

YOS



AYURVEDA

NATUROPATHY

PANCHAKARMA

YOGA



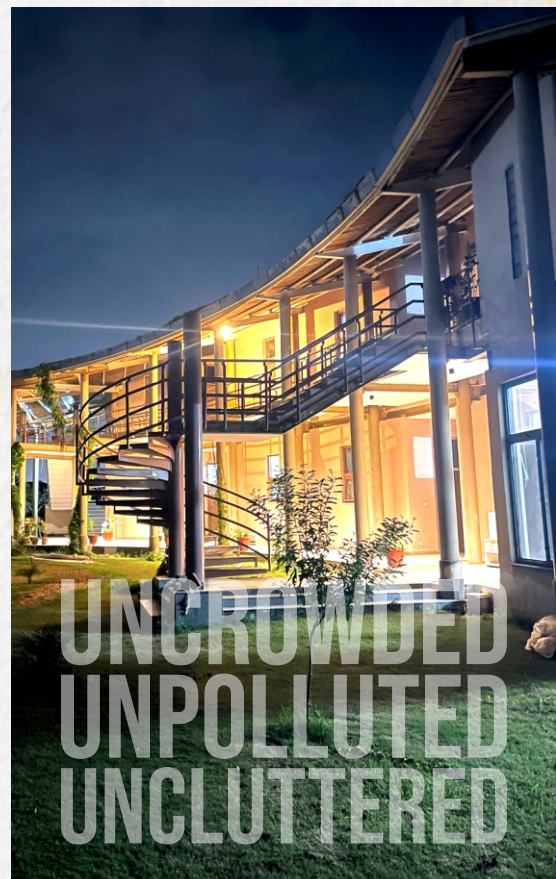
AYURVEDA aims towards a long & above all healthy life in the sense of a balanced style of living — based on the three pillars of body, mind and soul. The emphasis here is not only on the treatment of disease, but also on prevention through purification and revitalisation. It arose about 5000 years ago in India and is considered the world's oldest documented system of medicine.



NATUROPATHY is the most ancient health care mechanism that amalgamates modern scientific knowledge with traditional and natural forms of medicine. Relying on the healing power of nature, Naturopathy stimulates the human body's ability to heal itself. It is the science of disease diagnosis, treatment, and cure using natural therapies.

WHO *We* ARE

We are India's most trusted and authentic Ayurvedic Treatment and Wellness Health Resort. YOS Naturopathy & Ayurvedic Resort is one such technology offering one stop wellness platform that provides wellness packages and treatments. Our Ayurvedic and Panchakarma practitioners are highly trained and have core knowledge of modern Ayurveda. We are extremely selective about our panel of experts. Each specialist is handpicked and is the best in their respective field. Our experts include Ayurvedic doctors, wellness practitioners, nutritionists, organic farmers and hoteliers. Our vision is to make authentic Ayurveda, Naturopathy and Yoga available across the globe at jaw dropping prices.



"YOS" Naturopathy & Ayurvedic Resort in Murthal brings to you the expertise of the best Ayurvedic & Naturopathy Hospital established within a relaxing ambiance of a holiday retreat. Here you can experience traditional Ayurvedic treatments, wellness packages, yoga practices and mud baths while enjoying the natural amenities and breath-taking views.

ABOUT PACKAGES

We offer some of the most popular treatment packages that are specially designed to meet your needs. We also customize the packages as per your exact requirement to get the desired results. Each package comes with a luxury stay on a twin sharing basis, expert Ayurvedic doctor and dietitian consultations, multiple treatments and therapies, steam baths, mud baths, yoga and meditation classes, all meals, and more. The team at YOS Naturopathy & Ayurvedic Resorts comprising of Resident Physicians, Therapists and Chefs work closely with you to ensure that you achieve the desired results from your time with us. For any assistance in deciding which package suits you best, you can contact us at any time.



Experience at YOS



All the treatments are done under the supervision of qualified Ayurvedic practitioners. Yoga and Meditation sessions under Yogis with decades of experience. Managed by highly experienced Ayurvedic pharmacists who ensure that best quality herbs, Kerala made oils and other ingredients are used throughout the therapy to give you optimum results. Well-equipped A/C room for accommodation. Pure vegetarian food is prepared under the supervision of the best dieticians. We have internet facility, a library, yoga and meditation hall, laundry services, a long track for walking and running, scenic views and much more.

AYURVEDIC *Therapy*

- Abayangam
- Swedanam
- Pizhichil
- Lepam
- Janu Vasti
- Njavarakizhi
- Shirodhara
- Udwarthanam
- Takradhara
- Siro Vasti
- Griva Vasti
- Kati Vasti
- Nasayam
- Kashaya Vasti
- Netra Tarpanam
- Siro Abhyangam
- Dhanyamla Dhara
- Kashaydhara
- Patrapotali Sweda
- Sarvanga Ksheerdhaara
- Mukha Abhyangam
- Mukha Kanthi Lepam
- Churna Pinda Sweda
- Jambheera Pinda Sweda



