



**LOOK  
WELL**

**FEEL  
WELL**

**PERFORM  
WELL**



**SANJEEVINI**

LIFE CARE VILLAGE

Wholeness in Wellness



# A LIFE - CHANGING EXPERIENCE TO IMPROVE YOUR WELLBEING AND LONGEVITY!

Longevity is a cherished hope for many, but to truly enjoy life, achieving optimal health and comfort are essential.

Begin your journey towards optimal health with us at  
**Sanjeevani Life Care Village (SLCV).**

Enveloped by nature's tranquillity SLCV is an idyllic retreat for the pursuit of holistic health and longevity, that utilizes seven fundamental pillar solutions that promote "**perfect human body earthing.**"

Our approach focuses on addressing your wellbeing from various angles by considering your physical, mental, and emotional health. We believe in a well-rounded, holistic approach that combines evidence-based practices, world-class technology and customized wellbeing, nutrition, and movement plans to achieve optimal results without the use of DRUGS.

**Slow time, capture energy, preserve your youth and  
Unfold your full potential with us!**





# 7 PILLARS for the 7 BODY SYSTEMS

Immune System, Digestive System, Circulatory System, Muscular System, Respiratory System, Skeletal System and Nervous System are the 7 body systems that help the body function properly. SLCV embraces an evidence-based, multidisciplinary approach to promote health and longevity.

## 1 SPORTS MEDICINE



Regular health screenings and early detection of health risks are prioritized for athletes and sports personnel for maintenance. We also inculcate health education to empower individuals with knowledge about disease prevention.

## 2 PHYSICAL THERAPY

Physical activity is vital for maintaining a healthy body and mind. Scientific evidence incorporates a balanced mix of aerobic, strength training, flexibility, and balance exercises to enhance cardiovascular health, muscle strength, and joint flexibility.



## 3 STRESS MANAGEMENT

Chronic stress can negatively impact health and longevity. Evidence-based stress management techniques, such as meditation, yoga, and relaxation practices reduce stress hormone levels and promote emotional well-being.



## 4 AYURVEDA

Indulge in a realm of pure bliss and tranquility with traditional Ayurvedic therapies that beckon you to a world of holistic healing and rejuvenation. Our various therapies also help promote restful sleep which is crucial for the body's rejuvenation and repair processes.





## 5 AESTHETICS AND DENTAL CARE

Cutting-edge scientific advancements such as Body Contouring, Fat Burning, Skin Tightening, Pelvic Strengthening, Cosmetic Beauty Care, and Dental Care, etc are used to tailor health interventions based on an individual's unique makeup, thus optimizing treatment outcomes and disease management.

## 6 NUTRITION

Nutrition forms the foundation of health optimization. Our nutrient-rich diets are tailored to meet individual needs, ensuring the intake of essential vitamins, minerals, proteins, and healthy fats for optimal bodily functions, and disease prevention.



## 7 PREVENTIVE HEALTHCARE

We offer comprehensive and preventive health care services for our customers as prevention is central to promoting long-term health. Screenings and early detection of health risks are prioritized, along with health education to empower individuals with knowledge about disease prevention.



These 7 Pillars work together for proper  
**BODY EARTHING**  
to produce the below 3 outcomes  
perfectly without any drugs

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# WHAT IS BODY EARTHING?

Earthing (also known as grounding) refers to the process where the Earth's natural electric charge stabilizes the physiology at the deepest levels, reduces inflammation, pain, and stress, improves blood flow, energy, and sleep, and generates greater well-being.

Earthing helps increase the activity of catabolic processes and may be the primary factor regulating the endocrine and nervous systems.

During relaxation and physical activity it is responsible for the increasing glucose utilization by the cells in NIDDM.

