



# RESET & SLEEP ENHANCEMENT

## WITH NATUROPATHY



DURATION - 14 DAYS ONWARDS

*A holistic programme to restore healthy sleep that combines  
Naturopathy, lifestyle modifications, and nutritional support.*





# WHY DO YOU NEED GOOD SLEEP?



Sleep is when your body repairs and regenerates itself. A good night's sleep detoxifies, improves cognitive functions, and enhances emotional balance. Our modern lifestyle interrupts this critical cycle of healing, leading to several disorders.



## HOW DOES THIS PROGRAMME HELP?



The Rest & Sleep Enhancement programme at CGH Earth SwaSwara uses natural therapies and personalised guidance to unlock a deep sense of relaxation, renewal, and overall well-being. A combination of therapies such as **acupuncture, aromatherapy, sound therapy, hydrotherapy**, and treatments work together to calm your nervous system and promote relaxation. A customised diet plan complements the healing process, while various yoga sessions soothe the mind and body. This holistic approach addresses the root causes of sleep disturbances, improving your sleep quality and leading to a radiant, refreshed, and healthier you.

# WHO IS THIS PROGRAMME FOR?



This Naturopathy programme is tailored for individuals struggling with insomnia, sleep disorders, stress, or fatigue. Lack of sleep can be attributed to a range of interconnected factors such as nutrition, stress levels, relationships, environmental conditions, sunlight exposure, and meal timings. If your hectic schedule is leading to sleep disturbances, this programme is for you.



## HOW DOES IT WORK?



The programme begins with a comprehensive assessment of your sleep pattern, utilising the Pittsburgh Sleep Quality Index (PSQI) and Insomnia Severity Index (ISI) tests.

Our expert Naturopathic doctors will:



Uncover hidden patterns and underlying factors affecting your sleep.



Craft a tailored treatment plan addressing your unique needs.



Guide you through holistic therapies and evidence-based practices.

# PROGRAMME INCLUSIONS



## NATUROPATHY

### CONSULTATION

Before starting the programme, our doctor will conduct a personalised wellness consultation to create a customised plan that addresses your unique health goals and needs. With a minimum of two therapeutic consultations per day, your wellness plan is designed to address your underlying malaise.

