



ātmaneem[®]
nature cure

PREMIER NATUROPATHY RETREAT



Are you
suffering from
Diabetes

High BP

Skin Problems

Body Weight

Mental Stress

GASTROINTESTINAL
and many
such diseases



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Irregular lifestyle
Unhealthy diet
Stressful environment

Are you suffering with diseases
caused by these lifestyle problems?

Do you wish to eliminate diseases
from its root cause?

Do you wish to remain disease free for life?



If the answer to any of the above questions is yes,
our expert team of doctors and

**world class treatment
centre is the solution.**



ABOUT US



ātmaneem nature cure is an advanced integrated holistic health care center in Gujarat. We have developed a very comprehensive approach to the system of healing, based on the ancient vedic science associated with international holistic therapies. At ātmaneem, the advantages of modern science and technologies combine with holistic medical science, to improve efficacy that provides result-oriented solutions.

Integrated System of Holistic Healing

- Naturopathy
 - Ayurveda (Panchkarma)
 - Yoga and Meditation
 - Physiotherapy
 - Special Therapies
 - Satvik Wellness Diet
- Consultation by expert naturopathy doctors
 - Customised curative programs

The chief medical officer at Aatmaneem - Dr. Joykumar Singh is a gold medalist in holistic medical education and possesses more than 30 years of experience in the holistic wellness field. He has been working in the field for Naturopathy, Ayurveda (Panchkarma), intensive Yoga treatment and Physiotherapy. He also has successfully treated more than 3 lac people through naturopathy.

70+
therapies

90+
disease treated

3000+
guests treated
successfully



TREATMENTS



GASTROINTESTINAL

- Constipation
- Dyspepsia
- Anorexia
- Hyper acidity
- Gastritis
- Duodenal ulcer
- Mucous colitis
- Ulcerative colitis
- Fatty liver
- Hepatomegaly
- Liver cirrhosis (early stage)
- Tonsillitis
- Laryngitis
- Reflux
- Pharyngitis
- Irritable bowel syndrome
- Hemorrhoids
- Chronic pancreatitis
- Piles

RESPIRATORY

- Allergic bronchitis
- Bronchial asthma
- Pulmonary fibrosis
- Influenza
- Sinusitis
- Emphysema

MUSCULOSKELETAL

- Osteoarthritis
- Rheumatoid arthritis
- Gout
- Cervical spondylosis
- Lumbar spondylosis
- Sciatica
- Ankylosing spondylitis
- Frozen shoulder
- Spondylolisthesis

SKIN

- Eczema
- Psoriasis
- Vitiligo (Leukoderma)
- Acne & pimples
- Skin allergy

NEUROLOGICAL & PSYCHOSOMATIC

- Neuropathy
- Hemiplegia (Paralysis)
- Insomnia
- Migraine
- Headache

CARDIOLOGY

- Hypertension
- Hypotension
- Angina pectoris
- Hyperlipidemia
- Dyslipidemia
- Coronary artery disease (early stage)
- Pre & post-operative cardiac care

ENDOCRINE

- Hypothyroidism
- Hyperthyroidism
- Goitre
- Diabetes mellitus
- Obesity
- Dysmenorrhea
- Secondary infertility
- Pre and post-menopausal syndrome
- Leucorrhoea
- Metrorrhagia
- Antenatal care
- Postnatal care
- Ovarian cyst

RENAL

- Renal calculi
- Nephritis
- Nephropathy
- Chronic renal failure (early stage)



THERAPIES



Mud Therapy

- Mudpack
- Mud plaster
- Mud bath
- Mud impression
- Combination therapy of mud and herbs

Hydrotherapy

- Deluxe colon hydrotherapy (advance colon cleansing)
- Deluxe hydrotherapy (underwater massage)
- Herbal colon therapy
- Herbal bath
- Mineral bath
- Jacuzzi hydrotherapy
- Whirlpool hydrotherapy
- Hip bath & sitz bath hydrotherapy
- Circular jet hydrotherapy
- Contrast hip bath therapy
- Arm & foot hydrotherapy
- Douche hydrotherapy
- Ion detox therapy
- Hot & cold compress therapy
- Spinal hydrotherapy
- Contrast foot bath
- Ice massage

