



Sun Ayurveda & Naturopathy
A Wellness Retreat

Welcome to
Sun Ayurveda & Naturopathy
A Wellness Retreat

Relax Rejuvenate. Revitalize.

Experience Complete Wellness With Your Family All Under One Roof.



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A Wellness Retreat

Complete Wellness Under One Roof



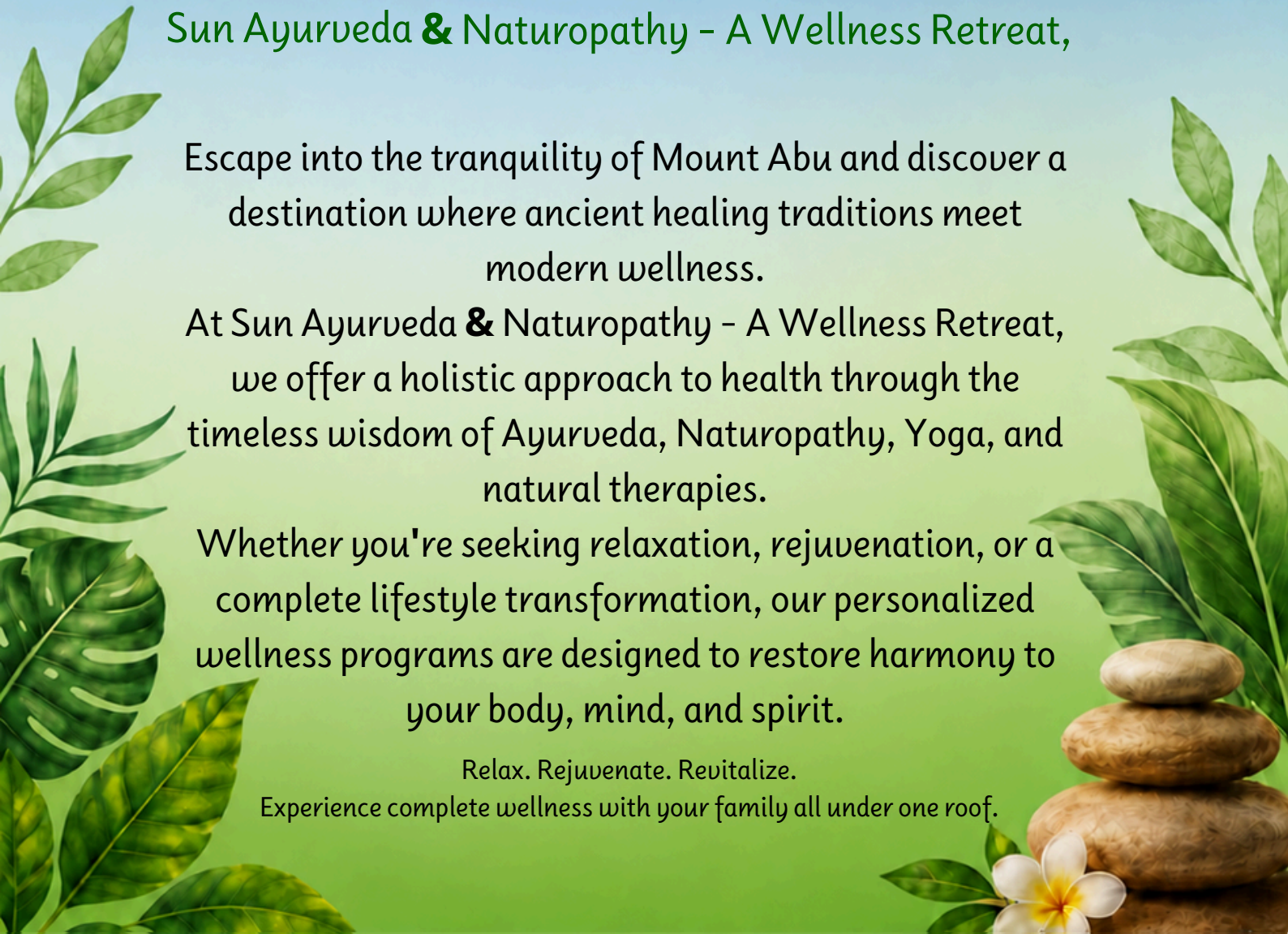
Welcome to
Sun Ayurveda & Naturopathy - A Wellness Retreat,

Escape into the tranquility of Mount Abu and discover a destination where ancient healing traditions meet modern wellness.

At Sun Ayurveda & Naturopathy - A Wellness Retreat, we offer a holistic approach to health through the timeless wisdom of Ayurveda, Naturopathy, Yoga, and natural therapies.