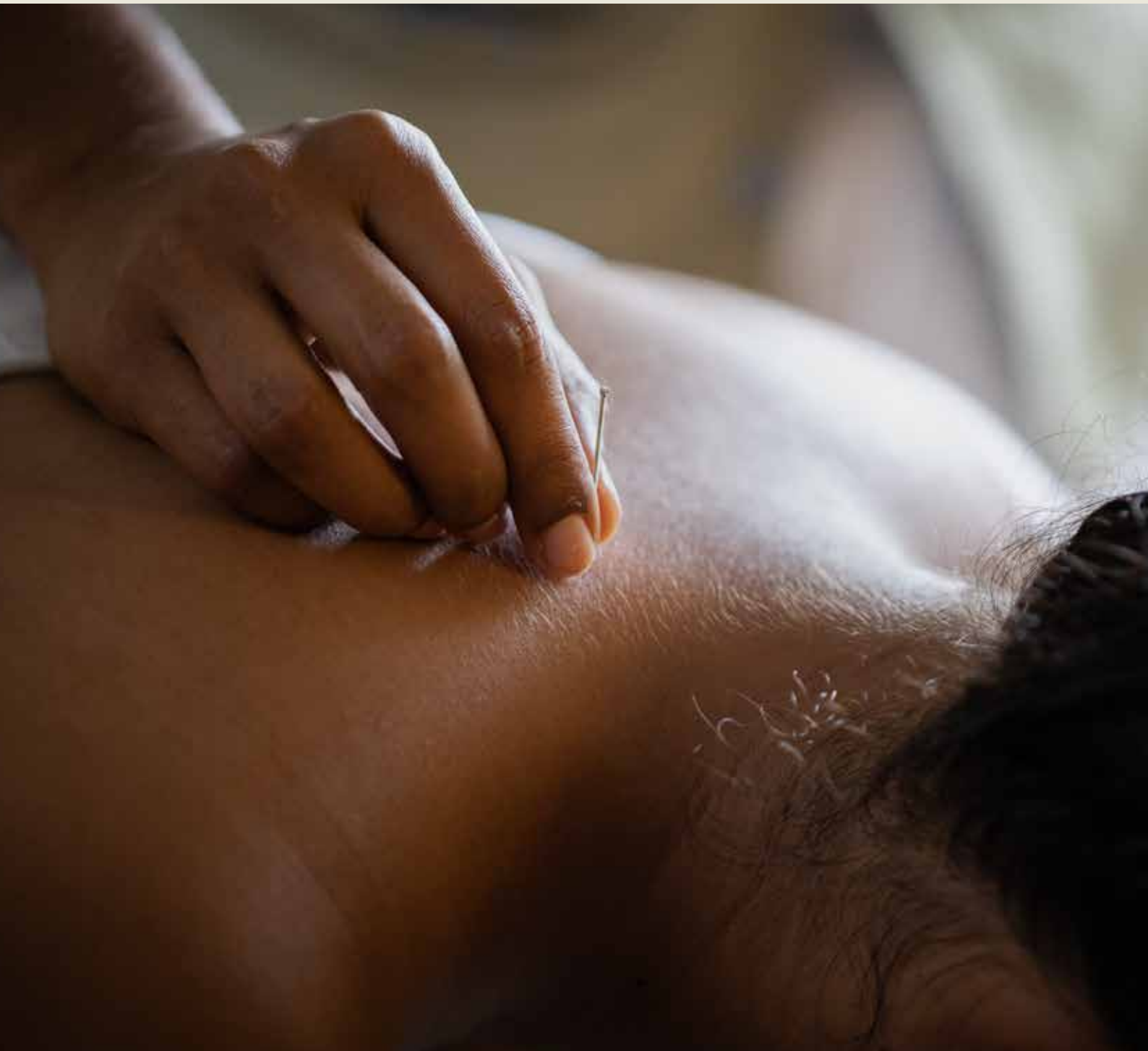


## THERAPIES

Traditional naturopathic treatments include a combination of acupuncture, stress management, nutritional support, and lifestyle guidance. These are complemented by relaxation techniques such as hip baths, foot reflexology, hot water immersions, and music therapy.

The therapies are interspersed with doctor sessions, silence days, walking meditation, and raw and gluten-free culinary training. Our medical team will provide a post-programme follow-up to monitor your progress.

*Note: There will be restrictions with regards to treatments during the menstrual cycle.*



# YOGA AND MEDITATION



Your daily schedule includes yoga, pranayama, and meditation sessions designed to bring balance to mind and body, as well as foster holistic well-being. These practices promote relaxation, flexibility, and mental clarity. Additionally, individual therapeutic yoga sessions may be prescribed based on specific patient needs, ensuring targeted support for optimal healing.



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	12.15 - 12.45 & 15.15 - 15.45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session



# DIET



What you consume during the day often decides how you sleep at night. Your diet plan is meticulously prepared by our chefs in consultation with the Naturopathy doctors, using organically grown and locally sourced ingredients.

The programme features three dietary phases:

**Constructive** with raw meals. **Soothing** with easy-to-digest smoothies and purées. **Eliminative** with thin juices to enhance detoxification. Intermittent fasting complements these phases by enhancing the body's natural healing and cleansing processes. You even participate in the process of preparation – right from picking ingredients from our garden to joining culinary sessions where you learn the art of preparing wholesome meals. On alternate days, you will also engage in raw culinary training, unlocking the innate goodness of uncooked foods. Interactive sessions with the doctors help provide personalised guidance on ways to stay the course towards holistic well-being.





# A TRANQUIL HEALING



## PRAKRUTI UPASANA (IMMERSE IN NATURE)

On alternate days, this immersive experience connects health seekers with nature, allowing them to align with the Panchamahabootas (the five elements) to restore balance and harmony within the body and mind. It enhances the connection with nature and promotes holistic well-being.



## KALA UPASANA (EXPRESS YOUR CREATIVITY)

This healing experience, on alternate days, uses artistic expression as a therapeutic tool for personal growth and well-being. It connects health seekers with art and creativity, promoting emotional balance and mental clarity.





### **Distance**

The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 - 5 hours.

### **Check - In & Check - Out**

Check-in 01.00 pm - To guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night's charge will be levied.

Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am.

F&B and Naturopathy services after check-out time will be chargeable.

### **Child Policy**

We welcome children above the age of 18 years only.

Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above.

### **Safety & Hygiene**

SwaSwara follows the highest safety & hygiene standards.