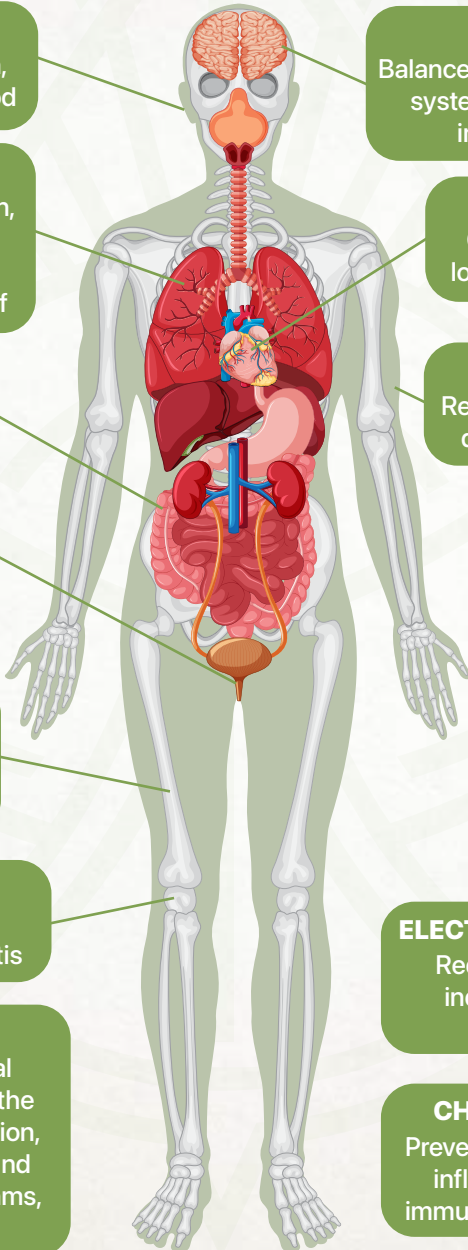
Earthing our body during night-time sleep also influences thyroid function.



At SLCV, our approach focuses on helping you achieve **holistic health and longevity** by utilizing our **7 pillars for the 7 body systems** for "perfect body earthing".



# WHOLENESS IN WELLNESS



## FACE

Improves circulation, appearances and mood

## RESPIRATION

Improves blood oxygen, enhancing cell functions throughout the body, asthma relief

## DIGESTION

Calms upsets and bloating

## REPRODUCTIVE

Regulates hormonal rhythms

## BONES

Balances bone calcium metabolism, reduces osteoporosis

## JOINTS

Reduces painful joint inflammation and arthritis

## ENERGY

Enhances bioelectrical processes throughout the body - muscle contraction, nerve conduction, wound healing, hormonal rhythms, end jet-lag

## STRESS

Balances autonomic nervous system, reduces stress, improves sleep

## HEART

Calms arrhythmias, lowers blood pressure

## MUSCLES

Reduces Muscle pain and damage after exercise

## INJURIES

Enhances immune responses, speeds wound healing

## AGING

Slows free radical damage associated with aging

## ELECTRICAL SENSITIVITY

Reduces body voltage induced by electrical environment

## CHRONIC DISEASES

Prevents and calms chronic inflammatory and auto immune disease of all kinds





# SPECIAL PACKAGES

Our special packages are designed, so people from different walks and phases of life can utilize the time they spend at SLCV to achieve better health, improve longevity and enhance wellness. Choose from our various packages and start your health and wellness journey with Sanjeevini Life Care Village today!

## 1 HEALTHY WELLNESS DETOXING

7 & 10 DAYS

Embark on a life-changing journey of revitalization and discover the perfect harmony of holistic healing, anti-inflammatory techniques, stress-relief, and deep personal introspection, as we guide you towards complete well-being. We expertly eliminate toxins, leaving you feeling renewed and energized to unlock your inner growth, cleanse your body, and elevate your overall well-being like never before.



### BENEFITS

- 1 Unleash your body's natural ability to eliminate toxins and embrace self-healing.
- 2 Feel an exhilarating boost of energy that revitalizes every fibre of your being.
- 3 Rediscover your inner balance, leaving you centered and harmonious.
- 4 Embark on a healthier lifestyle that ignites your journey to lasting wellness.

