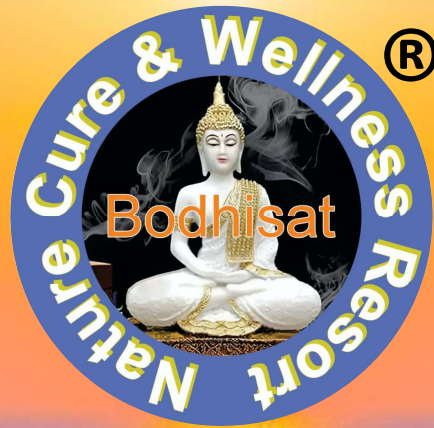


BODHISAT

NATURE CURE & WELLNESS

RESORT®



*The Art of Natural Living
Is the Art of Natural Healing*

Our Vision

The Vision of Bodhisat Nature Cure & Wellness Resort is to promote a Naturopathy (drug-less) therapy which combines Nature Cure with Yoga & Meditation and to make the patient understand the abundance of nature medicines, inculcate among them the habit of vegetarianism, regulated eating habits, exercise, life-style modification and to take the concept to all strata of the society (A healthy and a holistic lifestyle).



Our Mission

The Mission of Bodhisat Nature Cure & Wellness Resort is to spread the knowledge, awareness and promote Naturopathy & Yoga in treating various diseases through holistic approach with no side effects, so that every human can live and enjoy a healthy life. Reach to the rural areas layman for providing physical and mental health”.

"We help you to make the Rest of your Life the Best of your Life through Natural Science and Spirituality“



Mr. Nicolas Kamlesh Pranlal
Managing Director



Mrs. Puja Chaganlal
Director

Service to Mankind is Service to God

With a dynamic vision and a Mission set in Mind, and his dream to serve the mankind and to guide towards the righteous path of living a healthy and a happy life, the Backbone and visionary Man behind this Project, The Managing Director of Bodhisat Nature cure & Wellness Resort, Mr. Nicolas Kamlesh Pranlal.

“He who dares to dream has a world to win.” After a rigorous workout from designing to executing the project, My only focus was to leave no loopholes in building during the construction phase, to understand the requirements at each and every level, to understand the basic needs that shall be of the utmost benefit to my guests and successfully execute the plan and construct as per the requirement. It has been a tireless journey to achieve and complete this project. With the Support of my family and Director Mrs. Puja Chaganlal, this project has come to life, where we shall blossom together.

This project is built to cover the all segments of health and welfare through nature cure without harming the human body and also the nature. The use of natural products and herbs lives no finger prints to the pollution of environment too.



- *Bodhisat Nature Cure & Wellness Resort is a dynamic multi-facility Nature Cure Centre situated on the picturesque banks of Arabian Sea Lagoon, surrounded by lush greenery and peacefulness. The most captivating and enchanting surrounding of the Portuguese colonial Island of Diu– a must visit tourist place, with Historic sites and landmarks is just a few kilometers away from our Wellness Resort.*
- *Experience a holistic healing in the lap of Mother Nature. Bodhisat is specifically & carefully designed with luxury/semi luxury accommodation of 23 Rooms- 57 guest occupancy, swimming pool, Gymnasium, Separate Male/Female Therapy facilities, outdoor/indoor Yoga & Meditation facilities, Open Air Theatre, and much more. We have special outdoor treatments that include Salt Water Pool, Sand Therapy and Mud therapy. A team of well qualified Doctors and therapists and a Physiotherapist will look after and take utmost care to ensure your well being.*
- *Restore your spiritual, mental and physical wellbeing. I welcome you all to Come and be the part of Bodhisat Nature Cure & Wellness Resort. Join this Abode to refresh and rejuvenate yourself in harmony with Nature.*

DOCTOR'S DREAM: NATURE'S DIVINE HEALING POWER

The purpose of life is to become Conscious. Appreciation and Love for Mother Nature from childhood days has rendered me immense joy with a healthy and a happy life. To make people Health Conscious has always been a motto of my life. I have always strived to be closer to nature and adapt to natural healing power.

My own conviction and study in Homeopathy and as a Naturopathy Physician has led me to conclude that Allopathic practices in the long run mark an inevitable side effects of the medicines which eventually has adverse effects on the overall Health. This led me to continue the journey in to the naturopathy field.