NATUROPATHY *treatment*

- Mud Therapy
- Mud Bath
- Mud Pack
- Mud Pool
- Hydro Therapy
- Hot & Cold Therapy
- Hip Bath
- Spinal Spary
- Arm Bath
- Foot Bath
- Spinal Bath
- Detox Tub Bath
- Jet Spray Therapy
- Color Therapy
- Aroma Therapy
- Enema
- Jalaneti
- Sutraneti
- Shankhprakashlanm
- Acupressure
- Swedish Massage



Packages

Ayurvedic & Naturopathy Treatment

7 DAYS 6 NIGHTS

14 DAYS 13 NIGHTS

21 DAYS 20 NIGHTS

Spinal Care Program

This package helps in curing Cervical Spondylitis, Lumbar Spondylitis, Sciatica, Spinal Degeneration, Slip Disc, Nerve Compression, Degeneration changes in Lumbar Region, Frozen Shoulder, Thoracic Spondylitis. Spasm in Back Muscle. Back pain related to Work Stress, Herniated Discs, Spinal Cord Compression, Vertebral Fractures.

Arthritis Care Program

This package helps in curing Osteoarthritis, Rheumatoid Arthritis, Thumb Arthritis, Joint Pain, Back Pain, Gout Arthritis, Osteoporosis, Complete Vata Disorders.

Kayakalpa Chikitsa Program

This package helps in reducing the ageing processes and arresting the degeneration of the body cells, Multiple Sclerosis, Cerebralpalsy, Paralysis, Hemiplegia, Facial Palsy, Polio etc.

Diabetic Care Program

This package helps in curing Diabetic Foot, Diabetic Neuropathy, Cholesterol, Eye Damage due to diabetic neuropathy, cardiovascular disease, Pain in Calf Muscle, Weakness in all body, Frozen Shoulder & back pain,

Skin Care Program

This package helps in curing Psoriasis, Dermatitis, abnormal pigmentation of skin, peeling skin, itchiness, scaly or rough skin, Eczema, Cellulitis, Vitiligo, Wart (mausa), Seborrheice, Acne, Eczema, Impetigo, Discoloured Patches of Skin, leukoderma and Skin allergy, Swelling of skin.

Weight Management Program

This package helps in curing Metabolic Disorder, Fatty Liver, Osteoarthritis, Gallbladder disease, Kidney Disease, Pregnancy Problems, Sleep Disorder, inappropriate level of cholesterol

Rejuvenation Package

(Rasayana Chikilsa)

This package helps in curing Sexual Disorder, General weakness, Sperm Count Improves, Strength and Stamina, its improves Immunity and Vitality,

Life Style Management & Relaxation Program through Naturopathy & yoga

This is an ideal program for all health seekers who loves the natural living through yoga and naturopathy.

Ayurveda Treatment is not included in this package.

Packages



Ayurvedic & Naturopathy Treatment

3 DAYS 2 NIGHTS

7 DAYS 6 NIGHTS

14 DAYS 13 NIGHTS

Stress Management Program

This package helps in curing Migraine, Insomnia, Phobias, Heart Disease, Irritable Bowel Syndrome (IBS), Tension, BP Sugar, Alzheimer's Disease, Common Cold, Depression etc.

Beauty Care program

This package helps in curing Acne, Pigmentation in face and body, Peeling skin, dark circle around eyes. Fairness, Dry skin, cold sore, Skin Discolouration, Rosacea

Eyes Care

This package helps in curing Cataract Glaucoma, Diabetic retinopathy, Age related Macular degeneration in eyes, Refractive Errors, Color blindness, Eye discharge eye redness, eye pain, eye irritation eyelid redness, puffy eyes

Hair Care

This package helps in curing Dandruff, hair loss, Alopecia, Scalp infection. Premature Greying of hair, pattern hair loss

Detox Program

This package deals with Kidney Cleansing, Liver Cleansing, Colon Cleansing, Chronic Constipation, Allergies, Skin diseases due to impurity of blood, Asthma, Indigestion, Sinusitis.



Customer Testimonials



Dr. Rajesh Bala



My hunger for naturopathy, panchkarma and ayurveda got me at YOS and yes it is a perfect place. Have visited many more places before. But the ambiance and yummy organic food impressed me a lot. Staff members were humble enough to make me feel more relaxed. Would like to join for some more sessions. Overall a good experience.



Mr. John Zang



I Have been here twice for detox program and looking for many more visits for sure. What I like most is the specialised kerela staff with full of enthusiasm. This place is surrounded by beautiful trees and soothing greenery. I am from Delhi and it's very easy for me to jump in as it is easily approachable. I am in love with their food too. Satvik yet tasty food served to me. Thanks to YOS Ayurveda.



Mrs. Shalini Shah



YOS is a hidden gem, Their perfect blend of Yoga, Ayurveda, Naturopathy and Panchkarma are really effective. Authentic treatments was given to me by experienced team and i was literally amazed with the outstanding result. i surely recomend yos for perfect result.

वायु पिततं कफषचेति त्रयो दोषाः समास्तः ॥

विकृता विकृतादेहं घ्नन्ति ते वर्त्तयन्ति चा ।

Vata, Pitta and Kapha are three Doshas of the body.
Perfect balance of three Doshas leads to health. Imbalance
in Tridosha leads to diseases.



— www.yoswellness.com —



For Reservations & Enquiry

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*Scan the QR Code
for WhatsApp.*



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to Reservation.*

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