

We are the medicine for the *Future...*



THE
MEADOW
wellness

Yoga, Ayurveda, Naturopathy Center



: Director Message :



Nilesbh Patel, a Chartered Accountant by training, established three manufacturing businesses, namely Solar Water Heaters, LED Lights, and Aluminium die casting. He achieved business success at young age in short time with his hard work. After operating these businesses for more than a decade, he was looking for a more meaningful opportunity. Wellness caught his interest and he decided to set up a center. Since it is a capital-intensive business, it put lot of strains on his finances. But he overcome all these difficulties to set up a beautiful 'Meadows Nature Cure Center' near Rajkot. His vision and hard work again bear fruits and the center has continuous flow of satisfied guests. In order to focus all his energy on wellness center, he decided to exit all his previous manufacturing businesses, established with lot of efforts. His focus and energy again paid off and he expanded and started another Nature Cure Center near Junagarh. Soon, they are starting another one in North Gujarat. He plans to keep expanding in Gujarat and beyond and also go overseas to disseminate the essence of traditional India therapies through his wellness therapies. His is a man on mission to help people achieve better health and wellness through traditional Indian therapies of Naturopathy, Ayurveda, and Yoga. His vision is to set up and operate 100 wellness centers in India and overseas within next 10 years.

At The Meadow Wellness, we believe your body is a temple of good health. We care for it through Ayurvedic treatments. We heal it with traditional remedies. We nourish it in the purest form. Here Ayurveda, Naturopathy and Yoga come together to create a perfect sync with the inner self and nature which in turn enriches life.

So, come and heal your mind, body and soul in the lap of nature.

NATUROPATHY



Naturopath is rooted in the belief that all healing powers are within the body itself and by using five elements of nature - earth, water, light, air and space, one can attain a lifelong health. The treatments are free from side effects and aims to remove the root cause of an illness and not just treat the symptoms. Naturopathy brings the goodness of nature to you.

AYURVEDA



'Ayurveda', means 'The Knowledge of Life' is the system of traditional herbal medicines and treatments practiced in India since ages which has gained global prominence over a period of time. Our greatly knowledgeable and experienced Ayurvedic doctor's and practitioners are capable of curing a range of health care and lifestyle diseases.



Facilities :

Luxurious Therapy Rooms | Waiting Lounge | Swimming Pool | Landscaped Gardens | Jogging Track | Yoga Hall | Physiotherapy Center | Gym | Restaurant | Luxurious Rooms | Beauty Treatment Section Herbal Garden

Treatments :

Massages | Steam Bath | Hydrotherapy | Mud Therapy | Enema Eye Wash | Panchkarma Magnet Therapy Acupressure & Reflexology Acupuncture | Yogic Shatkarma | Yogasana Meditation & Prayer Food & Dietetics Physiotherapy | Beauty Treatment Section



Daily Schedule

WAKE UP (as per season)	05:30 AM	TO	
SHATKARMA'S	05:45 AM	TO	06:15 AM
SERVING OF LEQUID	07:00 AM	TO	07:15 AM
YOGA (compulsory)	07:15 AM	TO	08:00 AM
MUD COMPRESS	08:00 AM	TO	08:30 AM
BREAKFAST	08:30 AM	TO	09:00 AM
TREATMENTS	09:00 AM	TO	12:30 PM
LUNCH	12:00 PM	TO	01:00 PM
QUATH	02:00 PM	TO	02:30 PM
MUD COMPRESS	02:30 PM	TO	03:00 PM
TREATMENTS	03:00 PM	TO	06:00 PM
JUICE THERAPY	05:30 PM	TO	06:00 PM
YOGA (compulsory)	06:00 PM	TO	07:00 PM
ACTIVITIES/BREAPEING	07:00 PM	TO	07:30 PM
DINNER	07:30 PM	TO	08:30 PM
HERBAL QUATH	08:30 PM	TO	09:00 PM
BED TIME	09:00 PM		

an effective remedy using nature's products.



a pure and organic food for natural health.





attain beauty by pure ayurveda
without using chemicals.



| **Rajkot Center**

The Meadow Wellness is a luxurious international wellness destination nestled in the sylvan vales near Rajkot New International Airport. Spread over a plush 250 acre land, it overlooks over 5 acres of magnificently picturesque landscapes, offering truly rejuvenating and invigorating indulgences combining age-old health and wellness practices. Thoughtfully designed under the adept guidance of our world-renowned naturopathic doctors, The Meadow offers holistic and customized wellness experience to address the health concerns of our clients at a deeper level, while making sustainable changes to their lifestyle.