Till today, that is since 30 years Mother Nature has not only conferred me with good health but also has educated me in the art of Natural living & Natural healing – a way of life over flowing with enthusiasm, Love and Inspiration which I truly want to share with others who are not only suffering from pain and stress but also those who have the inclination to go back the Natural way of living. Over and above the blessing from elders, Knowledge, experts and guidance of my Gurus (Teachers) has helped me in accomplishing my aspiration.

To live a happy, Healthy, and a prosperous life, together let us purify and cleanse our body by adapting a healthy lifestyle.



Dr. Paresh Gandhi

CMO & Health Counsellor



Our Location...Situated near the Beautiful Island of Diu

*Diu is a beautiful and a Portuguese colonial Island and a Union Territory of Daman-Diu Dadra and Nagar Haveli. It is located in southern creek of Saurashtra- Kathiawar Region. The island is spread across an area of 38 Sq.km, with an approximate population of 50K to 1 Lac residents of this coastal region. It has a major community of fishermen in the area. **Bodhisat Nature Cure & Wellness Resort** is located in the village of Vansoj which is approximately 8Kms from Diu City Center. Plot no.124/P-1 Behind Sai Nagar Society, Vansoj- Olvan Road, Vansoj-UNA, Gir Somnath Gujarat – 362510*

Accessibility

Diu is easily accessible through various modes of transport like air, road, and rail. Regular Flight Service from Mumbai, Ahmedabad, Surat & Goa are available. Helicopter Services to and from Diu-Daman available. Nearest railway is connected from Veraval city (95Kms from Diu) for all major stations across India. GSRTC and private bus services available to all major cities from Diu and Una. Auto-Rickshaw and private buses and taxi services available for local commute.

Tourist Attractions in Diu



- *Diu is a major tourist attraction and a place to visit.*
- *Gangeshwar Mahadev Temple, Hanuman Temple some of the Holy places to visit.*
- *The Diu Fort and Pani kotha*
- *Blue Flag Ghoghla Beach, Nagoa Beach, Chakra Tirth Beach*
- *The Khukhri Memorial*
- *Naida Caves*
- *Diu Church, a historical preserved site to visit along with the museum*
- *One of our Jyotirlinga -Somnath Temple, 80Kms from Diu*
- *Sasan Gir, Lion National Park, A forest area to visit Asiatic Lions, 85kms From Diu*





***“Health, that precious heritage of
Priests and layman, fool and sage!
It’s worth a hundred times its cost
But no one learns that, till it’s lost.”***

The voice of Nature, the Power of Healing

Healing is a function inherent in all the tissues and cells of the living organism and there is a constructive force which works towards the restoration of the bodily equilibrium.

All we have to do is to help the patients to create conditions wherein this constructive force can be enabled to manifest itself more and more effectively. In other word we have to stress the observance of vital economy. This is the very foundation of the Nature-Cure System. Bringing self awareness and realization to eradicate the ill effects of unnatural, unhealthy and artificial remedies is the need of the hour.

Why the science of Naturopathy for all human begins? A Panacea

Science of Naturopathy is science of Natural healing by Natures five elements (Fire, Earth, Air, Water, and Sky). Nature cure is an art of Natural living.

Nature cure is an art and science of healthy living and a drugless system of healing based on Well-founded life-science philosophy. It has its own concept of health and disease and also principle of treatment. Nature cure is rightly defined as a system of man building in harmony with constructive principles of nature on physical, mental, moral and spiritual planes of living. It has great health promotive, disease preventive and curative as well as restorative potential.



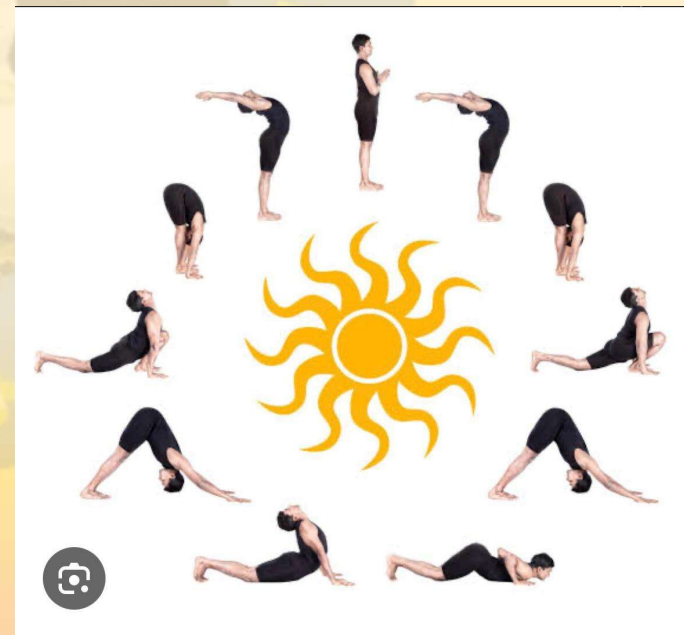
Nature Cure is a very old science of Healing and Art of Living. We can find a number of references in our VEDAS and other ancient texts. The “Morbid Matter Theory,” “concept of Vital force” and other concepts upon which Nature Cure is based are already available in old texts which indicate that these modalities were widely practiced in ancient India.

