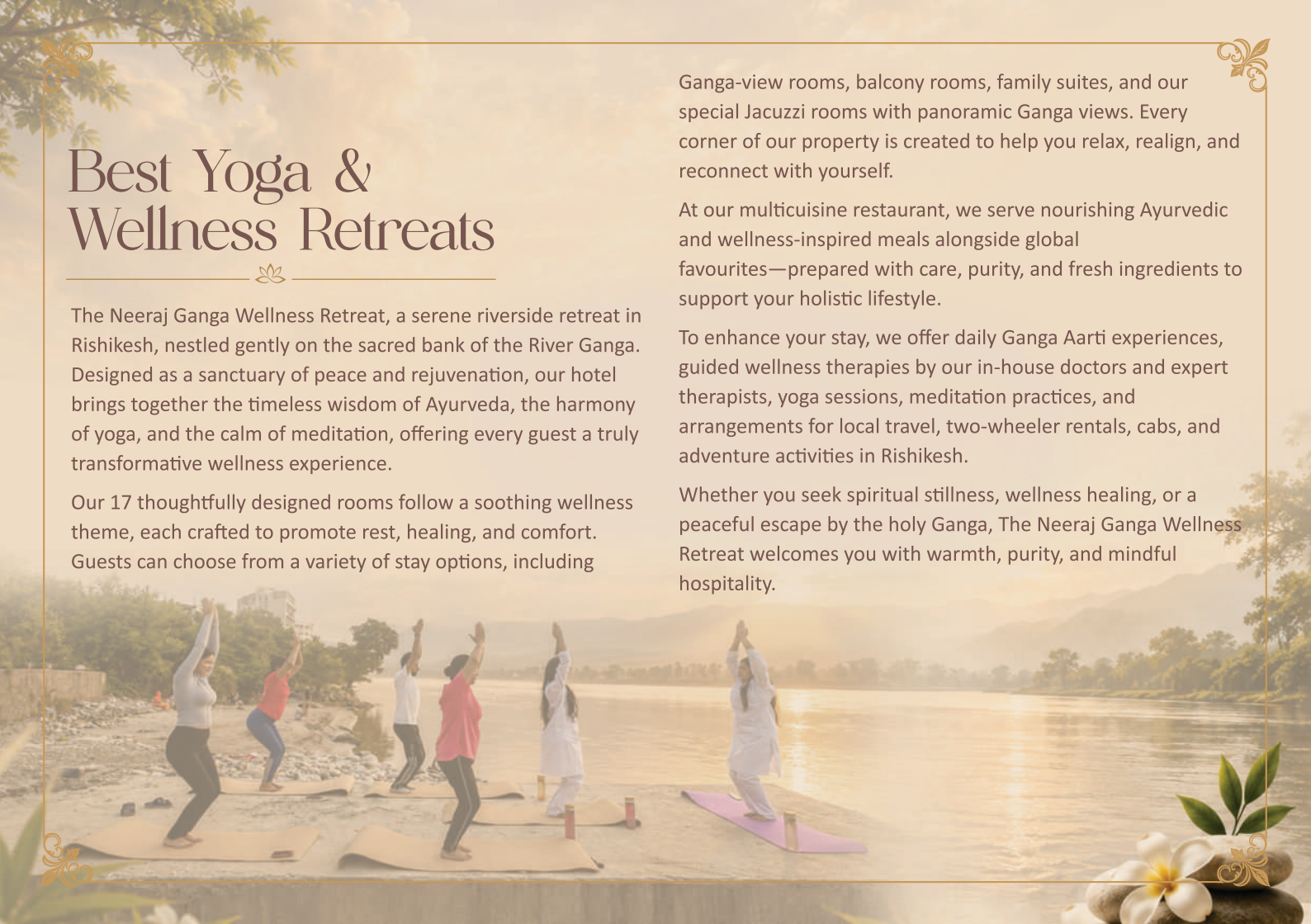
Our 17 thoughtfully designed rooms follow a soothing wellness theme, each crafted to promote rest, healing, and comfort. Guests can choose from a variety of stay options, including

Ganga-view rooms, balcony rooms, family suites, and our special Jacuzzi rooms with panoramic Ganga views. Every corner of our property is created to help you relax, realign, and reconnect with yourself.

