



**RAJBAGH**

A HOLISTIC WELLNESS RETREAT

# REVAMP NATURALLY



[www.rajbaghwellness.com](http://www.rajbaghwellness.com)

# WELLNESS IS NOT A DESTINATION; IT S A WAY OF LIFE.

Rajbagh offers a transformative wellness experience designed to rejuvenate the body, mind, and soul. Surrounded by nature's tranquillity, the center combines traditional healing practices with modern wellness therapies, providing a holistic approach to well-being.

Inspired by the regal architecture of Udaipur, Rajbagh Wellness showcases a stunning façade that symbolizes a gateway to tranquillity and well-being. The vibrant heritage of Rajasthan is celebrated through intricate handicrafts, rich fabrics, and ornate detailing, which is reflected in the room décor and art displayed throughout the property. A seamless blend of tradition and luxury, Rajbagh offers unparalleled services with a holistic approach to wellness.

## THE RETREAT FEATURES

**20 exquisitely designed rooms and suites** ensure a personalized and intimate experience for each guest.



**Therapy block** at the wellness centre, which is spacious and offers customised holistic therapies for various health issues.



**Swimming pool, Yoga pavilion, and Pyramid for meditation**



**Holistic therapy and fitness centre**, combining ancient Healing traditions with modern therapies with world-class facilities.



The wellness programs at Rajbagh, A Holistic Wellness Retreat are designed to focus on the physical, mental, and emotional wellness of an individual.

Rajbagh is an idyllic sanctuary for those seeking **health** and **rejuvenation** in the heart of Udaipur.



# OUR HEALING APPROACH

## NATUROPATHY

Therapeutic Packs  
Balneotherapy  
Lifestyle Counselling

Fomentation Massage  
Vibro-Massage  
Manipulative Therapy

Fasting / Detox Therapy  
Chromo Therapy

## AYURVEDA

Udwartanam  
Marma Therapy  
Vasti  
Dhyanamla Dhara

Abhyangam  
Patra Pinda Sweda  
Avagaha Sweda  
Pizhichil

Sarvanga Lepam  
Shirodhara  
Takradhara  
Chavutti Uzhichil

## YOGA & DIVINE HEALING

Power Yoga  
Therapeutic Yoga  
Aqua Yoga

Shatkriya  
Guided Meditation  
Agnihotram

Mantra Chanting  
Shankha Prakshalanam  
Poorna & Laghu

## HOLISTIC THERAPIES

Acupuncture  
Physiotherapy  
Deep Tissue Therapy

Hot Stone Therapy  
Raaga Therapy  
Crystal Healing / Chakra

Balancing  
Relaxopod

## HYDROTHERAPY

Mineral Bath  
Herbal Enema

Colon Hydro Therapy

Herbal Immersion Bath



AT RAJBAGH WELLNESS, WE ADDRESS A WIDE RANGE OF CHRONIC AND LIFESTYLE DISORDERS.

RESPIRATORY DISORDERS

- |           |                    |                     |
|-----------|--------------------|---------------------|
| Asthma    | Sinusitis          | Allergic Bronchitis |
| Emphysema | Pulmonary Fibrosis |                     |

GASTROINTESTINAL DISORDERS

- |                                |                         |                                         |
|--------------------------------|-------------------------|-----------------------------------------|
| Constipation                   | Fatty Liver             | Hyperacidity                            |
| IBS (Irritable Bowel Syndrome) | Indigestion & Gastritis | GERD (Gastroesophageal Reflux Disorder) |

MUSCULOSKELETAL DISORDERS

- |                |                      |                      |
|----------------|----------------------|----------------------|
| Osteoarthritis | Rheumatoid Arthritis | Cervical Spondylosis |
| Lumbago        | Gout                 | Sciatica             |

ENDOCRINE DISORDERS

- |                |              |                 |
|----------------|--------------|-----------------|
| Obesity        | Osteoporosis | Type 2 Diabetes |
| Hypothyroidism | PCOD         |                 |

LIFESTYLE DISORDERS

- |                                                 |                                                    |                |
|-------------------------------------------------|----------------------------------------------------|----------------|
| Preventive Cardiac Care                         | Anxiety & Depression                               | Skin Disorders |
| Women’s Health Issues<br>(Pre & Post Menopause) | De-Addiction & Rehabilitation<br>(Selective Cases) |                |

OUR INTEGRATIVE APPROACH HELPS RESTORE BALANCE, VITALITY, AND LONG-TERM WELL-BEING.