The Swasthavritta described in Ayurveda is basically Naturopathy. In ancient days the job of a physician was not confined to treat the disease but also to educate the people in adapting and practicing healthy lifestyle. Subsequently Vaidya drifted from their principal responsibility of giving proper health education to people and in regard to the principles of healthy living as well as living and eating habits and confined themselves only to prescribing medicines to the patients. This deteriorating trend resulted in the need of naturopathy as a science of healthy living, because the rectification of eating and living habits is more important than medicine....

Nature cure is very beautifully explaining this principle, “A disease can be overcome by regulating diet without any medicine. But a man whose diet is not regulated cannot conquer disease even after taking hundreds of medicines. There is no better medicine than the choice of food according to one’s hunger and constitution. A man can remain forever healthy through the right choice of food alone. A man cannot survive without food even while taking medicine. Therefore, great physicians have regarded the right choice of diet as the best remedy.”

Nature has provided all that’s required for our health and happiness. The present tendency among the people is, by and large, to take for some remedies, after health is lost. Many people might be misled by the perverted nature curists, who claim, wrongly though, that they are more, advanced, forward-looking, than people who prefer to follow the simple time tested, hygienic ways of life. We, who, believe in basic nature cure, have no use whatever for this suppressive method or for their advocates.

Let not the basic nature curist remain content with only helping the sick to recover, through hygienic methods. Let them take the message of hygiene to all so that everyone could be made health conscious, so that everyone could follow natural hygiene in his/her daily life, so that the present tendency to look for remedies is checked to the greatest extent possible.



We, the team at “Bodhisat Nature cure and Wellness Resort” truly want to fulfill the dream by utilizing natural healing methods inherited by our traditional knowledge.

We do natural healing treatments by relaxing and detoxifying in different ways of alternative or integrative therapies, consultations and counseling by our expert and experienced team of Doctors and Therapists.



Bodhisat Nature cure and Wellness therapies

The patients or health seekers being admitted in our Bodhisat Nature Cure and Wellness Resort are advised to stay for a minimum 7 days in order to experience the ultimate benefits of nature cure system, Natural living, Yoga and Meditation.

We provide various Massages such as Specific Therapeutic Massage, Deep Tissue Massage, Hot Stone Massage, Vibro Powder Massage, Patra Potli Massage, Shirodhara with Massage, Udhvarthana Massage, Aroma Relaxing Massage, And Therapies such as Mud Therapy & Sand Therapy, Acupressure and Acupuncture, Hydrotherapy; Sauna Steam Bath, Pool Yoga, Pebble Walk, Salt pool, Physiotherapy and Electromagnetic Therapy, Diet Cure and Wellness food, Yoga– Meditation - and Pranayama, Laughter Yoga and Yog Nidra, Panchakarma and Basti Treatments.

ABHYANGAM/ MASSAGE THERAPY



Abhyangam ("oil massage") is a form of ayurvedic therapy that involves massage of the entire body from the head to the toe with Dosha-specific warm herb-infused oil. The oil is commonly pre-mixed with herbs for specific conditions. Massage has a huge variety of benefits, especially when encompassing its various types. Most effective benefits are: -

- ✓ Reduce stress & improve relaxation
- ✓ Beneficial in Vatta-Pitta-Kapha diseases.
- ✓ Beneficial in Insomnia, Improve Blood Circulation and Elasticity of muscles and nerves.
- ✓ Reduce pain, tension & muscle soreness
- ✓ Increased joint mobility & flexibility and reduces stiffness
- ✓ Enhances energy, alertness, & Vital function of the body.
- ✓ Balances Heart rate & Blood pressure
- ✓ Improves immune function
- ✓ Stimulates lymphatic system

Potli Massage: Potli massage therapy is an ancient Ayurvedic technique that involves the use of heated herbal poultices, also known as "Potlis". These potlis are filled with a combination of specific herbs, oils, and spices that are carefully chosen based on your individual needs and health goals. The heated potlis are applied to specific points on your body to provide targeted therapeutic effects.



