NIMBA
NATURE CURE
AND HOLISTIC CENTRE
NOTHING HEALS
BETTER THAN
NATURE

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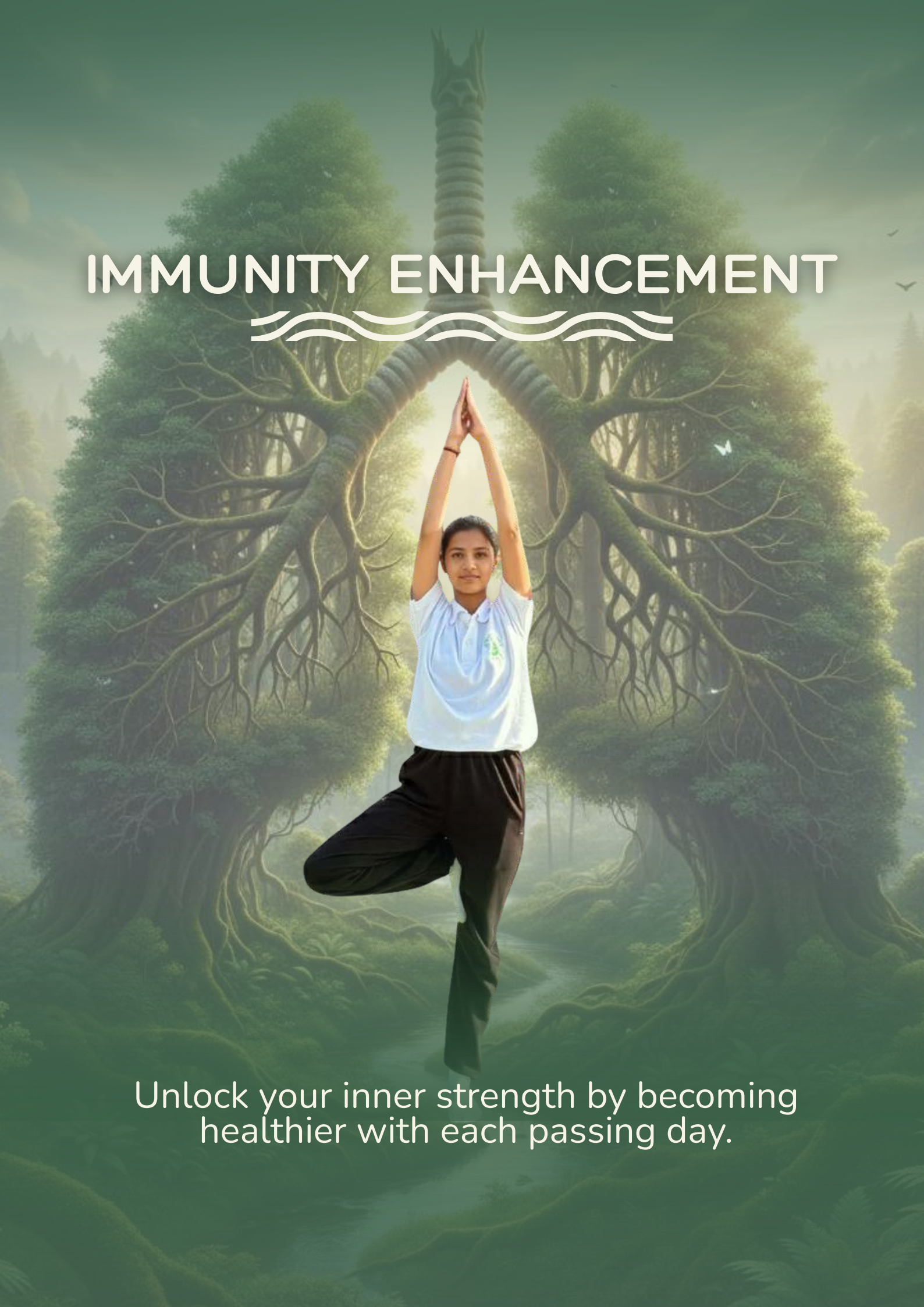
NATURE THAT HEALS
Feel the extraordinary transformation that a natural lifestyle can inspire, even in a brief stay

WHOLESOME DETOX

Eliminate toxins and promote an inner cleanse, enhancing both vitality and overall well-being.