At our multicuisine restaurant, we serve nourishing Ayurvedic and wellness-inspired meals alongside global favourites—prepared with care, purity, and fresh ingredients to support your holistic lifestyle.

To enhance your stay, we offer daily Ganga Aarti experiences, guided wellness therapies by our in-house doctors and expert therapists, yoga sessions, meditation practices, and arrangements for local travel, two-wheeler rentals, cabs, and adventure activities in Rishikesh.

Whether you seek spiritual stillness, wellness healing, or a peaceful escape by the holy Ganga, The Neeraj Ganga Wellness Retreat welcomes you with warmth, purity, and mindful hospitality.

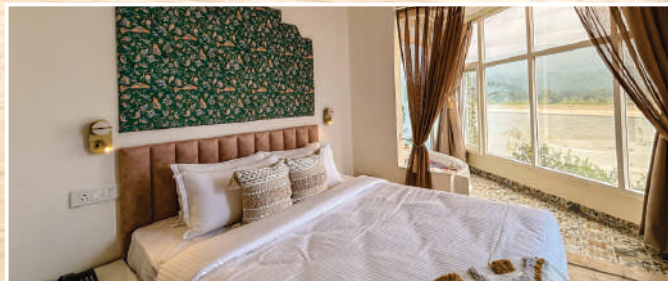
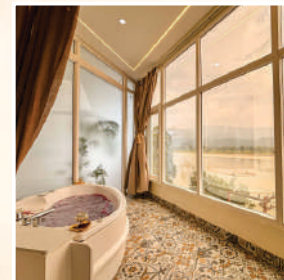
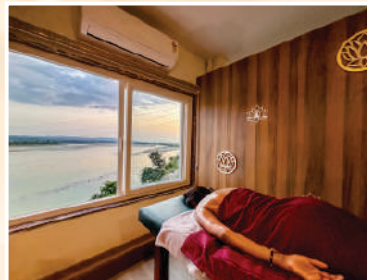


Healing, Reflection, & Relaxation



Nestled on the serene banks of the sacred Ganga, The Neeraj Ganga Wellness Retreat is a luxurious retreat that blends the essence of Ayurveda with modern comfort. Every corner of the retreat radiates peace, purity, and rejuvenation- offering guests a transformative escape amidst divine surroundings.

Wake up to breathtaking Ganga views from every room, and immerse yourself in the calming rhythm of the flowing river. The retreat elegant architecture and serene ambiance create the perfect environment for healing, reflection, and relaxation.





Standard Room

Spanning 156 sq.ft, This room features a private balcony where you can unwind and enjoy the calm surroundings.

The interiors are crafted in an aesthetic, wellness-inspired design, creating a soothing environment that promotes rest and rejuvenation.

Every detail has been carefully chosen to ensure a comfortable and serene stay.



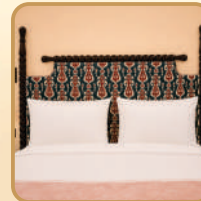


Deluxe Room with Ganga View

Wake up to the mesmerizing sight of the holy Ganga in our Deluxe Room with Ganga View.

Elegantly designed with a focus on wellness and tranquility, this 156 sq. ft. room opens to a private balcony overlooking the river, offering a truly relaxing retreat.

The space combines modern amenities with warm, calming interiors, making it perfect for guests seeking both comfort and an uplifting connection with nature.





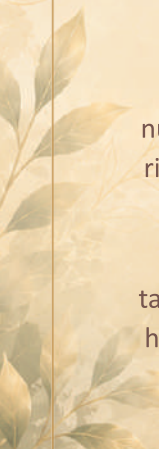
Family Suite with Jacuzzi & Ganga View

Designed for families and groups who value space, comfort, and wellness, our Family Suite Room with Jacuzzi and Ganga View offers the perfect blend of luxury and tranquillity.

Spread across 210 sq. ft., this suite features two interconnected rooms with separate washrooms, ensuring both privacy and togetherness.

Guests can unwind in the private Jacuzzi while enjoying panoramic views of the sacred Ganga. The interiors reflect a serene, contemporary aesthetic that enhances relaxation, creating an unforgettable family wellness experience.





Holistic Wellness & Ayurveda

At our wellness, we embrace the essence of Ayurveda and mindful living, combining it with personalized care to help you reconnect your body, mind, and spirit.