Massage



Shirodhara with Massage





Mud Therapy

Various Mud Application helps to reduce toxicity and inflammatory condition from the body. This therapy helps to treat various skin diseases, acne and black spots.

- Pimples on face, Eczema, Dermatitis, Psoriasis.
- Kidney & liver diseases
- Gout & joint Pains
- Intestinal cramps & others

Sand Therapy

A Sand bath is natural therapy, mainly used as an analgesic treatment for chronic rheumatism and neuromuscular pain. The history of this practice dates back to the ancient Greeks who used it to treat the pain of osteoarthritis and rheumatoid arthritis. Cover yourself in warm sand from chest to toes as your body indulges in a detoxifying element from the incredible minerals present in the sand. Discover the rejuvenating power of our sand body bath therapy.



ACUPRESSURE & REFLEXOLOGY

Reflexology is similar to acupuncture and acupressure in that it theorizes an influence on the body's vital energy through the stimulation of points on the body. **Foot**

Reflexology helps in :

Stress Management

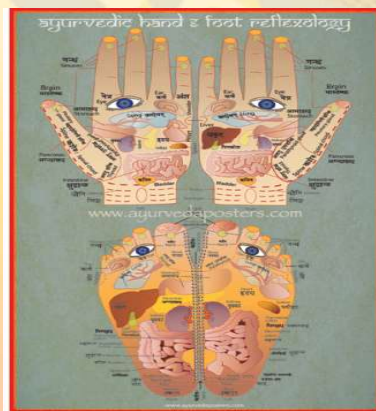
Pain & Inflammation

Indigestion & Constipation

Eye Weakness, Headache, Migraine

Sound sleep

Diabetes



ACUPUNCTURE

Acupuncture is part of the ancient practice of Traditional Chinese Medicine (TCM). TCM is a system of healthcare that has evolved over thousands of years to prevent, diagnose, and treat disease.

- Helps to manage Chronic pain, Osteoarthritis.
- Headaches & migraine
- Addiction, Reduced cigarette & Tobacco craving
- Reduces blood pressure, relief from digestive imbalance, and reduce inflammations
- Menstrual Cramps & PCOD



Steam Bath

Steam Bath either in steam box or in sauna steam is one of the most important treatment in Naturopathy center, which induces effective perspiration and detoxification. The steam bath helps to eliminate morbid matter from the surface of the skin. It's stimulating effect also improves the circulation of the blood and tissue activity. It helps in oxidation of Glucose, Burning of fat, Toxic fluids, and inflammatory pains in the body. The steam bath is helpful in all forms of chronic toxemias.



Hip Bath

Hip Bath is best hydrotherapy treatment in Nature Cure.

- Useful in Indigestion, constipation, Gastritis.
- Helpful in menstrual problems like irregular menstruation, premenstrual, pre and post - menopausal problems.
- Regular Hip bath relives piles and body heat.
- Helps in enlarged prostate gland, seminal weakness, impotency, sterility.



Spinal Bath

The spinal bath is another important form of hydrotherapeutic treatment. This bath provides a soothing effect to the spinal column and thereby influences the central nervous system. It is given in a specially designed tub with its back raised so as to provide proper support to the head. The bath can be administered at cold, neutral and hot temperatures which gives desired effects on the body.



Hot Arm and foot bath

Water therapy given by immersing both arms and feet in Hot/cold water up to above elbows and calf muscles, respectively in a specially designed equipment.

Immerse your exhausted, aching feet and arms in a relaxing, hot arm & foot bath therapy. In this therapy, both the feet and arm are immersed in hot water in a specially designed tub, resulting in profuse sweating of the body, where congestion in head region is diverted to the legs



Aqua Yoga

Aqua yoga is a gentle form of water aerobics that involves performing yoga poses in the water. Aqua yoga is being preferred by people looking to improve their flexibility and mobility, enhances the potential of joint movements, helps heal insomnia, soothes the nervous system, calms the mind, relieves stress, aids in detoxifying the body.

Hydro colon Therapy

- Hydrotherapy of the colon, also known as colonic cleansing or irrigation, involves using water to flush waste out of the large intestine.
- The colon is the large intestine, and it absorbs water and salts from the waste material that has traveled through the body.
- Useful in weight loss, Body detoxification, better digestion, and regenerate overall body energy.





