



# VSR Vriksha

NATURE CURE CENTER

**DISCOVER THE  
HEALING TOUCH OF**  
*nature*



—◆◆◆—  
**TELANGANA'S FIRST NATURE  
CURE CENTER OF IT'S KIND**



Shamirpet, Hyderabad

☎ (+91) 8431004444

🌐 [www.vsrvriksha.com](http://www.vsrvriksha.com)



## Why Choose Naturopathy?

The average person is exposed to more than 700,000 toxic chemicals a day. This buildup of toxins can lead to issues like fatigue, arthritis, autoimmune diseases, undesirable weight gain, cardiovascular disease and cancer.

Naturopathy employs various detoxification techniques to support the body's natural processes of eliminating toxins. Through methods such as dietary adjustments, therapies such as hydrotherapy, and lifestyle modifications, naturopathic practitioners aim to enhance the body's detoxification pathways and promote the elimination of accumulated toxins.

Regular detoxification can assist in removing toxins completely from the body.

These periodic detoxes and naturopathic treatments may be beneficial for individuals looking to maintain optimal health or address specific health concerns.

Naturopathy goes beyond simply treating symptoms; it focuses on the root causes of illness and promotes overall well-being with a personalized approach for each individual.

## Why Choose Us?

At Vangala Sanjeev Reddy Nature Cure Center(VSR NCC), we honor the time-tested principle of "Chikitsa Vaidyayatha Prakruthi Adheenam Arogyam," recognizing that while doctors guide treatment, true health blossoms under nature's nurturing embrace. Spanning 12 acres within 50 acres of lush farmland in Telangana, our sanctuary is a sanctuary where the synergy of mind, body, and spirit thrives, liberated from the burdens of stress and illness.

Experience a transformative journey as you willingly disconnect from the hustle and bustle of modern life and reconnect with nature's healing essence in unparalleled ways. Embraced by pure, pollution-free surroundings, our meticulously curated programs, therapies, and wholesome meals are tailored to promote natural restoration, empowering you to rediscover your vitality, confidence, and inner joy.

Indulge in a revitalizing escape at VSR NCC, here every moment is an opportunity for renewal, leaving you refreshed, rejuvenated, and ready to embrace life's possibilities with newfound vigor.



# A Holistic Approach



## Massage Therapy:

Full Body Massage | Vibro Powder Massage | Hot Stone Massage |  
Potli Massage | Salt Glow Massage | Udvartanam with Oil & Powder |  
Deep Tissue Massage | Swedish Massage | Aroma Massage |  
Fruit Massage etc.



## Hydro Therapy:

Baths: Hip Bath | Spinal Spray | Whirlpool Bath | Underwater Massage |  
Circular Jet Bath | Douche Bath | Arm & Foot Bath | Immersion Bath | Vichy's Shower etc.

Steam: Facial Steam | Local Steam | Sauna Bath | Stone Steam |  
Oval Steam Bath | Recliner Steam etc.

Packs & Compression: Mud Pack | Gastro Hepatic Pac | Full Wet Sheet Pack |  
Ginger Garlic Pack | Mustard Pack | Castor Oil Pack | Natural Hair & Face Pack |  
Packs to Eye, Throat, Chest, Abdomen, Kidney, Liver, Knee, Arm, Leg, Elbow etc.

Enema: Neem Enema | Buttermilk Enema | Saline Water Enema |  
Colon Hydrotherapy etc.



## Sun Bath & Mud Bath:

Partial & Full Mud Therapy | Ganji Turmeric Bath |  
Neem Bath | Atapasnana (Bana Leaf Therapy)



## Holistic Therapies:

Shirodhara | Reflexology | Acupuncture & Electro Acupuncture | Moxibustion |  
Cupping | Chromo & Magnetic Therapy | Sujok Seed Therapy | Acupressure etc.



## Exercise & Physiotherapy:

Interferential Therapy | Transcutaneous Electro Nerve Stimulator | Traction |  
Wax Therapy | Shoulder Wheel | Cuff Weights | Pully Systems | Hand Weights etc.



## Yoga:

Asanas | Kriyas | Pranayama | Meditation | Mudras | Thrataka |  
Relaxation Techniques





# Rejuvenate Naturally

VSR NCC is a state-of-the-art wellness center that boasts a team of exceptional healers, including some of the finest naturopaths and therapists in the nation. At our center, the wellness programs are thoughtfully crafted to target the physical and mental well-being of each individual.