Nestled in the heart of Rishikesh, beside the sacred Ganga and surrounded by the tranquil Himalayan foothills, The Neeraj Ganga Wellness Retreat offers much more than just a stay- it is a heaven of balance and renewal.

Every moment here is infused with the natural and spiritual energy of this divine setting, creating an atmosphere that nurtures healing from within. Guests can experience yoga by the river, traditional Ayurvedic and Panchkarma therapies guided by expert practitioners.

As one of the most trusted names in wellness hospitality, we take pride in offering tailored programs, authentic therapies, and heartfelt service. Every experience is crafted to gently guide you toward harmony- helping you rediscover your inner calm, purpose, and peace.



Wellness & Ayurveda Yoga Retreat

Awaken Your Mind, Body & Spirit-
Wellness and Ayurveda Yoga Retreat, Rishikesh

Embark on a transformative journey at our Wellness and Ayurveda Yoga Retreat in the heart of Rishikesh — where the whispers of the Himalayas and the sacred flow of the Ganga inspire deep healing and renewal.

Immerse yourself in ancient traditions that nurture balance and awaken vitality.

Experience the harmony of Daily Yoga & Meditation to center the mind and restore inner calm Ayurvedic Therapies & Consultations personalized to your body's unique needs Sound Healing & Massage Rituals to release energy blockages and enhance relaxation Holistic Treatments & Herbal Nourishment crafted for cleansing and rejuvenation Moments of Stillness & Reflection for personal growth and self-discovery.

Reconnect with your true essence in a setting designed for peace and transformation.

Let go, heal, and thrive- where every breath becomes a step toward harmony.



Therapies We Offer

- **Nadi Pariksha / Pulse Diagnosis:**

Traditional Ayurvedic pulse reading to assess body constitution and imbalances.

- **Abhyanga:**

A full-body warm oil massage that promotes relaxation, circulation and detoxification.

- **Pizhichil:**

A therapeutic warm oil bath treatment that deeply nourishes and strengthens the body.

- **Udhvartana:**

A herbal powder massage that supports detoxification and reduces excess body fat.

- **Shirodhara:**

A calming therapy where warm herbal oil flows over the forehead to relieve stress and anxiety.



- **Shirovasti:**

Warm medicated oil is retained on the head using a cap to nourish the scalp and calm the mind.

- **Pinda Swedan:**

A warm herbal bolus massage that alleviates stiffness, pain and muscular tension.

- **Kati/ Janu/ Greeva Vasti:**

Targeted warm oil pooling to relieve back, knee or neck pain.

- **4-Hand Massage:**

Two therapists work in synchrony for deep relaxation and complete rejuvenation.

- **Wellness Signature Treatment:**

A luxurious all-inclusive ritual combining multiple therapies for total wellness.



- **Abhyanga & Shirodhara:**

A harmonizing combination of body oil massage and forehead oil flow therapy.

- **Abhyanga & Pinda Swedan:**

Warm oil massage followed by herbal bolus therapy for powerful pain relief.

- **Abhyanga & Mukhlepan:**

Body massage paired with a nourishing herbal face pack for holistic rejuvenation.

- **Abhyanga & Nasya:**

Oil massage complemented by nasal detox therapy to improve clarity and breathing.

- **Netratarpan:**

A soothing ghee-based eye therapy to relieve dryness, strain and fatigue.



- **Karna Puran:**

Warm medicated oil is gently poured into the ears to calm the mind and improve ear health.

- **Nasya:**

Nasal herbal therapy that clears congestion and balances the head region.

- **Detox Therapy:**

A cleansing therapy to eliminate toxins and reset internal balance.

- **Enema Treatment:**

A traditional colon cleansing therapy to support digestion and detoxification.

- **Kashya Vati:**

A therapeutic treatment using warm decoctions to relieve pain and stiffness.





- **Steam Therapy:**

Herbal steam that opens pores, enhances circulation and aids detoxification.

- **Head Massage:**

A relaxing scalp massage to relieve stress and improve blood flow.

- **Foot Massage:**

A calming foot therapy that improves circulation and eases fatigue.

- **Back-Shoulder-Neck Massage:**

Focused massage to release tension from upper-body stress areas.

- **Twak Samvardhan (Skin Radiating Treatment):**

A rejuvenating skin ritual that enhances glow and complexion.