Pebble Pool

Walking on pebbles also known as pebble walk – tracking can have many benefits

- *Pain relief, Improve physical and mental wellbeing.*
- *Walking on cobblestones can improve your strength, Balance and walking.*
- *Reduce blood pressure and improve fitness*
- *Improve mood and give better sleep*
- *Pebble walking stimulates the acupoints on your feet.*

Salt Water Pool

- *Saltwater pools are gentler on your body and mind.*
- *Saltwater pools are good on the eyes, Hair and skin.*
- *As a sea water is good for sanitary purpose, here salt water partial bath relax all Mind, Body and tension.*
- *Saltwater promote the body's natural relaxation process and stimulating more effectively.*
- *Exposure to salt water also soothes sore muscles, stiffness from arthritis.*
- *The cosmic power of Natural water body from SEA Waves Relaxing everyone's mind and body.*
- *Salt-Water Pool walking can improve lung's functioning and it also help in detoxification.*



Meditation is better than Medication



Laughter is best Medicine



- *Yoga is an ancient practice that has originated in India. Yoga is a mind and body practice that can build strength and flexibility. It may also help manage pain and reduce stress. Various styles of yoga combine physical postures, breathing techniques, and meditation. A regular yoga practice can promote endurance, strength, calmness, flexibility and well-being .*
- *Overview of Yoga and Nature Cure Philosophy enhance the trinity of life i.e. Mind, Body and Soul. This can be easily learnt and practiced at Bodhisat Nature Cure & Wellness Resort.*
- *There are several types of Yoga – Meditation and many disciplines to learn in our. To meditate means to be aware, to be conscious towards innerness and make sense of wellbeing in the knowing Thyself.*
- *Mediation is a practice that involves focusing or clearing your mind using a combination of mental and physical techniques.*

Wellness Diet at Bodhisat

Fasting is the best Alkaline Dose for Hyperacidity and Ulcer, fasting is house cleaning process for all diseases, its Physiological Vacation for internal body.

One of the most crucial things to maintain a healthy lifestyle is to make good food choices, but we need to pay more attention and learn healthy eating habits while enjoying meals. Learning the healthy food habits is the key to prevent unintended health problems. To change our eating habits, we must learn to eat mindfully, being more aware of chewing and tasting what we eat so that the brain can register the incoming nutrients.

Good nutrition and vitamins do not directly cure disease; the body does. You provide the raw materials and the inborn wisdom of your body makes the repairs. Come; indulge in an organic, simple satvic yet tasty and healthy food served in our premises.

We should eat for Health. We generally eat for palate. We find taste through the tongue. Food that lasts is also food that is almost lost. Foods that contain the life-giving Properties also go bad very soon. That is why it is often repeated that food should be fresh. Dietetic Righteousness will ensure that one should keep his stomach in tone till a ripe old age for those suffering from indigestion. "One should eat what he Require not to eat for Desire"

Let us keep aside all our cravings for the artificial and unhealthy food, and let's become more conscious and aware of the natural eating habits and indulge in a healthy palate of fresh and organic diet.



Together Let us brew a healthy cup of Herbal Tea.....

Ingredients:

200ml water

½ teaspoon Ajwain

5gms Ginger

15 gm Jaggery

10 gm fresh lemon grass

10 gm mint leaves

Pinch of Salt/Rock salt

Method:

Take a pot and pour the water and keep on stove to boil. Grate ginger in the water and add all the given ingredients. Boil it for 5-6 mins. Lastly add a pinch of salt. Strain it in a Cup and enjoy the healthy sipsss.....

Dreams do not come true just because you dream them! Let us awaken. Let us move into an abode of love, happiness and wellness. It will automatically re-direct you to a robust living.

So here we Are! At Bodhisat offering you a dedicated team, who under the umbrella of Nature, Welcomes you all to divert and indulge yourself to live Healthy, Happy and Holly.

“Health is a state of Body. Wellness is a state of being.”

We at Bodhisat Nature Cure & Wellness Resort, offer all health seekers with various packages to suit their needs. Depending on the requirement, either to detox or relax, or to treat and cure any specific disease, our packages are designed to give you an enhanced experience at every level.

Various Treatments Packages in Bodhisat Nature Cure and Wellness Resort

- All for health – Health for all – Regular Detoxification and treatment package
- Bodhisat Diabetes Management Package
- Weight loss/ Obesity Management Package (Includes GIT Treatment)
- Arthritis and Pain Management Package
- All in one Stress Management Package (Anxiety, Insomnia, Depression, Hypertension, Heart diseases, Neurological and Endocrine diseases)
- One day Walk-in Package available for experience



Glance at the Facilities offered at Bodhisat

Our Vedic Sanskriti the 'Vedas' says that the 'Shrushti' (the material existence) consists of 'Panch Tattva' (five elements) i.e. Prithvi (the earthly material), Jal (the water i.e. liquid material), Agni (the fire i.e. the combustibility), Vayu (the air material) and Akash (the ethereal material). And here at the naturopathy center the facilities are created by incorporating these five elements to balance the environment.