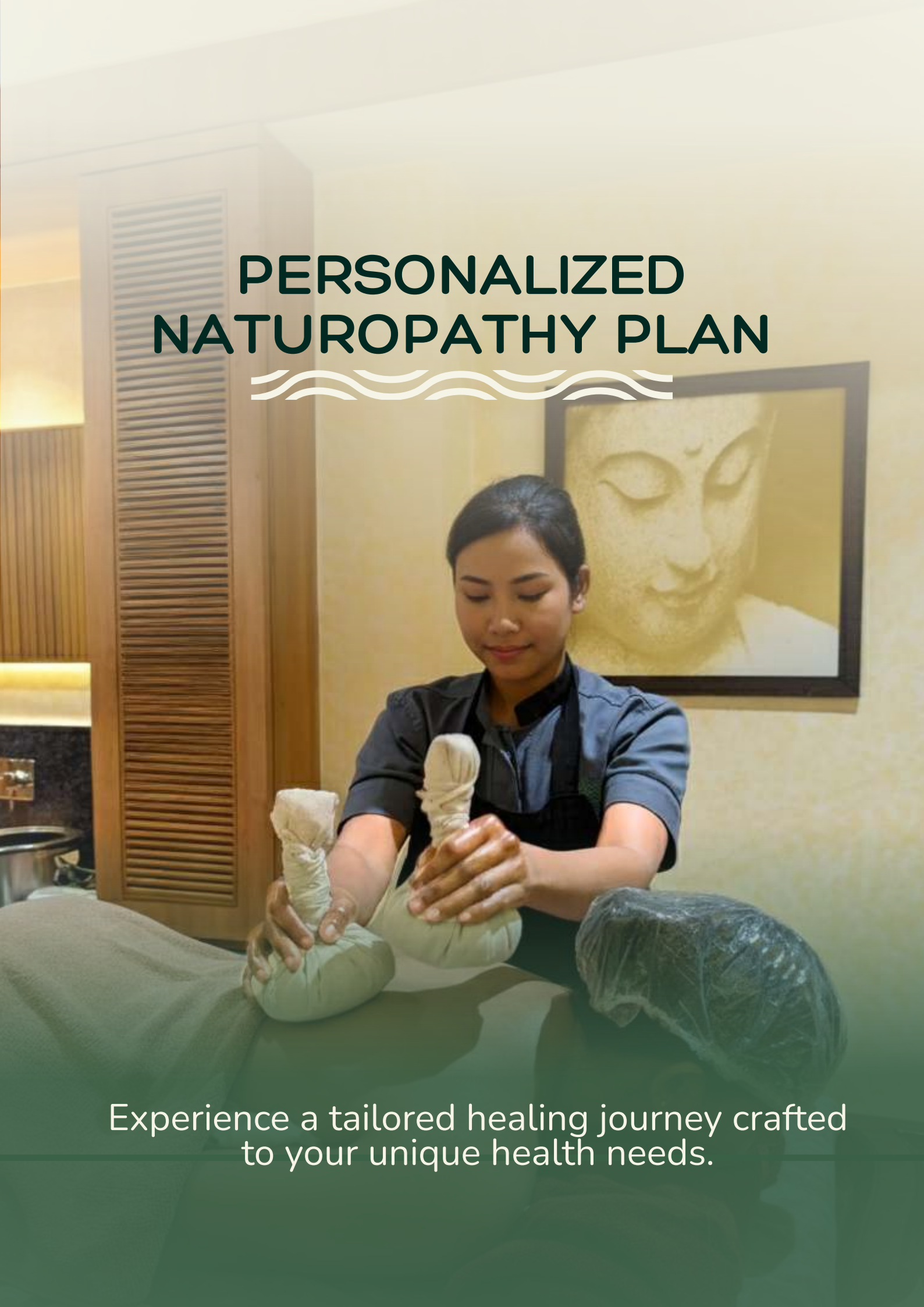
IMMUNITY ENHANCEMENT



Unlock your inner strength by becoming healthier with each passing day.