- **Sharir Parimarjan (Skin Polish Treatment):**

A full-body exfoliation to smooth, brighten and revitalize the skin.

- **Dravi Mukh Prasadan (Anti-Tan Facial):**

A skin-brightening facial that reduces tanning and restores natural tone.

- **Haritaka Mukh Prasadan (Anti-Aging Facial):**

A rejuvenating facial that firms, hydrates and reduces fine lines.

- **Pada Soundarya (Ayurvedic Pedicure):**

A relaxing herbal pedicure that softens, cleanses and nourishes the feet.

- **Hast Soundarya (Ayurvedic Manicure):**

A traditional manicure that beautifies and strengthens the hands.



- **Kesh Samvardhan (Ayurvedic Hair Spa):**

A nourishing hair therapy that promotes strength, shine and scalp health.

- **Tankan Bhasm Kesh Samvardhan (Anti-Dandruff Treatment):** A medicated treatment that reduces dandruff and soothes the scalp.

- **Avroh Kesh Samvardhan (Anti-Hair Fall Treatment):** A strengthening hair therapy that reduces hair fall and improves density.

- **Mud Therapy:**

A natural cooling mud application that detoxifies, tones and relaxes the body.

- **Cupping Therapy:**

A suction-based therapy that improves circulation and relieves deep-seated muscle tension.

- **Marma Therapy:**

A healing technique that stimulates vital energy points to restore balance and vitality.

- **Reflexology:**

A therapeutic foot pressure-point treatment that supports overall health and relaxation.

- **Bones Adjustment:**

A corrective therapy to realign joints, relieve stiffness and improve mobility.

- **Physiotherapy:**

Personalized therapeutic exercises and techniques to restore movement and reduce pain.

- **Hot Stone Massage:**

A deeply soothing massage using warm stones to melt stress and ease muscle tension.

At Rasika, food is not merely served- it is experienced, with purpose, balance, and grace.



Ayurvedic Wellness Retreat Package

3 Days Ayurvedic Wellness Retreat Package

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	₹ 60,000/-	₹ 81,000/-
Premium Ganga View Room	₹ 64,500/-	₹ 85,500/-
Suite Room	₹ 69,000/-	₹ 90,000/-

5 Days Ayurvedic Wellness Retreat Package

Room Type	Single Occupancy	Double Occupancy
Deluxe Ganga View Room	₹ 1,00,000/-	₹ 1,35,000/-
Premium Ganga View Room	₹ 1,07,500/-	₹ 1,42,500/-
Suite Room	₹ 1,15,000/-	₹ 1,50,000/-

7 Days Ayurvedic Wellness Retreat Package

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	₹ 1,40,000/-	₹ 1,89,000/-
Premium Ganga View Room	₹ 1,50,500/-	₹ 1,99,500/-
Suite Room	₹ 1,61,000/-	₹ 2,10,000/-

10 Days Ayurvedic Wellness Retreat Package

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	₹ 2,00,000/-	₹ 2,70,000/-
Premium Ganga View Room	₹ 2,15,000/-	₹ 2,85,000/-
Suite Room	₹ 2,30,000/-	₹ 3,00,000/-

Ayurvedic Wellness Retreat Package

2 NIGHTS YOGA & AYURVEDA PACKAGE

Room Type	Single Occupancy	Double Occupancy
• King Room	₹ 15,500/-	₹ 25,000/-
• Queen Room	₹ 14,500/-	₹ 23,000/-

INCLUSIONS

- Stay In Well-Appointed Room
- Vegetarian Cuisine Meals (Breakfast, Lunch, Dinner + Poolside Evening Tea)
- Yoga/Meditation
- Naturopathy Therapy (as Per Ayurvedic Doctor Diagnose)
- Ayurveda Doctor Consultation Daily Ayurvedic Treatment
- Music Evening/Laughing/ Enjoyment sessions
- Ganga Aarti for Spritual Blessings



Ayurvedic Wellness Retreat Package

7 NIGHTS/ 8 DAYS HEALING PACKAGE

Room Type	Single Occupancy	Double Occupancy
• King Room	₹ 75,000/-	₹ 85,000/-
• Queen Room	₹ 72,000/-	₹ 82,000/-