Whether you're seeking relaxation, rejuvenation, or a complete lifestyle transformation, our personalized wellness programs are designed to restore harmony to your body, mind, and spirit.

Relax. Rejuvenate. Revitalize.
Experience complete wellness with your family all under one roof.



Holistic Healing Healing Services

- ✓ Ayurvedic Panchakarma
- ✓ Naturopathy
- ✓ Yoga & Divine Healing
- ✓ Energy Healing
- ✓ Aqua Therapy

Personalized Care Signature Wellness Programs

- ✓ Weight Management
- ✓ Stress Management
- ✓ Pain Management
- ✓ Detoxification
- ✓ Lifestyle Modification
- ✓ Experiential Wellness

Lasting Wellness Every Wellness Package Includes

- ✓ Comfortable Accommodation
- ✓ Personalized Health Consultation
- ✓ Customized Healing Therapies
- ✓ Nutritious Wellness Cuisine
- ✓ Daily Yoga & Meditation Sessions

Every wellness journey is thoughtfully designed to help you heal naturally, restore balance, and embrace a healthier lifestyle all amidst the serene beauty of Mount Abu.



Wellness Packages

Accommodation Categories & Package Tariff

Room Category		Description	
Sun Standard Room		 Comfortable accommodation with essential amenities for a peaceful wellness stay	
Single Occupancy	₹7,500		
Sun Superior Room		 Spacious room with upgraded interiors and enhanced comfort for a relaxing experience	
Single Occupancy	₹9,500		
Super Deluxe Cottage		 Super Deluxe Cottage offering, privacy, natural surroundings and luxury comfort	
Single Occupancy	₹11,500		
		Double Occupancy	₹13,000
		Double Occupancy	₹15,000
		Double Occupancy	₹17,000

NOTES

RATES ARE PER PERSON FOR THE SELECTED PACKAGE DURATION.
ADDITIONAL THERAPIES OR MEDICINES BEYOND THE PRESCRIBED PACKAGE MAY INCUR EXTRA CHARGES.

WELLNESS PACKAGES

ACCOMMODATION CHARGES

Room Category	Single Occupancy (IN INR / PER DAY)	Double Occupancy (IN INR / PER DAY)
Sun Standard Room	7,500	13,000
Sun Superior Room	9,500	15,000
Sun Super Deluxe Cottage	11,500	17,000
PACKAGES OFFERED	Single Occupancy (IN INR / PER DAY)	Double Occupancy (IN INR / PER DAY)
1. A Wellness Day Out (स्वस्थवृत्तम्) (1 Day)		
Sun Standard Room	7,500	13,000
Sun Superior Room	9,500	15,000
Sun S. Deluxe Cottage	11,500	17,000
2. Experimental Wellness (अनुभूति आरोग्य) (3 Days)		
Sun Standard Room	22,500	39,000
Sun Superior Room	28,500	45,000
Sun S. Deluxe Cottage	34,500	51,000
3. Wholesome Detox & Cleanse (अंतः शुद्धि) (5Days)		
Sun Standard Room	37,500	65,000
Sun Superior Room	47,500	75,000
Sun S. Deluxe Cottage	57,500	85,000
4.Total Reset with Nature (पुनरुत्थान स्वास्थ्य) (7 Days)		
Sun Standard Room	52,500	91,000
Sun Superior Room	66,500	1,05,000
Sun S. Deluxe Cottage	80,500	1,19,000
5. Intense Transformation Program (नवोत्थान स्वास्थ्य) (15 Days)		
Sun Standard Room	1,12,500	1,95,000
Sun Superior Room	1,42,500	2,25,000
Sun S. Deluxe Cottage	1,72,500	2,55,000
6. Maha Kaya Kalpa (महा काया कल्प) (21 days)		
Sun Standard Room	1,57,500	2,73,000
Sun Superior Room	1,99,500	3,15,000
Sun S. Deluxe Cottage	2,41,500	3,57,000

ADDITIONAL OCCUPANCY CHARGE

Sun Standard Room	3,000
Sun Superior Room	4,000
Sun Super Deluxe Cottage	5,000

*Attendee Charge (included food)



All Packages Includes

- ✓ Accommodation
- ✓ Personalized Ayurvedic and Naturopathy Doctor Consultation
- ✓ Daily Ayurveda/Naturopathy Treatments & Therapies
- ✓ Panchakarma (as prescribed)
- ✓ Yoga & Meditation Sessions
- ✓ Satvik Vegetarian Meals
- ✓ Daily Health Monitoring
- ✓ Wi-Fi
- ✓ Swimming Pool Access
- ✓ Indoor & Outdoor Games