# SWASWARA



## A PILGRIMAGE TO THE SELF



cghearth  
experience wellness



SwaSwara, CGH Earth



cghearthswaswara





# COMPREHENSIVE NATUROPATHY DETOX



DURATION - 10 DAYS ONWARDS

***Goal** - cleanse and rejuvenate the body while restoring balance and vitality through natural therapies and mindful living*





# WHY DO YOU NEED THIS PROGRAMME?



The Detox Naturopathy Programme is a holistic approach designed to activate your body's self-cleansing mechanisms and enhance organ function. By releasing toxins, it improves vitality, immunity, and overall well-being. Participants may undergo Laghu Shankha Prakshalana, a gentle gastrointestinal cleanse, to improve gut health and nutrient absorption. The programme includes a structured diet aligned with detoxification phases: a constructive diet of two raw meals a day with intermittent fasting, a soothing phase of smoothies and purées, an eliminative phase of fresh juices, and a gradual return to soothing and constructive meals for a balanced recovery.



# HOW DOES THIS PROGRAMME HELP?



The Detox Naturopathy Programme offers a holistic approach to rejuvenate your body and mind, activating your body's natural detoxification processes and enhancing organ function for a range of benefits. These include deep detoxification, improved digestion, increased energy levels, enhanced skin health, mental clarity, boosted immunity, weight management, hormonal balance, and improved mental and emotional clarity.



# WHO IS THIS PROGRAMME FOR?



This programme is ideal for individuals seeking a holistic approach to wellness. Whether you're a healthy person looking to reset and rejuvenate, someone interested in naturopathy, or looking to improve digestion, manage stress, or enhance mental clarity, this programme offers a comprehensive solution. By combining gentle yoga, therapeutic massages, and a carefully structured diet, this programme helps you detoxify, improve energy levels, and achieve a balanced and vibrant lifestyle.



# PROGRAMME INCLUSIONS



## DOCTOR'S CONSULTATION



Prior to the start of Naturopathic treatments, there will be a consultation with the doctor. Being a Naturopathic curative programme, the doctor can prescribe, depending on your condition, a minimum of two treatments/therapies/massages per day, per person.



# THERAPIES



The programme integrates daily therapies rooted in the Panchamahabhutas philosophy, which emphasises the healing properties of the five elements—Earth, Water, Fire, Air, and Space. Health seekers will receive a minimum of two therapeutic treatments daily, including one general therapy such as a full-body massage or hydrotherapy to promote overall relaxation and detoxification.

The second treatment will be personalised, targeting specific health concerns or individual needs. Participants will undergo Heliotherapy, which harnesses sunlight to invigorate and energise the body. Hydrotherapy, which promotes detoxification and enhances circulation, Mud Therapy, which soothes inflammation and draws out toxins, and Manipulative Therapies, such as massages, to relieve tension, improve lymphatic flow, and promote relaxation.

Together, these therapies work in harmony with the body's natural elements to restore physical and mental balance and ensure a comprehensive and tailored healing experience.

*Note: There are restrictions on treatments that can be availed of by female guests who are menstruating.*



# DIET



The programme features three dietary phases: constructive with raw meals, soothing with easy-to-digest smoothies and purées, and eliminating with thin juices to enhance detoxification. Intermittent fasting complements these phases by enhancing the body's natural healing and cleansing processes.



# RAW CULINARY TRAINING



Health seekers will also engage in raw culinary training on alternate days, learning to prepare wholesome, nutrient-rich dishes that support rejuvenation. Interactive sessions with the doctor will be conducted on alternate days, providing valuable health insights and personalised guidance to support holistic well-being.



# A TRANQUIL HEALING



## PRAKRUTI UPASANA (IMMERSE IN NATURE)

Mental detoxification by immersing health seekers in nature, allowing them to reconnect with the five elements, reducing stress and clearing the mind. This experience enhances emotional balance and mental clarity, promoting a natural reset for overall well-being.



## KALA UPASANA (EXPRESS YOUR CREATIVITY)

A creative outlet for mental detox, where health seekers engage in artistic expression to release emotional tension and clear mental blockages. By tapping into creativity, it helps calm the mind, enhance self-awareness, and support emotional healing.

# YOGA



- **Mind Body Consultation** - One detailed consultation
- **Yoga sessions** – Gentle yoga sessions, Pranayama, Yoga Nidra, and meditation throughout the day
- **Therapeutic yoga session:** the health seeker may be prescribed an individual therapeutic yoga session, which will be handled by a Naturopathy doctor.



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	12.15 - 12.45 & 15.15 - 15.45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session





### **Distance**

The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 - 5 hours.

### **Check - In & Check - Out**

Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night's charge will be levied.

Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am.