INCLUSIONS

- Stay In Well-Appointed Room
 - Ayurveda Doctor Consultation Daily Ayurvedic Treatment
 - Vegetarian Cuisine Meals (Breakfast, Lunch, Dinner + Poolside Evening Tea)
 - Yoga/Meditation
 - 60 Minutes Daily Ayurveda Massage Therapy
 - Spiritual Tour to Veerbhadra Mandir
 - Walk & Talk by the Ganges (Holistic Approach)
 - Music Evening/Laughing/ Enjoyment sessions
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Ayurvedic Wellness Retreat Package

10 NIGHTS/ 11 DAYS
HEALING PACKAGE

Room Type	Single Occupancy	Double Occupancy
• King Room	₹ 1,05,000/-	₹ 1,30,000/-
• Queen Room	₹ 1,00,000/-	₹ 1,10,000/-

INCLUSIONS

- Stay In Well-Appointed Room
- Ayurveda Doctor Consultation Daily Ayurvedic Treatment
- Vegetarian Cuisine Meals (Breakfast, Lunch, Dinner + Poolside Evening Tea)
- Yoga/Meditation on sunrise trek
- Abhyanga Kriya + Naturopathy
- 2 Sessions of Daily Ayurveda Massage Therapy
- World's No. 1 Divine Ganga Aarti at Triveni Ghat Rishikesh followed by dancing on Bhajan Sandhiya
- Spiritual Mental Detox
- Energy Change Motivational Speech
- Walk & Talk Holistic Approach
- Music Evening/ Laughing/ Enjoyment Sessions



Ganga Aarti at
Triveni Ghat

Attractions in Rishikesh



Triveni Ghat

A sacred confluence of the Ganga, Yamuna, and Saraswati rivers, Triveni Ghat is known for its evening Ganga Aarti - a mesmerizing spiritual experience of lamps, chants, and devotion.



Janki Setu

A modern suspension bridge over the Ganga, Janki Setu offers peaceful views of the river and surrounding temples, perfect for a scenic walk or quiet reflection.



Parmarth Niketan

One of the largest ashrams in Rishikesh, Parmarth Niketan is renowned for its serene ambiance, yoga sessions, and the grand Ganga Aarti held every evening.



Geeta Bhawan

A spiritual retreat dedicated to the teachings of the Bhagavad Gita, Geeta Bhawan features murals, scriptures, and calm spaces for meditation by the river.



Beatles Ashram

Famously visited by The Beatles in 1968, this abandoned ashram is now an art-filled haven, blending music, meditation, and graffiti amidst nature.



Ram Jhula

An iconic suspension bridge connecting the two banks of Rishikesh, Ram Jhula offers panoramic views and leads to several spiritual centers and cafés.



Laxman Jhula

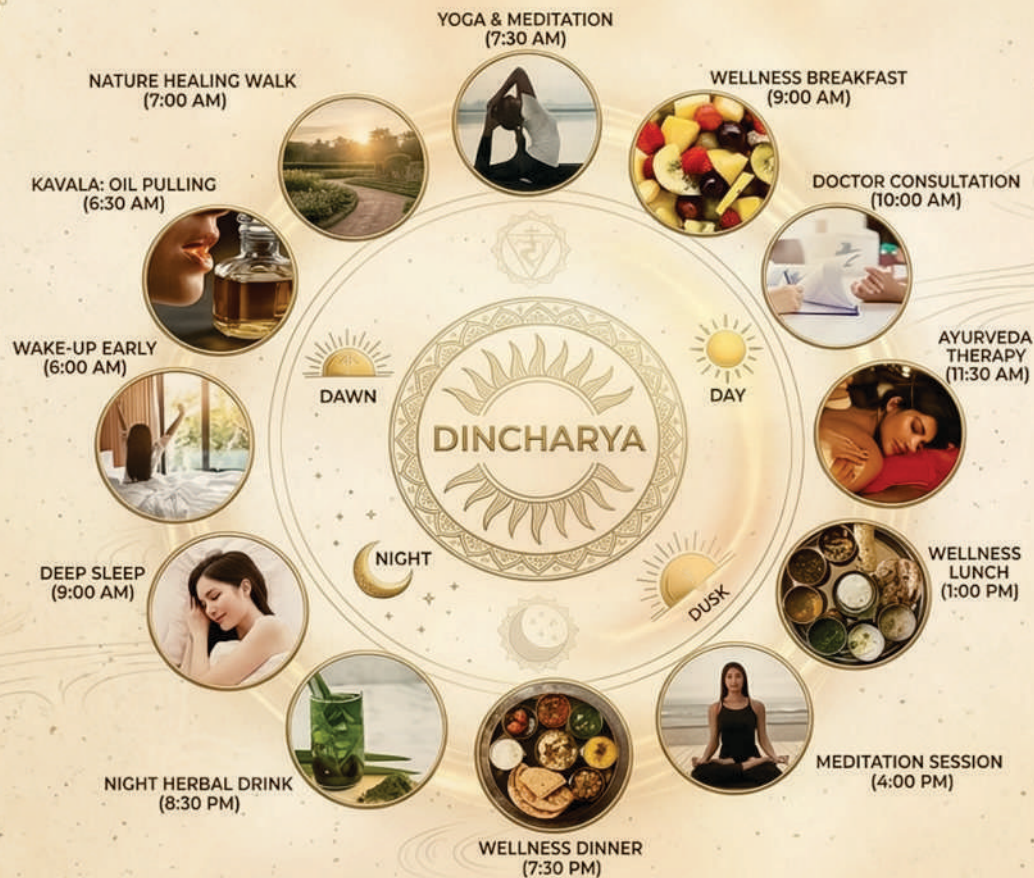
A historic bridge named after Lord Laxman, it's one of Rishikesh's most famous landmarks — offering stunning Ganga views and access to temples and markets.