LIFESTYLE DISORDER MANAGEMENT

Elevate your quality of life with a dedicated program focused on disease prevention, management, and tailored care.



PERSONALIZED NATUROPATHY PLAN

Experience a tailored healing journey crafted to your unique health needs.

PERSONALIZED PROGRAMS

Experience a personalized healing journey that combines therapies, nutrition, fitness, detox, Ayurveda, and lifestyle changes tailored to your health goals.

RAJMUKHA
PREMIUM DELUXE ROOM

Area: 860 Sq. Ft. (1 room)
Ideal For:

- Guests seeking the highest level of comfort and privacy
- Long and premium therapeutic stays
- Couples and distinguished guests

Concept Highlights

- Nature-inspired architecture guided by the five elements
- Seamless indoor–outdoor living with private sit-out spaces
- Abundant natural light and ventilation
- Calm blue–white palette with earthy finishes
- Thoughtful symmetry and refined detailing

Amenities:

- Private sit-out / verandah
- LCD Television with satellite channels
- Telephone
- Tea kettle with herbal infusions
- Premium herbal care supplies
- Spacious wardrobe
- Dressing area with mirror
- Comfortable lounge seating

Bed Options:

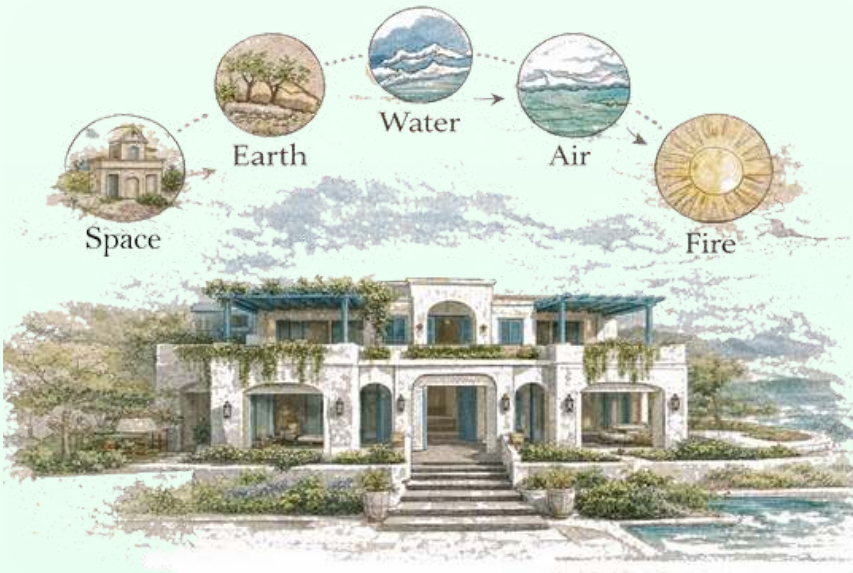
- Twin Queen Size Beds for Ultra Luxury Experience and Heritage Interior
- Option to combine Beds and Make one Large Bed Setup

Toiletries Included:

- Shampoo | Shower gel | Moisturizer
- Shower cap
- Dental kit + Shaving kit

Premium / Additional Facilities:

- Foot massager
- Bathrobe
- Bathroom slippers



PRAMUKHA
SUPER DELUXE ROOM

Area: 300 Sq. Ft.
Ideal For:

- Guests seeking premium comfort
- Longer therapeutic stays
- Couples or individuals wanting privacy and enhanced facilities

Amenities:

- Garden-facing sitting area
- Telephone
- LCD Television with satellite channels
- Tea kettle
- Herbal tea supplies
- Wardrobe – Spacious
- Dressing table with mirror

Bed Options:

- Twin Bed – Available

Toiletries Included:

- Shampoo | Shower gel | Moisturizer
- Shower cap
- Dental kit + Shaving kit

Premium / Additional Facilities:

- Foot massager
- Bathrobe
- Bathroom slippers

SUMUKHA
DELUXE ROOM

Area: 250 Sq. Ft.
Ideal For:

- Couples
- Longer stays
- Guests who prefer more space and comfort

Amenities:

- Telephone
- LCD Television with satellite channels
- Tea kettle
- Herbal tea supplies
- Wardrobe – Spacious (2 units)

Bed Options:

- Twin Bed – Available
- Queen Size Bed – Available

Toiletries Included:

- Shampoo
- Shower gel
- Moisturizer
- Shower cap
- Dental kit

AMUKHA
STANDARD ROOM

Area: 200 Sq. Ft.
Ideal For:

- Solo guests
- Short stays
- Simple, comfortable accommodation with essential facilities

Amenities:

- Telephone
- LCD Television with satellite channels
- Tea kettle
- Herbal tea supplies
- Wardrobe – 1 unit

Bed Options:

- Twin Bed – Available
- Queen Size Bed – Available

Toiletries Included:

- Shampoo
- Shower gel
- Moisturizer
- Shower cap
- Dental kit

ACCOMMODATION CHARGES

ROOM CATEGORY	Single Occupancy (in INR/per night)	Double Occupancy (in INR/per night)
AMUKHA - Standard Room	9,500/-	15,000/-
SUMUKHA - Deluxe Room	10,500/-	16,000/-
PRAMUKHA - Super Deluxe Room	11,500/-	17,000/-
RAJMUKHA - Premium Deluxe Room	19,500/-	29,500/-

Note: Rates are inclusive of accommodation, meals, consultation and therapy. No discount or refund will be granted, and a minimum of 10 days' notice is mandatory for any alterations to the scheduled dates.
(T&C applied).

PACKAGES OFFERED

PACKAGE DETAILS	MINIMUM NIGHTS	ROOM CATEGORY	Single Occupancy	Double Occupancy
Nature That Heals Immerse yourself in the remarkable changes that natural ways of life can evoke, even during a short sojourn.	5	AMUKHA	47,500/-	75,000/-
		SUMUKHA	52,500/-	80,000/-
		PRAMUKHA	57,500/-	85,000/-
		RAJMUKHA	97,500/-	1,47,500/-
Wholesome Detox Eliminate toxins and facilitate an inner cleansing, thereby elevating both vitality and overall well-being.	7	AMUKHA	66,500/-	1,05,000/-
		SUMUKHA	73,500/-	1,12,000/-
		PRAMUKHA	80,500/-	1,19,000/-
		RAJMUKHA	1,36,500/-	2,06,500/-
Immunity Enhancement Enhance your quality of life through a dedicated program focused on disease prevention, control, and personalized care.	10	AMUKHA	95,000-	1,50,000/-
		SUMUKHA	1,05,000/-	1,60,000/-
		PRAMUKHA	1,15,000/-	1,70,000/-
		RAJMUKHA	1,95,000/-	2,95,000/-
Lifestyle Disorder Management Discover your inner strength by getting healthier every passing day.	15	AMUKHA	1,42,500/-	2,25,000/-
		SUMUKHA	1,57,500/-	2,40,000/-
		PRAMUKHA	1,72,500/-	2,55,000/-
		RAJMUKHA	2,92,500/-	4,42,500/-
Personalized Naturopathy Plan Experience a fully curated healing journey centered around your unique health needs.	7	AMUKHA	66,500/-	1,05,000/-
		SUMUKHA	73,500/-	1,12,000/-
		PRAMUKHA	80,500/-	1,19,000/-
		RAJMUKHA	1,36,500/-	2,06,500/-
Personalized Package A deeply immersive retreat crafted exclusively around your personal goals.	15	AMUKHA	1,42,500/-	2,25,000/-
		SUMUKHA	1,57,500/-	2,40,000/-
		PRAMUKHA	1,72,500/-	2,55,000/-
		RAJMUKHA	2,92,500/-	4,42,500/-

Note: Personalized package blends naturopathy, Ayurveda, yoga, physiotherapy, and mindful nutrition into a personalized plan designed after expert consultations. Ideal for those seeking customized care, holistic recovery, and sustained lifestyle transformation.