**PRICING: INR 1,40,000/- Onwards**





2

## OVERALL REVITALISATION

7 DAYS & 6 NIGHTS - SUN TO SAT

Unlock the secrets to longevity and overall well-being with our Revitalisation program.

Our unwavering commitment to this pursuit has led us to develop the world's most exceptional anti-aging treatments, designed to rejuvenate your body and soul.

With a unique blend of cutting-edge science, the power of nature, and advanced technology, our leading life science experts have crafted a new paradigm for Revitalisation.



## BENEFITS

1

Decelerate the aging process gracefully

4

Foster cellular longevity to feel youthful inside out.

2

Ignite and strengthen your immune system.

5

Elevate your ability to manage stress effectively.

3

Unlock your utmost physical and mental potential for peak performance.

6

Rebuild the highest physical and mental potential

**PRICING: INR 1,75,000/- Onwards**





3

## BEAUTY ENHANCER

4, 7, 14, 21 & 40 DAYS

Our Beauty Enhancer package is designed to help bring out the best of you with a healthy approach. Aimed at giving you a younger looking skin and overall healthier appearance our team of experts have put together customized treatments to achieve the required results.

This retreat combines treatments and services from our Spa and Aesthetic beauty offerings, that include - slimming, toning, reshaping, treatment of cellulite, venous and lymphatic drainage, treatment of overweight, saunas, steam bath, emotional showers.



## BENEFITS

1

Enhancement of your natural beauty

4

Foster cellular longevity to feel youthful inside out

2

Younger looking skin and healthier appearance

5

Decelerate the aging process gracefully

3

Improves emotional balance

6

Improves wellbeing and increases self confidence

**PRICING: INR 35,000/- Onwards**



## 4 HEALTHY WEIGHT

7, 18, & 28 DAYS

Embark on a scientifically crafted Healthy Weight program, available in three transformative durations: 10, 18, and 28 days.

Our comprehensive approach is designed to help you rediscover the vitality and joy of living life at a healthy weight.

Through a results-driven, evidence-based, and holistic system tailored to your unique profile, we aim to kickstart your healthy weight journey and elevate your overall quality of life.



## BENEFITS

**1 Effective Weight Loss:** Our program employs evidence-based strategies to support healthy weight loss, empowering you with the knowledge and tools to achieve sustainable results.

**3 Physical Activity Routine:** With the guidance of scientific experts, develop a tailored and effective routine for staying physically active, maximizing the benefits of exercise for your weight management goals.

**2 Lifestyle Modifications:** Embrace positive lifestyle changes that are scientifically proven to help you maintain a healthy weight for the long term, ensuring lasting success.

**4 Enhanced Well-being:** As you shed excess weight, you will experience a boost in both physical and mental well-being, leading to a more balanced and fulfilling life.

**PRICING: INR 2,25,000/- Onwards**



## 5 OCCUPATIONAL WELLBEING

7 & 21 DAYS

This is an exclusive package specially prepared for business executives and professionals. The best anti-aging treatments in the world are used to regenerate and rejuvenate your body and spirit, strengthen your immune system, and enhance your physical and mental performance.

Our leading life science experts, have shaped revitalization into a new balance of science, nature and technology that will help you to feel your absolute best and live better.



### BENEFITS

- 1 Bio feedback and Neuro feedback
- 2 Strengthen your immune system and memory power
- 3 Foster cellular longevity to feel youthful inside and out
- 4 Sleep optimization to manage stress effectively
- 5 Unlock your utmost physical potential for peak performance
- 6 Rebuild the physical potential with Anti-Aging Solutions

**PRICING: INR 1,25,000/- Onwards**



## 6 ELDERLY CARE FOR ACTIVE AGEING

30, 45 & 90 DAYS

Active Ageing is defined by the World Health Organization (WHO) as the process of optimizing opportunities for health, participation, and security to enhance quality of life as people age.