- **The Therapy Pools: Pebble Pool Therapy** is a natural healing practice where walking on smooth pebbles in water stimulates pressure points, improves circulation, and relaxes the body and mind. **Salt Water Therapy** is a natural healing practice that uses the minerals of salt-infused water to detoxify, relax muscles, improve skin health, and enhance overall well-being.
- **The Havan Shala:** The Yagya purpose from Agnihotra signifies the Agni Tatva (fire element) of the Panch Tattva, as the work of Agni is to purify. The sacred chants recited during the Havan and the ingredients added in the yagna purify the surrounding air, thus giving a pure and positive vibe and aroma of sacredness that heals your body, mind and soul.
- **Yog – Meditation – Upasana Kutir** – Our Most Rest, Relax and Repair place in **Bodhisat Nature Cure and Wellness Resort** to rejuvenate oneself, gain positive power to fight against all weaknesses and diseases and Emphasize Happiness and Laughter in life.
- **Swimming pool** – As hydrotherapy is most important part in Nature cure we are applying Aqua Yoga, Aqua Meditation, Aqua Walk exercises for improving circulations and metabolism of body, along with relaxation. Our Natural Salt-Water pool will help in relaxing all your muscular pains.
- Along with several indoor treatment and Amphitheater to enjoy outdoor activities, wonderful walking track, Padmavyuha- treat your feet and walk through the circle of brain, are some of the facilities available at our Resort. Our team is constantly engaged to introduce healthy activities with Music, Meditation and Masti for all age groups .

BODHISAT HEALTH CARE MEMBERSHIP				
Room Type	Single Occupancy (Sharing)	Double Occupancy	Days	Years
Deluxe	Rs. 2,50,000		70	7
Super Deluxe	Rs. 3,00,000	Rs. 5,00,000	70	7
Premium		Rs. 6,00,000	70	7



Rest, Relax & Repair

Bodhisat Package Rate (7 Days)					
	Sharing		Single Occupancy		Double Occupany
Packages	Deluxe Room	Super Deluxe Room	Super Deluxe Room	Premium Room	Premium Room
Detox Package	22750	27090	40635	45675	60900
Diabetes Package	26320	29050	43575	48825	65100
Weight loss Package	29750	33075	49613	55020	73360
Pain Management	33040	36120	54180	62580	83440
Stress Management	38850	41650	62475	67725	90300
** Note: 1500/- CRD + GST will be applicable on above rates. Alternate medicine insurance can be claimed as per Terms & Conditions.					

Member's Benefits:

- ✓ All therapies are included (Special Therapies are at 50% discount as per Doctor's advise)
- ✓ Accommodation and Campus Amenities are included
- ✓ All Meals, Snacks, Herbal Tea & Juices are included
- ✓ Laundry Service included
- ✓ Booking Priority as per availability
- ✓ Membership days are transferable at no extra cost
- ✓ Extra person with Members will be at Discounted Rate

Additional Service Available

- Additional Service Available
- Pick up or Drop from the Airport/Bus Stop will be charged Extra on prior booking
- Purchases from Internal Shop will be charged Extra
- Any Clinical Laboratory test and Sugar will be charged Extra (If required by Doctor)
- Any Kind of Medicines are not included in treatment
- The attendant if permitted by Doctor's will be charged Extra
- Bring Swimwear for Aqua Yoga

Address:

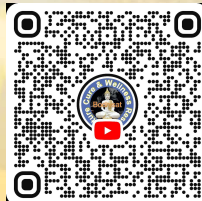
Bodhisat Nature Cure & Wellness Resort
S.No. 124/P1, Vansoj-Olvan Road,
Village: Vansoj, Ta. Una, Gir Somnath,
Gujarat – 362510.

Contact:

Info.bodhisat.wellnessresort@gmail.com

Mobile: +91 75740 26261

Landline: +91 75740 26266



....Note to Remember....

All Health Seekers coming to Bodhisat Nature Cure & Wellness Resort will get booking appointment/confirmation after the final consultation/approval by Chief Medical Officer/ Resident Medical Officer