ADDITIONAL OCCUPANCY CHARGES

Night Stay Charges for Extra Person (Same Room)

AGE LIMIT	SINGLE OCCUPANCY (in INR / per person)
0 – 5 Years	Complimentary
5 – 15 Years	3,000/-
15 Years And Above	4,000/-
*The above charges include food and accommodation in the same room as the patient, excluding treatment of any kind	

Attendee Charges (Different Room)

ROOM CATEGORY	SINGLE OCCUPANCY (in INR / per person)
Amukha	7,000/-
Sumukha	8,000/-
* The above charges include food and accommodation in an additional room, excluding treatment of any kind.	

Night Stay Charges (Any Room - Subject to Availability)

Single Occupancy	3,000/-
Double Occupancy	6,000/-

At Your Service

Name of the Service	Charges
Laundry Services	On Chargeable basis
Transport Services	On Chargeable basis
Salon Services (available on call)	On Chargeable basis

PREMIUM TREATMENTS OFFERED

Note: The following treatments shall not be a part of your package, and can only be availed with doctors' advice. If you avail a premium therapy, your minor therapy for that day would be not be applicable.

Name of the Treatment	Charges per session (in INR)
Deluxe Colon Hydrotherapy	2,500/- per person
Ozone Therapy	500/- to 5000/- per person
Reiki Therapy	2,000/- per person
Cupping Therapy	2,500/- per person
Clinical Hypnotherapy	2,500/- per person
Pizhichil Therapy	3000/- per person
Navarakizhi Therapy	2,500/- per person
Dhanyamla Dhara (DD)	2000/- per person
Crystal Healing Therapy	2,500/- per person
Couple Yoga Sessions	2,000/-
Personal Yoga Sessions	1,500/- per person
Raga Therapy	1,500/- per person
Couple Raga Therapy	2,000/-
Path Lab Test	On actuals
Consultation for Visitors	500/- per person

TERMS & CONDITIONS

1. A minimum stay of 5 nights is needed for all bookings. Once confirmed and paid for, admission dates cannot be altered and are non-refundable.
2. All patients, new or returning, must fill out a reservation form. Bring ID documents (Aadhar Card/Passport /Driving License/Voter ID) for registration.
3. NRI and international travelers are required to carry Passport / OCI card for admission at the Centre.
4. To confirm your reservations, 30% of the entire package cost to be paid via (NEFT/RTGS/UPI/Cash Deposit), and balance amount to be paid on admission at Centre.
5. Clear payments for extra services rendered one day before discharge.
6. Emergency discharge will still account for a minimum of 5 nights for billing.
7. Emergency rescheduling is not allowed. Two changes are allowed within 3 months; otherwise, the advance deposit is forfeited with minimum 10 days prior notice.
8. Cancellation within 10 days of arrival attracts 100% retention.
9. Rescheduling within 10 Days of arrival will attract 50% retention.
10. No refunds / Credit note for no-shows, short stays, or early departures.
11. Laboratory reports, medicines, ambulances, etc., are charged extra, based on actuals. Premium therapies come with an additional cost.
12. We accept credit/debit cards, online payments, cash, and demand drafts, for payment.
13. Policies, rules, and rates may change without notice. Management holds the final say in disputes.
14.Membership days cannot be combined with regular package charges. Right of admission is reserved, and admission is non-transferable.
15. Any kind of eatables, alcohol, tobacco products are prohibited. You need to cooperate with security check of your luggage and you need to sign a written declaration to that effect. If any of the items aforementioned are found with you later, you may be simultaneously discharged and payment will be forfeited.