As individuals age, their bodies naturally experience a decline in strength, flexibility, and immune resilience, making them more susceptible to illnesses and injuries.

Physiotherapy plays a crucial role in addressing these conditions by mitigating symptoms, optimizing functional abilities, and sustaining a satisfactory quality of life.

By tailoring interventions to an individual's needs, physiotherapy can help manage and cope with the challenges posed by aging. This approach enhances physical well-being and promotes independence, enabling elderly individuals to maintain a higher level of functioning and overall life satisfaction.

Our Special care focuses on the betterment of the following issues:

**Arthritis**

**Diabetes**

**Osteoporosis**

**Depression**

**Mobility**

**Post Hospital Syndrome**



**PRICING: INR 2,50,000/- Onwards**



# SPORTS WELLNESS

## 7 PRE SEASON FITNESS & PERFORMANCE

7 & 21 DAYS

This comprehensive package provides a range of services to ensure athletes are in peak condition for their upcoming games or events.

We employ cutting-edge training methods and techniques, combining the latest sports science research with experienced coaches to maximize an athlete's potential. In the unfortunate event of an injury, the package also includes access to state-of-the-art rehabilitation facilities.

SLCV's rehabilitation experts work closely with athletes to develop personalized recovery plans, combining physiotherapy, strength training, and targeted exercises to facilitate a swift and safe return to peak performance.



### BENEFITS

1

World-class sports training grounds and indoor facilities

3

Sleep optimization to manage stress effectively

2

One-stop solution for all the needs of athletes

4

Unlock your utmost physical potential for peak performance

**PRICING: INR 12,000/- Onwards (per day)**





## 8 POST-SEASON WELLNESS

The importance of proper recovery after the sports season cannot be overstated, as it plays a significant role in determining an athlete's performance in the subsequent season. Effective recovery not only enhances performance but also reduces the risk of injuries and improves flexibility and mobility, which is crucial in today's competitive sports world.

We offer cutting-edge scientific technology and all the essential resources to facilitate a speedy and comprehensive recovery, including injury rehabilitation, ensuring that athletes return stronger and better than before.



### BENEFITS

- 1 Enhanced Performance
- 2 Reduced Injury Risk
- 3 Personalized care and expert guidance
- 4 Flexibility & Mobility Improvement
- 5 Recovery and Rehabilitation
- 6 Improvement in Mental wellbeing, Nutrition and Lifestyle factors

**PRICING: INR 10,000/- Onwards (per day)**



## 9 LTAD (LONG-TERM ATHLETE DEVELOPMENT)

90, 180 & 300 DAYS

Physical activity through play is an essential part of a child's development, and it should incorporate fundamental movement skills in the 4 environments.

This package was formulated to help do just that and more for your child.

The LTAD model is a seven-stage framework that guides participation, training, competition and recovery pathways in sport and physical activity. The knowledge and development gained through LTAD is useful throughout all stages of an individual's life.



### BENEFITS

- 1 Focus on the needs of participants and their individual stages of development
- 2 Provides a point of reference for coaches, administrators, parents, and sport scientists.
- 3 Both participation and performance orientated pathways in sport and physical activity
- 4 Fun-based development of physical literacy in the early years.
- 5 Improving the quality of sport and physical activity by helping children become physically literate.
- 6 Increase in participation and optimises performance.

**PRICING: INR 3,000/- Onwards (per day)**



# WOMEN'S HEALTH

At SLCV, we have developed an effective scientific pattern to address the common problems of PCOD and postpartum wellness.

We focus on evidence-based lifestyle interventions, such as nutrition, exercise, stress management, and hormonal regulation. These interventions help regulate hormonal imbalances, manage weight, improve fertility, and promote overall well-being during the postpartum period.

## 10 PCOD (POLYCYSTIC OVARIAN DISEASE)

### 28 DAYS ONWARDS

Almost 10% of the women in the world suffer from PCOD. PCOD is primarily caused by a combination of hormonal imbalances and genetic predispositions. Women with PCOD produce higher than normal amounts of male hormones. This hormone imbalance causes them to skip menstrual period and make it harder for them to get pregnant.