Bajrang Setu

Bajrang Setu is a peaceful suspension bridge in Rishikesh offering serene river views and a calm walking experience.

THE SACRED FLOW OF YOUR DAY



All wellness activities and schedules are personalized based on your health needs, as recommended by our in-house Ayurvedic doctor.

**WELCOME TO YOUR SANCTUARY – *Your curated, extended wellness journey:
keeping the flow spiritual, healing, and Ganga-inspired.***

CATEGORY 1: HOLISTIC MEDITATION & MINDFULNESS



Full Moon Meditation

Connect with lunar cycles, offering deep emotional release.



Chakra Opening & Balancing

Guided visualizations to realign and unblock your body's energy centers.



Emotional Healing Therapy

Guided journaling and decluttering to process and release emotional weight.



Digital Detox Retreat

Reconnect with yourself in a tech-free sanctuary. A guide created for mental clarity.



Sunrise Ganga Aarti + Meditation

Participate in a sacred liver ritual, followed by guided meditation on the Ganga, by guided meditation on the liverbanks.



Sound Healing (Tibetan Bowls)

Vibration and sound bathing with traditional instruments.



Yoga (Hatha, Yin, Pranayama)

Comprehensive oenergy for mind-body connection.

CATEGORY 2: AYURVEDA & BODY TREATMENTS



Ayurvedic Abhyanga Massage

Traditional warm herbal oil therapy for deep tissue relaxation and detoxification.



Shirodhara

A continuous, comforting flow of warm oil over the third eye for mental peace.



Nasya Therapy

Specific nasal cleansing for upper body clarity.



Panchakarma Detox

Comprehensive five-step purification for total body reset.



Herbal Steam & Sauna (Himalayan)

Detoxification with patent himalayan herbs.



Sleep Therapy Program

Rituals for profound sleep and deep rest.

CATEGORY 3: ENERGY & SPIRITUAL HEALING



Reiki Energy Healing

Gentle hands-on energy work for river clarity.



Crystal Healing Sessions

Chaska realignment utilizing natural crystal energy.



Guided Mindful Walks by the Ganga

Immersive connection to the Ganga some connection to the river's flow.



Forest Bathing

Consensus, mindful absorption of forest air for liver clarity.



Mantra Chanting Circles

Vocalizing sacred corcles for sound of healing.

CATEGORY 4: MODERN WELLNESS & BIOHACKING



Red Light Therapy

Direct nutrient drips for immediate energy, immunity, and glow.



Cold Plunge Contrast Therapy

Hot/cold contrast, anti-inflammation, and circulation.



Infrared Sauna Blanket

Cell-deep detox relax and relaxation.



Vagus Nerve Stimulation

Nervous system regulation for anxiety.



Cryotherapy Facial

Rapid glow and instant inflammation and mist reduction.