HOUSE RULES

- Once admitted, you are not allowed to leave the Centre until your discharge
- No visitors are allowed in guest rooms.
- Eatables, alcohol, tobacco are strictly prohibited within the premises of the Centre. We don't serve tea at Nimba Nature Cure & Holistic Health Care Centre.
- Cooperation with security checks is essential; any violation may result in discharge.
- Please keep your valuables in a safety locker. The management shall not be responsible for any loss in such an event.
- Bring a valid Photo ID (Passport, Visa Copy, Driving License, or Voter ID Card) when checking in. If you're a foreign guest, we require a Passport with Visa; unfortunately, Pan Card will not be accepted.
- Kindly deposit the Room Key Card at the reception desk while checking out. If lost or damaged, Rs.250/- will be charged per room key card, as per our policy.
- Bring your recent health reports and medications you're taking.
- Pack clothes suitable for jogging, yoga, and swimming, based on the weather.
- Don't forget your walking shoes and a comfy pair of slippers.

DO'S & DONTS

Do's	Don't
• Follow the house rules for a complete hassle-free stay. • Maintain decorum & preserve the sanctity of the place.	• Avoid using a laptop, mobile, earphones, etc. during your stay on the campus, else it will defeat the purpose for which you have come here. • Use of mobile phones and other electronic devices is restricted on the campus, except, inside the guest's rooms. • Guests are not permitted to go out of the premises. Exceptions apply only in the event of a medical emergency and require prior authorization from the CMO or COO. • Self-medication is prohibited. In case medication is essential, the same should be declared to CMO, who may permit you to use under the direction of the concerned in-house doctors. Further, drugs or medicines of any kind in your possession must be disclosed at the time of arrival.
To Bring	**Not To Bring**
• Health report not older than 3 months. • Comfortable clothing keeping season in mind. • Sportswear & swim wear. • Tracksuit, running shoes and pair of slippers. • Guests are advised to carry an umbrella during the rainy season. • Medicines stock which you are taking on daily basis. • Medical History / Clinical reports.	• Valuables/Ornaments. The management will not be responsible in case there is any loss of such valuables. • Alcohol / Cigarette, Pan-Masala, Gutka. Other nicotine habits. Since taking such items in our campus is a major policy violation, a guest may be summarily discharged if found using or in possession. • Tea, coffee / aerated soft drinks No eatables are allowed (like fruits, nuts, light snacks, biscuits)

DINCHARYA

A day at Nimba Nature Cure & Holistic Healthcare Centre!

04:45 AM : **Wake Up Call**

04:50 AM - 05:15 AM : Embrace the day with a **Morning Walk**

05:15 AM - 06:00 AM : Revitalize with Yogic **Shatkriya**

06:00 AM - 06:15 AM : Sip on a nourishing **Herbal Detox Drink(Yoga Hall)**

06:15 AM - 07:15 AM : Awaken the power within with **Yoga & Pranayama**

07:15 AM - 07:30 AM : Refresh and reflect with **Hydro-Reflex Walk**

07:30 AM - 08:00 AM : Fuel your spirit with a **Satvik Breakfast**

08:00 AM - 12:30 PM : Heal right with Holistic **Therapies / Doctor Consultation**

10:00 AM - 11:15 AM: Refresh With **Juice Break**

12:00 PM - 01:30 PM : Savor goodness with a **Wholesome Lunch**

01:30 PM - 02:00 PM : Pause, breathe and **Relax**

02:00 PM - 05:45 PM : Rediscover yourself with **Holistic Therapies**

04:30 PM - 05:15 PM : Refresh with **Healthy Drinks / Energy Snack**

05:45 PM - 06:30 PM : Ignite inner strength with **Power Yoga / Aerobics / Aqua Yoga**

06:30 PM - 06:45 PM : Embrace a peaceful dawn with **Meditation**

07:00 PM - 07:30 PM : Empower your health with **Interactive Health Awareness**

07:15 PM - 08:30 PM : Engage in well-being with a **Eudemonia Dinner**

08:30 PM - 10:00 PM : Unwind with **Reading / Self-Assessment / Recreational Activities**

10:00 PM: Adjourn for the day and rejoice in your **Sweet Dream**

Note: All your meals and health drinks will be served at Annapurna Diet Centre.

NIMBA
NATURE CURE
AND HOLISTIC CENTRE

Life is not just about existing, it's about thriving!
Come, win at life with good health
at Nimba Nature Cure & Holistic Healthcare Centre!

To book your healthcation, connect with us today

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