



CGH SWASWARA



nivalink

We explore before you Travel !

WELLNESS TRAVEL

**AYURVEDA
YOGA
HOLISTIC HEALING
NATUROPATHY
SPA**

**WELLNESS GETWAYS
TREATMENT AND CURE
WELLNESS GROUPS AND SPECIAL SERVICES**

WELLNESS TRAVEL

We have the most extensive offering of 100+ Retreats for Wellness Travellers that are divided into following categories.

Wellness Getaways

Getaway resorts with good wellness centric facilities such Spa, Ayurveda e.g. CGH Swaswara (Gokarna - Coastal Karnataka)

Destination Spas

Retreats that focus on different forms of Spa treatments e.g. Moksha Himalayan Resort and Spa (Parwanoo - Himachal Pradesh)

Luxury Resorts

Luxury Resorts with excellent Spa facilities e.g. ITC Mughal (Agra)

Holistic Healing Retreats

Healing solutions around Mind, Body and Soul e.g. Nileshtar Hermitage (Coastal Kerala)

Yoga Retreats

Retreats focused around Yoga e.g. Shreyas Retreat (Bangalore)

Ayurveda Retreats

Retreats focused around traditional wellness science of Ayurveda e.g. CGH Kalari Rasayana (Kollam - Kerala), Kairali Retreat (Palakkad - Kerala)

Naturopathy

Retreats focused around natural means for cure e.g. CGH Prakriti Shakti (Panchalimedu - Kerala)

We offer a wide range of wellness travel that from a 3 night wellness getaways to a 28 night stay at an Ayurveda retreats for curing a chronic ailment.





WELLNESS GETAWAYS

Wellness Getaways are resorts / retreats where wellness travellers arrive with an idea to get pampered and rejuvenated over a short stay (3-5 nights) .

Type of stay options that are popular for wellness getaway comprises:

- Luxury Resorts
- Luxury Wellness Retreats
- Destination Spa Retreats
- Ayurveda and Yoga Retreats
- Holistic Healing Retreats
- Experiential Retreats

Some of our Recommended Wellness Getaways are as under



Luxury Resorts

Hilton Shillim Resort and Spa - Lonavala
ITC Mughal - Agra

Luxury Wellness Retreats

Atmantan Wellness Resort - Mulshi
Ananda Spa Resort - Rishikesh

Destination Spa Resorts

Moksha Spa - Parwanoo
Viveda Wellness Retreat - Nashik



Ayurveda and Yoga Retreats

Devaaya - Goa
Veda5 - Rishikesh

Holistic Healing Retreats

Neeleshwar Hermitage
CGH Swaswara - Gokarna

Experiential Retreats

Niramaya Retreats - 5 Locations in India
Evolve Back - Coorg, Kabini and Hampi



DESTINATION SPAS



Destination Spa is where Wellness Travellers arrive for a Spa Holiday getting rejuvenated and a all-round Spa experience around Releasing, Relaxing, Revitalizing, Replenishing and Rejuvenating

A Destination Spa popularly employ a mix of Indian Traditional System of Ayurveda, Oriental systems like Shiastu. Balinese treatments and European systems of holistic health for a complete experience personalised to an Individual.

A Destination Spa experience comprises a mix of the following:

Massages and Therapies - Aromatherapy, Hot Stone Massage, Swedish Massage, Balinese Massage, Thai Massage, Head Massage, Deep Tissue Massage, Body Scrub, Hammam

Head Oil Treatments - Abhyanga (Full Body), Shirodhara (Forehead)

Facial - Anti Ageing, Restorative, Clean up and Purifying

Hand and Foot Care - Manicure and Pedicure.

Some of our Recommended Destination Spas are as under

- Moksha Spa - Parwanoo
- Viveda Wellness Retreat - Nashik
- Atmantan Wellness Retreat - Mulshi

Hotel Chains such as ITC and Taj have their own branded Spa extensions at all their hotels and resorts and therefore these hotels double up as a destination Spa getaways. for wellness travellers.





LUXURY RESORTS

Wellness is a popular extension of almost every Luxury Hotel and Resort across India. Some of the Hotel chains have made that into a Virtue and developed own brand of offer entire range of branded Wellness offerings.

Luxury Travellers arrive here for a few days of luxury experience and pampering that revolves around Indulgences (Dining, Shopping), memorable moments (activities and experiences) and Recreation / Rejuvenation (Wellness).



HOLISTIC HEALING

Holistic Healing Retreat is where you arrive for harmonising Mind, Body and Soul. These retreats emply a mix of wide ranging Wellness principles such as Yoga, Meditation, Ayurveda, Naturopathy etc to achieve this.

Holistic Healing Retreat is typically where sophisticated wellness travellers arrive to spend a few days around scenic locales and work towards achieving equilibrium of Mind, Body and Soul.



Holistic Healing is often a transformational Healing process where Wellness Travellers arrive to spend time with themselves to take care of emotional health, stress and imbalance caused due to Trauma.

Holistic Healing Retreats such as CGH Swaswara are very popular with Women Groups who arrive to spend time to enjoy togetherness and engage in a process of rejuvenation and self healing.



YOGA RETREATS



Yoga is the age old India science of Wellness. Wellness Travellers arrive at Retreats that specialise in Yoga to spend a few days around an elevating experience of Yoga, towards achieving an equilibrium of Mind, Body and Soul.

