

# Naturopathy Cure for Every Ailment

Aarogyam Spa at Aahana Resort is a secluded wellness oasis in Jim Corbett National Park. Dr Neeraj Pandey shares his idea of healthy holiday experiences with us

by Aarti Kapur Singh



**Please tell us about your professional background.**  
I graduated in Naturopathy and Yogic Sciences from Rajiv Gandhi University of Health Sciences, Bangalore. In a professional capacity of eight years, I have served at many reputed naturopathy health resorts and hospitals of India and Nepal. My specialty and skills include weight management through diet counselling, yoga and exercise therapy, controlling diabetes, hypertension through diet counseling, special yoga techniques and detoxification, pain management with acupuncture, acupressure, physiotherapy and manipulative therapy preventive care and promotion of health through nutrition and dietetics, naturopathy and yoga as well as post rehabilitative fitness programmes for those diagnosed with a lifestyle-related medical condition after it has been formally diagnosed as medically necessary extended care and alternative medicine.

**What are your views on the growing wellness industry in India?**  
That the wellness industry is on a surge is stale news. What is interesting is that people have realised that a one-time spa contact is not going to help. Wellness staycations or health holidays are now popular. As a physician, I can confidently say that they are also more effective.

## What is the USP of the spa?

Aarogyam offers healthy holiday experiences that combine relaxation and time for reflection with an energetic regime of yoga. Traditional and modern therapeutic massages, mud baths, hydrotherapy and a nutritious diet under doctor's supervision, provides a profound and nurturing holistic experience. There are specific programmes for weight management, detox, anti-ageing, stress management and more. Organic home grown plants and medicinal herbs are used for various therapy products.

## What are the therapies offered?

Aarogyam is a Sanskrit word which means 'free from illness' which is also called a state of complete health. We promise a transformational experience for the body, mind and soul through the five elements of nature – the holistic earth, soothing water, fiery fire, invigorating air and energising space. Well-crafted wellness packages are the combination of healing therapies incorporating traditional ayurvedic, naturopathy, yoga and contemporary spa procedures, in a luxurious setting. The therapies not only guide you to a preserve health and treat health disorders naturally, but also promote anti-ageing natural therapies. The Aahana Signature Massage is a blend of therapies, such as, aromatherapy, Swedish massage, deep



tissue massage, gentle connective tissue massage, detoxifying manual lymphatic drainage or balancing reflexology, all coupled with a personal blend of aromatic oils. This ideal holistic therapy interrupts stress patterns, remedies aches and pains, strengthens the immune system, strengthens your organs and creates an intensely deepened state of relaxation followed by a renewed sense of vitality. Similarly, our homemade facial utilises nature's luxurious essential oils, fruit extracts, nuts, honey and herbs containing antioxidants, vitamins, minerals and live body-friendly enzymes to nourish and replenish the skin with a pressure point facial massage. Also included with this facial is a foot reflexology session with a custom essential oil blend. Aahana Signature Herbal Aromatic Mud Bath involves three steps: the rich natural mud application, the open shower and the aromatic steam bath. The combination of clay, aroma oils and natural herbs packed with natural vitamins and mineral salts, increases circulation, relaxes muscles and joints, breaks down the fat cells, detoxifies and leaves the skin soft and renewed. While you relax, your attendant will apply a clay facial mask. The Couple's Paradise is an experience and involves the application of a customised detoxifying body scrub, followed by a body massage, nourishing herbal facial, steam and sauna bath, to heal, detoxify and melting away your stress, easing the body and spirit.

## What are the spa facilities?

There are two in-house doctors for

consultation, four individual massage rooms, two couple rooms with attached steam bath, one beauty therapy room, one pre and post treatment relaxation room, four steam rooms, two sauna bath rooms, two jacuzzis, meditation and yoga rooms, areas for sand bath and mud baths, open shower area, fitness gym and an organic garden

## What are the main challenges that you face?

In terms of client sensitisation, I would ideally want to insist that a few hour's worth of treatment is not going to have a lasting impact as compared to a couple of days. It is not about the commercials, but we would like our guests to be able to imbibe a healthy lifestyle. Convincing people is a challenge. But gradually the tide is turning. I firmly believe naturopathy can cure almost anything.

## What are the future plans?

We aim to make Aarogyam a world-class spa destination where we want to offer a large variety of natural healing therapies in a luxurious setting. For many, a periodic wellbeing holiday has become a necessity and they are prepared to invest in this time, in order to address any health concerns they may have and stay in peak physical and mental condition. Our main focus will be on nature cure and yoga therapies. We aim to grow in terms of offering solutions for lifestyle-related disorders and relaxation for all in tranquility and solitude. ☺