Sun Ayurveda & Naturopathy
A Wellness Retreat

DINCHARYA (Daily Routine)

TIME

ACTIVITY

5:45 AM

Wake-up call

6 A.M. to 7 A.M.

Shatkriya of Naturopathy
Juice break -

7 A.M. to 8 A.M.

Yoga & Pranayama

8 A.M.

Satvik light breakfast

8.30 A.M.

walking in nature

9 A.M. to 12 P.M.

Therapy (1 hr 30 min therapy Ayurveda/
naturopathy) with doctor consultation

12 P.M. to 2 P.M.

Satvik lunch and Rest time

2 P.M. to 4 P.M.

Therapy (Naturopathy/Ayurveda/Hydro/
Acupuncture/Cupping/healing/ 3 therapies

4 P.M. to 4.30 P.M.

Snacks with herbal tea

5 P.M. to 6 P.M.

Physical exercise /swimming/ walking /
Gaushala time /Activity /indoor/outdoor
Games/cycling

6 P.M. TO 7 P.M.

Explore the Nature

7 P.M. to 8 P.M.

Satvik dinner

8 P.M. to 9 P.M.

Self-healing / Reading /
Digital Fasting

10:00 PM

Sleep (Good night)

Notes for Best Results

Hydration
Mindfulness
Consistency
Seasonal
Adjustments

Drink warm water throughout the day.
Practice gratitude before meals.
Follow the same sleep and wake times daily.
Modify yoga intensity, diet, and
therapies according to doctors suggestions.



TEMPLE



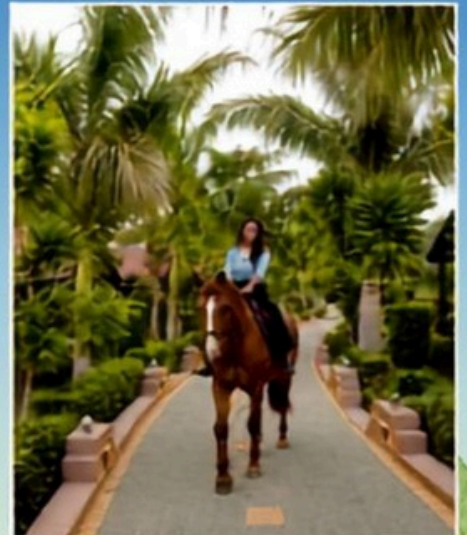
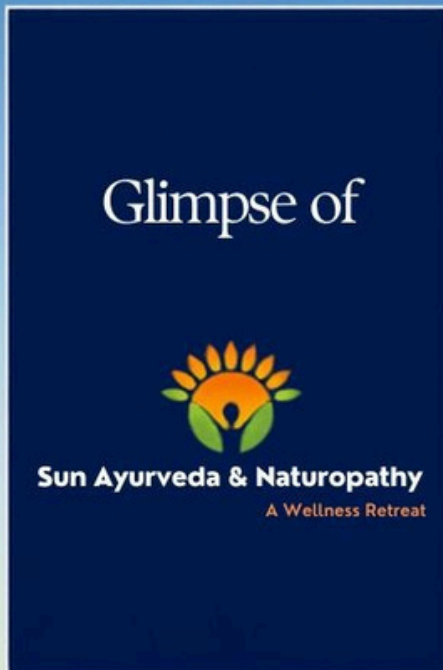
GAUSHALA



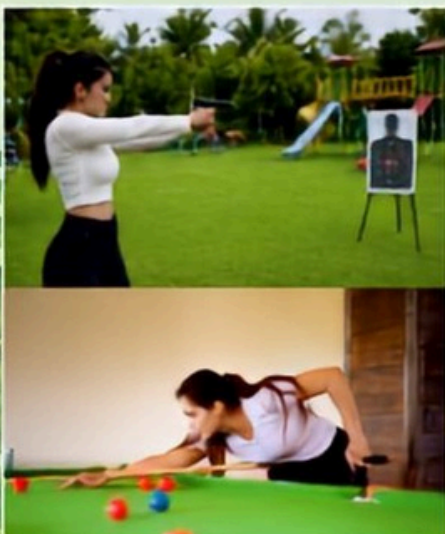
**SWIMMING POOL
AND AQUA YOGA**



5*CATAGORY ROOMS
if one would like to upgrade



HORSE RIDING



**INDOOR AND
OUTDOOR GAMES**



ADVENTURE ZONE



GYMNASIUM



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Begin Your Journey Towards Better Health

Experience the perfect harmony of Ayurveda, Naturopathy, Yoga, and Holistic Healing in the serene foothills of Mount Abu. Let nature restore your body, calm your mind, and rejuvenate your spirit



CONTACT US



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