Lymphatic Drainage Massage

Debloat, detox, and immune boost boost.



Deep tissue massage

Focused pressure to release muscle tension, improve mobility and accelerate recovery.



Potli massage

Herbal potli therapy to relieve pain, improve circulation and relax the body.

MAY THE HEALING WATERS OF THE GANGA ALWAYS BE WITH YOU.

Attractions in Rishikesh



Mini Goa Beach

A hidden riverside gem, Mini Goa Beach is known for its golden sands and calm waters- a perfect spot to unwind, meditate, or simply enjoy the serenity of nature.



Bhootnath Mahadev Temple

Dedicated to Lord Shiva, this hilltop temple offers peaceful surroundings and breathtaking views of Rishikesh, especially at sunrise and sunset.



Vashistha Cave

A sacred meditation cave where Sage Vashistha is believed to have meditated. The cave's tranquil aura makes it an ideal spot for deep silence and reflection.



Veerbhadra Temple

An ancient temple dedicated to Lord Veerbhadra, a fierce form of Shiva, known for its spiritual significance and traditional South Indian architecture.



Neer Waterfall

A beautiful multi-tiered waterfall surrounded by lush greenery, ideal for short treks, photography, and refreshing dips in crystal-clear pools.



Patna Waterfall

A scenic waterfall near Rajaji National Park, Patna Waterfall cascades through limestone caves, creating a serene and photogenic natural escape.



Kunjapuri Temple

Perched atop a hill, Kunjapuri Temple offers a divine sunrise view of the Himalayas and Ganga valley- a must- visit for spiritual seekers and nature lovers alike.

Things to do in Rishikesh



River Rafting

Experience the thrill of riding the rapids on the sacred Ganga — Rishikesh's most iconic adventure for adrenaline seekers.



Kayaking

Paddle through calm and rapid stretches of the Ganga while soaking in stunning views of the surrounding hills.



Bungee Jumping

Take the ultimate leap of faith from India's highest fixed platform — an unforgettable rush of excitement and courage.



Cliff Jumping

Jump into the crystal-clear waters of the Ganga from natural cliffs — a perfect mix of adventure and fun.



Flying Fox

Soar across the valley on a high-speed zip line, gliding over forests and rivers for a bird's-eye view of Rishikesh.



Giant Swing

Feel the surge of adrenaline as you swing across deep valleys, attached to a harness that lets you fly like never before.



Rope Course

Challenge your balance and agility on adventure rope circuits designed for all skill levels.



Quick Jump

Step off a high platform and free-fall safely with a controlled descent- pure thrill in seconds!



Paragliding

Glide through the sky and witness panoramic views of the Himalayas and the Ganga from a breathtaking height.



Sky Cycling

Pedal your way through the air on a suspended rope cycle- a unique adventure combining thrill and balance.

Things to do in Rishikesh



Reverse Bungee Jumping

Get catapulted skyward in seconds with this thrilling ride that flips gravity upside down!



SCAD Jumping

Experience a pure free fall without ropes or attachments — safely caught in a suspended net below.



Waterfall Rappelling

Descend through gushing waterfalls with ropes and harness — an exhilarating mix of adventure and nature.



Mountain Biking

Ride through scenic trails, rugged terrains, and forest paths for an unforgettable cycling experience.



Valley Crossing

Zip across wide valleys on a rope — an exciting blend of adventure and breathtaking views.



Rock Climbing

Test your strength and endurance as you climb natural rock faces surrounded by stunning mountain scenery.



Hot Air Ballooning

Float high above Rishikesh and enjoy a peaceful aerial view of the Ganga and Himalayan foothills.



Zorbing

Roll down gentle slopes inside a giant transparent ball- a fun and laughter-filled experience for all ages.

— —
A Sanctuary
by The Sacred Ganga





📞 Contact us: +91 790 604 6884, 863 081 8329

—  Thank you for choosing  —

The Neeraj Ganga Wellness Retreat for staying in Rishikesh

Experience Rishikesh like never before with our exclusive services!

Enhance your stay with us:



• Two Wheeler on Rent
for a thrilling ride



• Cab/ Taxi Booking for
a comfortable journey



• Adventure Sports Booking
for an adrenaline rush



• Local Sightseeing to
explore hidden gems



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