## MUSCULOSKELETAL DISORDERS

Osteoarthritis | Lumbago | Rheumatoid Arthritis | Gout | Cervical Spondylosis | Sciatica | Back Aches | Muscle Cramps



## ENDOCRINE DISORDERS

Obesity | Hypothyroidism | Osteoporosis | PCOD | Diabetes Mellitus | Fidroids



## GASTROINTESTINAL DISORDERS

Constipation | Hyperacidity | Fatty Liver | GERD [Gastro Esophageal Reflex Disorder] | Indigestion Gastritis | IBS [Irritable Bowel Syndrome] | Disorders



## RESPIRATORY DISORDERS

Asthma | Emphysema | Sinusitis | Pulmonary Fibrosis | Allergic Bronchitis



## LIFESTYLE DISORDERS

Post-cancer care | Preventive Cardiac Care | Skin Disorder  
Anxiety/Depression | De-Addiction & Rehabilitation[Selective Cases] | Women Health Issues [Pre and Post Menopausal] | Migraine | Headaces





# Dinacharya



5:30 am  
**Wake up**



5:45 to 6 am  
**Herbal Tea**



6:00 to 7:00 am  
**Yoga**



7:00 TO 7:30 AM  
**KRIYAS**  
(Cleansing Techniques twice a week)



7:30 AM  
**JUICES**



8 - 8:30 AM  
**ENEMA** (If prescribed)



9:00 AM  
**LIGHT BREAKFAST**



9:30 TO 11:30 AM  
**MORNING THERAPY**  
(Individual Therapy Time – 1 Hour)



11:30 TO 12:30 PM  
**LUNCH**



12:30 TO 2:00 PM  
**REST**



2:00 TO 2:30 PM  
**AFTERNOON DETOX DRINK**



2:30 TO 4:30 PM  
**AFTERNOON TREATMENTS/  
ACUPUNCTURE /PHYSIOTHERAPY/  
MUDBATH/HYDROTHERAPY**  
(Individual Therapy Time – 1 Hour)



4:30 TO 5:30 PM  
**HEALTHY SNACK AND HERBAL DRINK**



5:30 TO 6:30 PM  
**REFLEXOLOGY/SWIMMING/  
CYCLING/GAMES/ EVENING WALK**



6:30 TO 7:00 PM  
**Dinner**



7:00 TO 7:30 PM  
**TRATAKA**



8:30 PM  
**NIGHT THERAPIES (IF PRESCRIBED)**



9:00 PM  
**SLEEPING TIME**

**Activities Available :**

**Cycling, Swimming, Indoor And Outdoor Games, Gym Library, Etc**





# EXPERIENTIAL Package

## 3 DAYS AND 3 NIGHTS

A shorter stay crafted to provide a glimpse of the rejuvenating and immersive experience that awaits you during a longer visit

CHECK-IN: 10 AM ON DAY 1  
CHECK-OUT: 10 AM ON DAY 4

SINGLE	DOUBLE
₹28,500 /-	₹48,000 /-



PENTHOUSE



\*Penthouse with access to Private therapy room and an exclusive terrace space



DELUXE ROOM



COMPREHENSIVE  
CONSULTATION



INDIVIDUALIZED  
WELLNESS PLAN



DAILY THERAPEUTIC  
TREATMENTS



YOGA AND GUIDED  
MEDITATION



HEALING WORKSHOPS  
& FUN ACTIVITIES



NUTRIENT-RICH  
SATVIK MEALS

BOOK YOUR PATH TO *Wellness Today!*





## STAY *packages*

SINGLE	9,500 PER DAY
DOUBLE	15,999 PER DAY
PENTHOUSE SINGLE	25,000 PER DAY
PENTHOUSE DOUBLE	40,000 PER DAY

### NOTE:

Attendee per day - Rs. 5000 (Double - Only food and accommodation)

Prices include food, Accommodation and all therapies as prescribed by the consulting doctor













# VSR Vriksha

NATURE CURE CENTER



SCAN FOR LOCATION

Irish Valley, Dharmaram Village, Near Bits Pilani campus,  
Keesara Mandal, Medchal-Malkajgiri district, Shamirpet,  
Hyderabad, Telangana - 501301

☎ (+91) 8431004444

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