A Typical Wellness Retreat focussing on Yoga would offer the following:



- **Introduction to Yoga** (For First time Travellers)
- **Types of Yoga** (Ashtanga Yoga, Hatha Yoga)
- **Spiritual Yoga** (A Journey of Inner Healing and Spiritual discovery through Yoga)
- **Yoga Techniques** - Learning different techniques of Yoga which can be employed in everyday life (*Yogic Kriyas, Prayanama, Pratyahara, Trataka, Yoga Nidra, Dhyana, Meditation, Mouna* (Silence), Chants etc.)



Mysore and Rishikesh have emerged as major Yoga hubs in India were you can arrive to Yoga centres (such as Kaivalyam in Rishikesh) here and spend a few weeks to Learn Yoga and become a Yoga Teacher.



Some of the recommended Retreats with a special Yoga in India comprise:

- Shreyas Retreat, Bangalore
- Devaaya, Goa
- Kaivalyam, Munnar
- CGH Swaswara, Gokarna



AYURVEDA

Ayurveda is Indian ancient science of Healing, Treatment and Cure. Ayurveda is popular for wellness travellers looking for rejuvenation or treatment of Lifestyle Conditions, Chronic Ailments and debilitating conditions.



There are three kinds of Ayurveda stays that are recommended for Wellness travellers with different needs and lengths of stay.

- **Ayurveda Hospitals** (Treatment and Cure of Chronic ailments such as Diabetes, Disorders (Gastrointestinal, Liver, Urological, Hormonal, Gynaec etc.), Joint Pains, Neurological conditions - 2 to 4 weeks stay)
- **Ayurveda Retreats** (Body Purification, Detox, De-stress, Weight Loss - 1-2 weeks stay)
- **Resorts with Serious Ayurveda Focus** (Rejuvenation, Body Checkup - 3 nights to a week stay)



Some of the recommended Ayurveda stays are as under:

Ayurveda Hospitals - CGH Kalari Kovilakom (Palakkad), Rajah Island / Beach (Thrissur)

Ayurveda Retreats - Kairali Resort (Palakkad), Ayurvedagram (Bangalore)

Resorts with Serious Ayurveda Focus - Travancore Heritage (Kovalam), CGH Coconut Lagoon (Kumarakom)

Small Personalised Ayurveda Stays - Hari Vihar Heritage Home (Calicut), Mekosha Ayurveda Spa Suites Retreat (Varkala)



NATUROPATHY



Naturopathy is an ancient science Natural living and self healing. There are number of retreats across India where wellness travellers arrive for wide ranging ailments such as

- Diabetes
- Hypertension
- Cholestrol
- Weight Management
- De-Stress
- Detox
- Cardiac Health.



Naturopathy is based on priciples of Raw food and natural living. Consuming the right kind of food is extremely crucial in promoting good health and feeding your body with the wrong food is a major reason for ill-health.



Fireless kitchen here is designed to create a raw food gourmet experience using Organic Fruits and Vegetables based on the principles of the diet and fasting therapy in Naturopathy.

To add to raw meals, typically wellness travellers enjoy Yoga, activities and scenic location during one or two week long stay.

Some of the recommended Wellnes Retreats for Naturopathy are:

- CGH Prakriti Shakti (Kerala)
- Devaaya (Goa)
- Nimba Naturopathy and Holistic Care Centre (Gujarat)
- Pema Wellness Resort (Andhra Pradesh)
- Carnoustie Ayurveda and Wellness Retreat (Kerala)





SPECIAL SERVICES

We offer services for Medical Tourism companies, Wellness Coordinators and Corporates for organising wellness travel anywhere in India.

Medical Tourism - We offer organisations services to handle travellers arriving to use medical facilities within India. We manage end to end logistics of patients and their relatives within India during their treatment. We also organise extensions pre or post treatment to popular destinations.

Wellness Retreats - We offer services to yoga teachers and organisers of wellness retreats and groups at locations across India. Our services include recommending locations and managing entire logistics.

Wellness for Corporates - We help Human Resources teams in Corporate plan wellness programmes for their team members. These are built into Tea Building and Incentive initiatives by the HR and targetted towards living in a fast high stress corporate environment.

As part of the service we typically manage

- Accommodation Reservation
- Train / Flight Tickets and Transfers to the retreat (Individual or group)
- Pre Travel Orientation and co-ordination with resident doctor
- Post Retreat Feedback and followup
- Pre or Post Retreat Travel (If any)



OUR SERVICES

Accommodation - We have direct relationship with all major hotel chains and over 300+ hotels and retreats having Wellness options.

Logistics - We undertake travel from within India and outside India to offer end to end Solution. Typically guests take care of their International flights and we take care of Accommodation, Pre/Post Doctor Consultation and interactions, Transfers to and fro retreat, Internal flights (if any) and Pre/Post Travel (If any).

Online Consulting - We have a panel of Doctors who are able to offer Online consulting and support in areas of Hoemeopathy, Ayurveda, Diet Management and Dental Care.

- Dr. Rahul Marwah (Ayurveda)
- Dr. Kanchan Patwardhan (Diet and Weight Management)
- Dr. Hemal Shah (Dental Care)
- Dr. Sudeep Shroff (Mental Health)
- Dr. Janak Chandra (Homeopathy)



SOME FACTS

20+ Years of experience

10K+ customers from 60+ countries

20K+ customers from All over India

500+ Wellness Travel Handled

Affiliated with major trade bodies



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