Acupuncture & Reflexology

- Herbal therapy
- Herbal bath
- Herbal steam
- Herbal plaster
- Herbal pack

Ayurveda

- Panchkarma
- Podikizhi
- Nasyam
- Sarvangdhara
- Abhyangam
- Udvarthanam
- Shiro lepam
- Takradhara
- Shiro abhyangam
- Shirodhara
- Shiropichhu
- Pinzichil
- Basti
- Herbal lepam

Special Therapies

- Far Infra detox therapy
- Raaga therapy
- Cryolipolisis
- Ozone therapy

Chromotherapy

- Chromothermoleum bath
- Chromo bath
- Chromo health drink
- Chromo oil therapeutic massage

Yoga and Meditation

- Wellness yoga & pranayama
- Therapeutic yoga & pranayama
- Aquatic yoga for weight loss
- Yogic shat-kriya
- Yogic laghu-shankha prakshalan
- Therapeutic meditation

Physiotherapy

- Short wave diathermy
- Cervical & lumbar traction
- Ultrasound therapy
- Interferential therapy
- Pneumatic compression therapy
- Shoulder wheel
- Tense therapy
- Cryolipolysis

Therapeutic Massage

- Deep tissue massage
- Vibro powder massage
- Shiatsu massage
- Lomi lomi massage
- Herbal scrub massage
- Sea salt scrub massage
- Aroma therapy
- Hot stone massage
- Swedish massage
- Thai massage
- atmaneem special massage



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WELLNESS PACKAGES

ātmaneem nature cure's approach is different. Our aim is to create an experience where you are heard, understood, and are given the quality care that you deserve. You are not defined by your condition or disease, you are an individual with a unique medical history. We understand this, and do our best to provide the care that is personalized for you.

A. ātmaneem Rejuvenation Package

ātmaneem Rejuvenation Package provides a customized treatment program of every patient to fit their health condition, goals, and lifestyle.

Tariff rate per Day in INR*		
Types of Accommodation	Single Occupancy	Double Occupancy
Deluxe	7,000	11,000
Premium	8,000	13,000

*GST charges per Room per Day : Deluxe Room – INR 95 & Premium Room – INR 119

The above Wellness package tariffs include:

- Seventy types of therapies including a variety of therapeutic massages, mud therapy, hydrotherapy, steam therapy, detox therapy, chromotherapy, panchkarma (ayurveda), herbal therapy, reflexology, raaga therapy, herbal beauty care, yoga, pranayama and meditation sessions, and required physiotherapy treatments. Few special therapies are NOT included in the package rate
- Individual wellness meals as prescribed by the doctors which include breakfast, lunch, evening snacks and dinner. Also, a variety of refreshing and healthy juices are provided as recommended by doctors
- Accommodation as per your preference mentioned during reservation
- All the Amenities and Services mentioned on the website
- Free access to "Club Riverside" facilities
- Fresh herbal juices and any first aid medication prescribed by our doctor as a part of treatment.

Some of the popular treatment plans include:

- Stress and Immunity Management - 3 Days
- Immunity Booster - 7 Days
- Detox & Weight Management - 14 Days
- Anti-Ageing & Super Immunity - 21 Days

WELLNESS MEMBERSHIP

ātmaneem believes in being part of you and your family's long term wellness journey. With that intention, we now offer exclusive wellness membership to help you avail ātmaneem's services at much lower price!

Types of Accommodation	Days	Years	Price INR*
Deluxe	70	7	5,50,000
Premium	70	7	6,50,000

Some of the membership benefits include:

- Attractive offers and discounts
- All therapies included (special therapies at 50% discount)
- Accommodation and campus amenities included
- All meals and juices included
- Laundry service included
- Membership days are transferable at no extra cost

Primium Room Full furnished Living room + Dinning + Bedroom

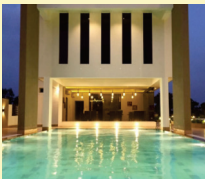


Deluxe Room Full furnished Bedroom





ātmaneem campus



Campus - 5 Km. from Cricket Stadium, Rajkot - Jamnagar Highway, Rajkot.



City Office - 1204 Space Odyssey, Nr KKV Hall, 150 ft Ring Road, Rajkot.