# WELLNESS PACKAGES

<b>EXPERIENCE RAJBAGH</b> (3 Days)	<b>WHOLESOME DETOX</b> (5 Days)	<b>DETOX &amp; REJUVENATE</b> (7 Days)
	<b>IMMUNITY ENHANCEMENT</b> (7 Days)	



# HEALING PACKAGES

<b>HEALTHY WEIGHT MANAGEMENT</b> (14 Days)	<b>DIABETES MANAGEMENT</b> (14 Days)	<b>HORMONE REBALANCE</b> (14 Days)
<b>ARTHRITIS &amp; PAIN RELIEF</b> (14 Days)	<b>HYPERTENSION MANAGEMENT</b> (14 Days)	<b>THYROID CARE</b> (14 Days)
	<b>REVERSE AGEING</b> (21 Days)	<b>CANCER REHABILITATION</b> (21 Days)



# Spaces At Rajbagh Wellness

## THERAPY SPACE



## RASSASWADA



## OUTDOOR



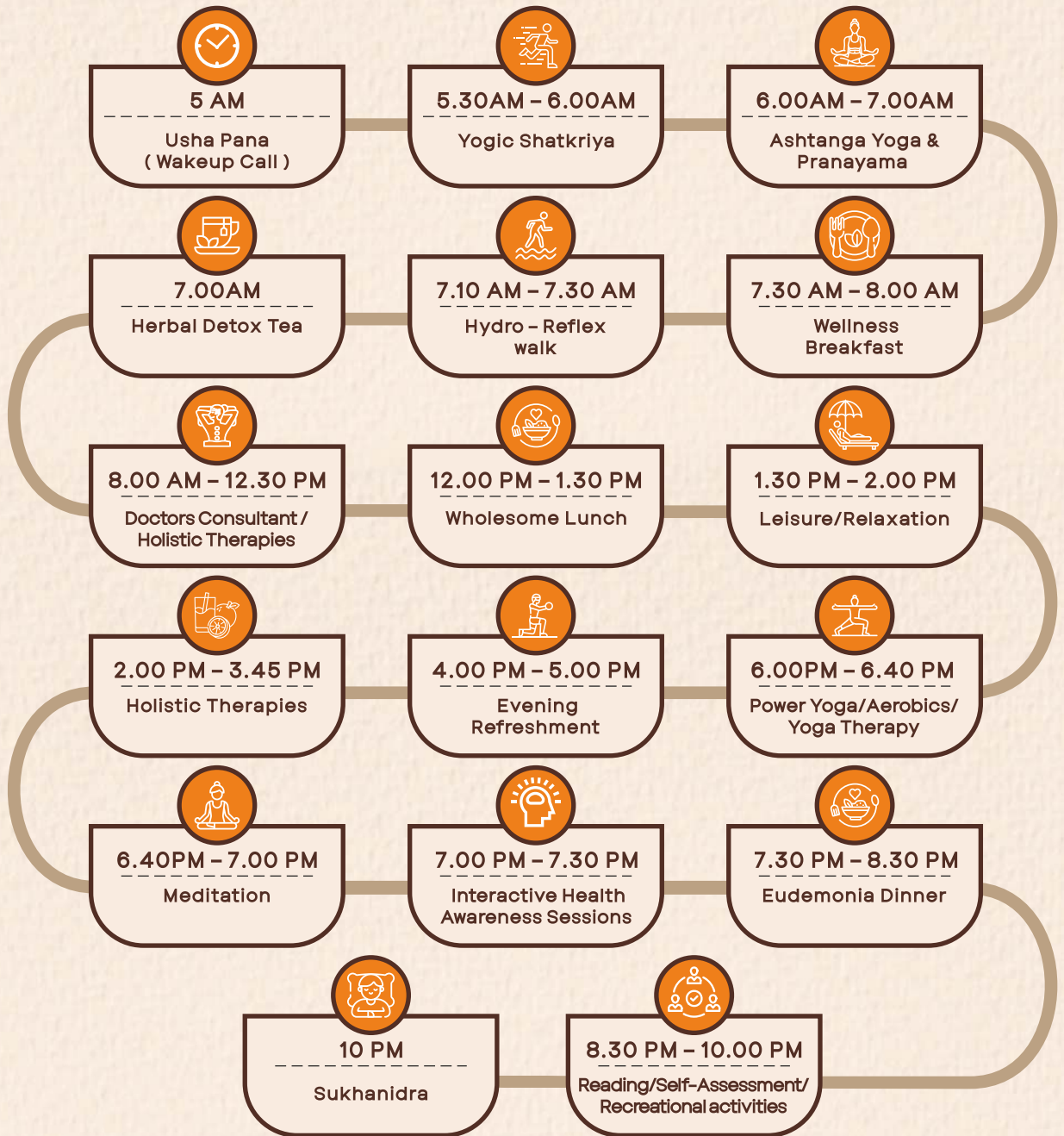
## OTHER SPACES



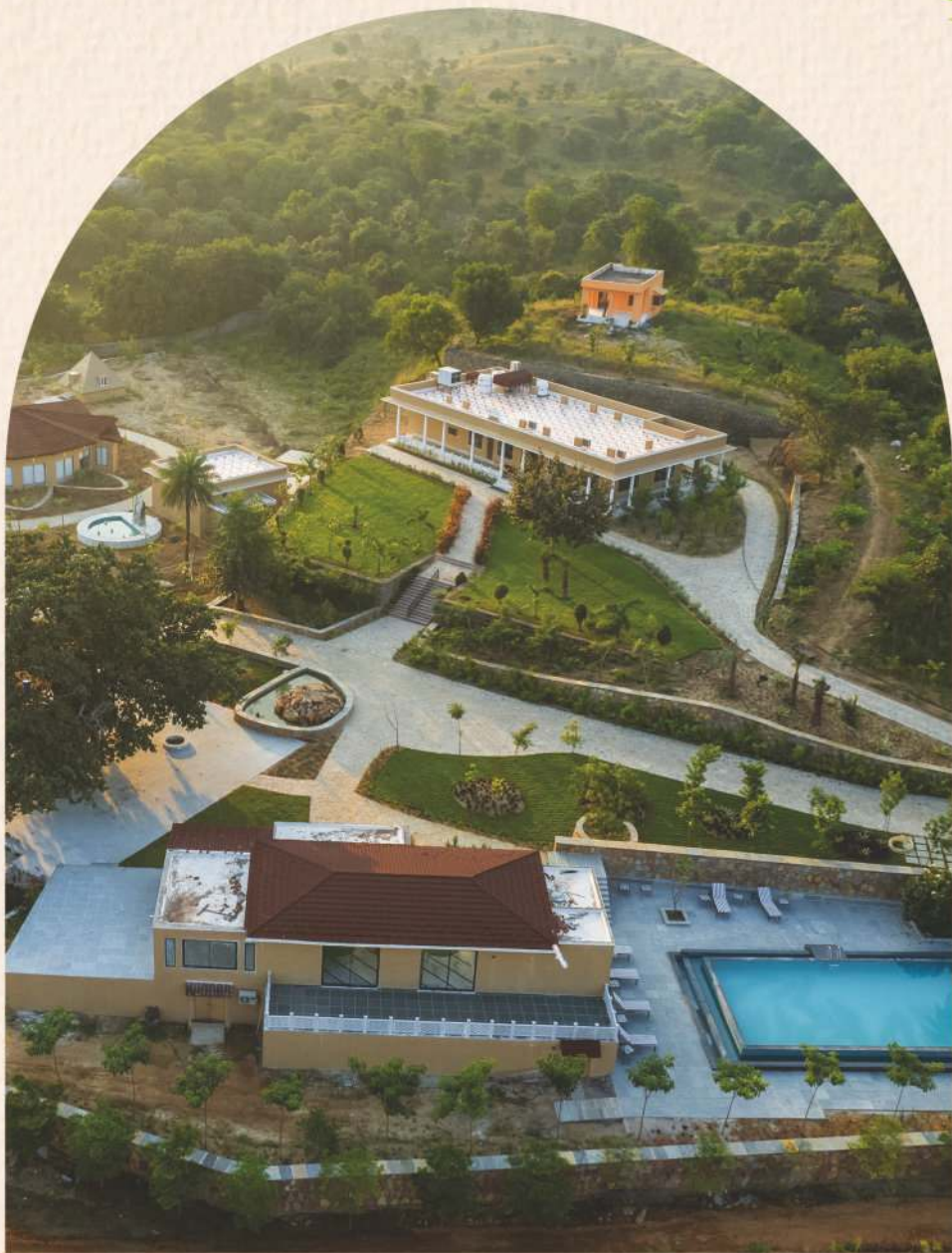


# A DAY AT RAJBAGH

## Dinacharya (Daily Routine)



# RETURN TO NATURE



## RAJBAGH - A HOLISTIC WELLNESS RETREAT

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SCAN FOR LOCATION

