

NATUROPATHY



Definition

A system of alternative medicine based on the theory that diseases can be successfully treated or prevented without the use of drugs, by techniques such as control of diet, Yoga, and mange your five elements.



Naturopathy Therapies

BENEFITS OF FOOT BATH

ENHANCE BLOOD
CIRCULATION & FLUSH OUT
TOXINS.

Increases blood flow through the feet
and entire skin surface, relieving
congestion in internal organs and
brain.

RELAXES MUSCLES. ...

RELIEVES PAIN. ...

CLEANSSES. ...

EASE STRESS, IMPROVES
SLEEP. ...



Naturopathy Therapies

Mud Therapy Benefits

- The effects of mud are refreshing, invigorating, and vitalizing.
- For wounds and skin diseases, application of mud is the only true bandage.
- It dilutes and absorbs the toxins of body and ultimately eliminates them from body.



Naturopathy Therapies

STEAM BATH BENEFITS

- Soothes mind & body to relieve stress & relax muscles.
- Increases body metabolism.
- Deep cleanses the skin.
- Helps eliminate toxins.
- Boosts your immune system.
- Relieves discomforts of asthma, allergies and arthritis.
- Keeps mucous membranes from excessive drying.



Spinal Bath

Spinal Bath Benefits

1. Soothes the nerves
2. Relives back pain
3. Helps in hypertension.
4. Corrects sleep disorders
5. Relives mental stress
6. Detoxifies the body



Naturopathy Therapies

Hip bath benefits

Hip bath is given in cold, hot, neutral or alternate temperatures. ... It also benefits enlarged prostate gland, painful contractions or spasm of the bladder, sciatica, ...



THERAPY FEE OF NATUROPATHY

NATURE OF TREATMENT	FREQUENCY	FEE	DURATION
STEAM BATH	1	Rs 200.00	15 TO 30 Min
SPINE BATH	1	Rs 200.00	15 TO 30 Min
HIP BATH	1	Rs 200.00	15 TO 30 Min
FOOT BATH	1	Rs 200.00	15 TO 30 Min
WRAPPING WITH SOIL (Mitti ki patti)	1	Rs 400.00	1 hour
Laghu shankh prakshalan (Cleaning the whole intestine)	1	Rs 2500.00	8 hours
ENEMA	1	Rs 200.00	15 Min

THANK YOU