### BENEFITS

- 1 Pelvic Strengthening
- 2 Physical Therapy and Deep Tissue Massage
- 3 Feel an exhilarating boost of energy that revitalizes you completely.
- 4 Fat Burning and Muscle building
- 5 Body Strength and Conditioning
- 6 Traditional Ayurvedic Therapy

**PRICING: INR 2,25,000/- Onwards**







11

## POSTPARTUM WELLNESS

### 30 DAYS ONWARDS

The postpartum period starts right after childbirth and continues for up to six months. During this time, a woman's body undergoes changes to return to a state like before pregnancy.

At SLCV, we have devised a specialized scientific pattern to address the challenges associated to support women during their postpartum period. The approach focuses on a holistic approach to wellness, incorporating factors such as hormonal balance, nutrition, exercise, mental health support, and regular wellness check-ups.



### BENEFITS

- 1 Pelvic Strengthening
- 2 Physical Therapy and Deep tissue Massage
- 3 Improvement in Mental wellbeing, Nutrition & Lifestyle
- 4 Hydrotherapy
- 5 Iso kinetics and physical therapy
- 6 Fat Burning and Muscle building
- 7 Body Strength and Conditioning
- 8 Traditional Ayurvedic Therapy
- 9 Bio Mechanical analysis and posture corrections

**PRICING: INR 2,25,000/- Onwards**



# A LIFE-CHANGING EXPERIENCE IS AWAITING YOU!

At SLCV, we are dedicated to empowering individuals to embrace a healthier lifestyle for long-lasting wellbeing and enhanced comfort. We prioritize the well-being of our clients, tailoring our transformative retreats based on scientific research and personalized needs.

Our packages have been created to cater to individuals of all ages and from various walks of life, with various needs.

Choose the package that resonates with you and your situation the most and start your journey to improve your wellbeing and longevity with **Sanjeevini Life Care Village** today!

Not sure which package to choose or want to create a custom package?

**Get in touch with us and let us help you!**

**Call us**

**+91 4842736000 | +91 9349342366**

or

**Email us**

**info@sanjeeviniwellness.com**

**Follow us on**



**@sanjeevini\_lifecarevillage**



**Sanjeevini Life Care Village**





# OUR POLICIES

## CHECK-IN/OUT POLICY

Our standard check-in time is 14:00 hrs and standard check-out time is 12:00 hrs. All guests are required to provide an original valid ID or passport upon arrival.

## DATA PROTECTION POLICY

Any personal data provided or collected during the reservation process will be handled in accordance with the privacy policy.

## CHILD POLICY

Reservations for children 12 years old and above are considered as an adult reservation. Children under the age of 12 years will not be granted access to any service area.

## SLCV ETIQUETTE

The whole experience at SLCV has been designed for those seeking a path of reset and regeneration. We, therefore, encourage you to leave all your electronic devices such as mobile phones, cameras, e-book, iPad, laptop, etc. in your room and enjoy the calm and private spaces throughout your journey.

We are a non-smoking centre, and we request you not to smoke in your room or in any of the public areas. Smoking may only be allowed in the designated outdoor area. You may request staff assistance to guide you to the location.

Outside food and drinks are not allowed in the centre.

While using the swim area, we request you to wear appropriate swimwear to be mindful and respectful of our local culture.

## TRANSFER ARRANGEMENT

For airport transfers, prior reservation is required, and full flight details should be supplied at least 48hrs in advance. Airport transfer will be free of charge.

## PETS

To respect the comfort of other guests, pets are not allowed at SLCV.

**WE LOOK FORWARD TO WELCOMING YOU TO  
"THE ESSENCE OF WHOLENESS IN WELLNESS".**





**SANJEEVINI**

LIFE CARE VILLAGE

*Wholeness in Wellness*

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