



RUDRAKSH

A Naturopathy Wellness Resort



Nurturing Body, Nourishing Soul





Nothing Heals Better than Nature

HEALTH - "THE VITAL ESSENCE OF LIFE"

Health is a foundational asset that enables individuals to function at their best within society. Instead of waiting for illness or health issues to arise it's essential to prioritise a healthy lifestyle pro actively. Genuine health represents an ongoing state of improved well-being.

W H Y C H O O S E R U D R A K S H ?

At Rudraksh, our dedication lies in empowering individuals to lead healthier, longer, and more fulfilling lives. Extensive research from Rudraksh reveals the profound positive influence of nature on both physical and mental well-being. With this insight, Rudraksh is committed to reconnecting you with nature's benefits. In line with our philosophy, our approach encompasses drug-free holistic practices such as Naturopathy, Yoga, Physiotherapy, Acupuncture and Ayurveda.



MANIPULATIVE THERAPY

Manipulative Therapy performed by certified professionals, targets joint and muscle dysfunction. It enhances alignment, mobility, reduces pain & promotes well-being. At Rudraksh, we specialize in offering some distinct therapies like Hot Stone Massage, Balinese Massage, Deep Tissue Massage, Aroma Therapy, and Salt Glow for holistic care.



KNEIPP'S HYDROTHERAPY



Indulge in hydrotherapy's therapeutic benefits, optimizing circulation, alleviate muscle tension, and induce relaxation. We offer specialized modalities include Jacuzzi, Circular Jet Bath, Sitz Bath, Herbal Enema, Spinal Bath & Spray, and Hydro-Reflexology, ensuring holistic rejuvenation within tranquil healing ambiance.

PHYSIOTHERAPY

Rudraksh offers tailored physiotherapy addressing mobility issues from modern lifestyles & aging. We target postural issues & disabilities with evidence-based interventions, enhancing motion & correcting imbalances. Additional therapies like Dry Needling, Cupping Therapy, Kinesiology tapping, and more complement our holistic approach to rehabilitation.



❖ MUD BATH THERAPY

Explore Mud Therapy's benefits with our offerings as Mud Packs, Herbal Mud Bath, Aromatic Mud Bath, and Herbal Mud Pool Bath. Each enhances detoxification, circulation, and relaxation. Harness Earth's essence for skin rejuvenation, vitality, and holistic wellness in tailored sessions.



❖ AYURVEDIC THERAPY

We tailor your healing journey uniquely. We customize healing journeys with Ayurvedic therapies like Abhyanga, Vasti, Udwarthana, Shirodhara, Navarakizhi, Potli, Pizichil. Our holistic approach integrates Yoga, Meditation, Pranayama, nourishing Ayurvedic diets & nature walks, ensuring a unique & tailored wellness experience for mind & body.



❖ ACUPUNCTURE

Immerse yourself in the ancient therapeutic art of acupuncture. Our skilled practitioners utilize precision techniques like Balancing method, Master Tung's method, Cosmetic facial acupuncture & Blood-letting methods targeting meridian points to enhance energy circulation, alleviate pain, reduce stress & promote holistic well-being.



DIET

We prioritize holistic health beyond mere weight loss. Emphasizing individual health statuses, we craft diets rich in seasonal fruits, vegetables, whole grains, millets and fresh produce. Our doctors also offer tailored menus addressing individual nutritional imbalances for comprehensive well-being.



YOGA & SPIRITUAL HEALING



Yoga is an ancient Indian practice aimed at enhancing both physical and mental well-being for a richer life. At Rudraksh, we blend Hatha Yoga, Shat Kriya, Diverse Breathing Techniques, Guided Meditation, Power, Therapeutic, Aquatic, Chair Yoga, Yoga Nidra, Shankhaprakshalana, Aqua Yoga, Mantra Chanting and many more recognized for their profound effectiveness.

COLON CLEANSING

Discover the transformative power of our state-of-the-art colon hydrotherapy. This gentle cleanse elevates digestive health by eliminating toxins, expertly guided by our certified professionals. Each session is meticulously tailored to amplify well-being and optimize nutrient absorption.





PYRAMID MEDITATION

"Embark on a journey of profound serenity and spiritual awakening with Pyramid Meditation. Nestle within sacred pyramid structures, enveloped in tranquility. Close your eyes, breathe deeply, and feel the energy amplify, nurturing relaxation, clarity, and inner peace. Elevate your well-being with Rudraksh, embracing the transformative power of Pyramid Meditation.

AROMA THERAPY

Discover serenity through Aromatherapy at Rudraksh. Let our meticulously crafted essential oil blends envelop your senses, fostering relaxation, stress relief & holistic well-being. Embark on a personalized sensory voyage to revitalize & restore balance, experiencing a harmonious journey towards enhanced health & vitality.



SIGNATURE THERAPIES

Be spoke experiences tailored to individual needs, offering personalized treatments that seamlessly blend luxurious techniques and approach to wellness ensuring a truly unforgettable and transformative journey.

Our signature therapies include:-

- Chocolate body wrap
- Holistic hand and foot reflexology
- Padprasadanam
- Luxurious rose milk bath
- Blossom bath
- Glow rejuvenation ritual
- Rudraksh signature massage
- Seaweed body wrap





STEAM CHAMBER



REFLEXOLOGY TRACK



SWIMMING POOL



SAUNA ROOM



PREMIUM COTTAGES

Hourly, One - Day, Weekend
Package also available



Rudraksh Wellness

Near DPS School, Jamgaon Road, Raigarh(C.G.)

Mob : 92381-61177, 92381-71177

Email : rudrakshwellness@gmail.com

www.rudrakshwellness.com