F&B and Naturopathy services after check-out time will be chargeable.

### **Child Policy**

We welcome children above the age of 18 years only.

Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above.

### **Safety & Hygiene**

SwaSwara follows the highest safety & hygiene standards.



# SWASWARA

A PILGRIMAGE TO THE SELF

cghearth  
experience wellness



SwaSvara, CGH Earth



cghearthswaswara





# NATUROPATHY REVITALIZE PROGRAMME



DURATION - 5 DAYS ONWARDS

***Goal** - Restore and rejuvenate your body and mind through the natural healing principles of Naturopathy, embracing customised therapies and lifestyle modifications for sustainable well-being.*



# WHY DO YOU NEED THIS PROGRAMME?



The 5-Day Revitalise Programme offers a holistic introduction to Naturopathy, rooted in the principles of the Panchamahabhutas: the five elements of nature: Earth (Prithvi), Water (Jala), Fire (Agni), Air (Vayu), and Space (Akasha). By aligning with these natural elements, the programme seeks to detoxify and rejuvenate your body. Participants engage in self-care through a rejuvenating diet of semi-cooked and raw plant-based meals, daily yoga, pranayama, meditation, and various Naturopathic treatments like Hydrotherapy, Mud Therapy, Massages, and Foot Reflexology. This programme restores balance, enhances circulation, and stimulates the body's natural healing processes. It provides personalised care and expert guidance, leaving you feeling rejuvenated and inspired to adopt a healthier lifestyle.



# HOW DOES THIS PROGRAMME HELP?



This programme offers a holistic introduction to naturopathy and natural healing therapies, providing a peaceful, nature-inspired environment for self-reflection. By encouraging the adoption of healthy dietary habits through raw and semi-cooked meals, it supports positive lifestyle modifications for long-term health and well-being. This programme leaves participants feeling rejuvenated, refreshed, and revitalised, with increased energy levels and improved gut health.



# WHO IS THIS PROGRAMME FOR?



This programme is ideal for healthy individuals seeking a refreshing break, those looking to adopt positive lifestyle modifications, and people curious about holistic wellness and natural therapies. It's perfect for anyone interested in exploring healthy dietary habits through raw and semi-cooked meals, or simply those aiming to reconnect with themselves in a serene, nature-inspired environment.



# PROGRAMME INCLUSIONS



## DOCTOR'S CONSULTATION



On the first day of the programme, a detailed consultation with the doctor will be conducted, followed by daily follow-up sessions to ensure personalised care and progress tracking.



# THERAPIES



The programme includes a range of natural treatments such as **Heliotherapy** (sunlight therapy) to boost vitality, **Hydrotherapy** to enhance detoxification and circulation, as well as Foot reflexology and **Mud Therapy** to soothe and revitalize the body. Additionally, **Manipulative Therapies** like therapeutic massages will be offered to relieve tension, improve mobility, and promote overall relaxation. These treatments work together to restore balance and harmony to the body and mind.

*Note: There will be restrictions on treatments that can be availed of by female guests who are menstruating.*



# INTERACTIVE SESSIONS



With the doctor will be conducted on alternate days, providing valuable health insights and personalized guidance to support holistic well-being.

# DIET



Health seekers will rejuvenate with a balanced, nutritious diet featuring unprocessed, whole foods, including a vibrant, rainbow-coloured variety rich in fibre, micro, and macronutrients. Depending on the consultation, they will follow either a 2-meal or 3-meal plan, incorporating the principles of intermittent fasting and the benefits of raw as well as semi-cooked gluten- and lactose-free foods.



# RAW CULINARY TRAINING



Health seekers will also engage in raw culinary training on alternate days, learning to prepare wholesome, nutrient-rich dishes that support rejuvenation of the body.



# YOGA



- **Mind Body Consultation** - One detailed consultation
- **Yoga sessions** – Gentle yoga sessions, Pranayama, Yoga Nidra  
And meditation through the day



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	12.15 - 12.45 & 15.15 - 15.45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session



### **Distance**

The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 - 5 hours.

### **Check - In & Check - Out**

Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night's charge will be levied.

Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am.  
F&B and Naturopathy services after check-out time will be chargeable.

### **Child Policy**

We welcome children above the age of 18 years only.

Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above.

### **Safety & Hygiene**

SwaSwara follows the highest safety & hygiene standards.





# SWASWARA

—    —

## A PILGRIMAGE TO THE SELF

  
cgh earth  
experience wellness



SwaSwara, CGH Earth



cghearthswaswara