At the Meadow Wellness, we help you de-stress, detox and discover natural healing through a multitude of holistic wellness experiences designed to soothe your body, mind and spirit. Our signature practices include Ayurvedic treatments, traditional naturopathic therapies and other Yoga Science, expertly guided by our team of expert Ayurvedic doctors, skilled therapists, nutritionists and spa cuisine chefs, who work with you to help you to discover a sustainable journey towards a healthier, enriched lifestyle.





Ahmedabad Center

(Polo Forest)

Unlike other alternative healing centers, we are not only dedicated to make sure you achieve the highest standards of good health and wellbeing but also centered towards providing you with natural surroundings that encourage and comfort you in your journey of wellness. With us, you can dive deep into the realms of physical, psychological, and spiritual health under the guidance of trained and experienced professionals. It is a proven fact that Naturopathy does wonders when it is supported by nature. For this purpose, our center is surrounded by plants and trees boasting various vegetables and 14 types of fruits including mulberries, sweet tamarind, phalsas, figs, chikoos, and mangoes. Our premises are enveloped by the 'Palash', 'Mahua' and other glorious flowers. We believe in maintaining a natural habitat therefore, we have blended our architecture with nature by avoiding RCC and tar roads, so that our wellness seekers can enjoy 'petrichor' - the earthy scent produced when rain falls on dry soil.

At The Meadow Wellness Oasis we don't believe in trimming or grooming our trees but we respect their natural growth and adapt ourselves to them. At dawn, our wellness seekers are greeted by the warm rays of the sun and the chirping of various birds including the majestic peacocks. At night, our pollution-free skies are a delight for star gazers. Surrounded by lush greenery and its serenity, The Meadow Wellness Oasis is an escape from civilization where our wellness seekers can get healthier in complete harmony with nature.



The Meadow Wellness is situated at the foothills of the mighty Aravalli Mountain ranges on the Ahmedabad-Mt.Abu highway, in the heart of the Polo Forest, also known as Vijayanagar Forest.



| Junagadh Center

MEADOW WELLNESS established in the vicinity surrounded by divine and blissful nature 20 km far from JUNAGADH, in peaceful valleys of Gir Mountain, on the bank of river Vakola. This center is aimed at providing PHYSIOLOGICAL and SPIRITUAL health to people suffering from various diseases and stress through integrated therapy of AYURVEDA in the environment with fresh and pure air, verdant and vibrant nature while NATUROPATHY rejuvenates body with its various therapies which are given in heavenly nature, that further heals soul of individuals from stress and worries. The vision of MEADOW is to create a disease free world through scientific approach towards holistic healthcare, wellness and health rejuvenation with NATUROPATHY, YOGA & AYURVEDA and spread the same message around the world.



NATURE'S NATURAL CURE



Stress Management Program (2 to 3 Day)

- Cultivation of emotional Equilibrium
- Coordinately in interpersonal
- Exercising Self-control their by Gain in Mastery Over Own Nature
- Optimization of job Performance
- Maintenance of Health State & Prevention of Disease



Preventive Program (3 to 5 Day)

- Relaxation
- Detoxification
- Rejuvenation
- Geriatrics Care
- Lifestyle Modification
- Revitalize & Recreation
- Beautification



Holistic Health Program (5 to 7 Day)

- Music Therapy
- Yoga
- Reiki
- Chakra Balancing
- Dhyana / Meditation



Curative / Healing Program (10 Day)

- Pain Management
- Respiratory Care
- Digestive Care
- Circulatory Disorder Management
- Immune Disorder Management
- Psychological Disorder Management
- Endocrinal Disorder Management



Weight Management Program (12 to 15 Day)

- Weights Reduction
- Old age Obesity
- Cellulite Removing
- Inch Loss
- Shape up
- Child Obesity
- Menopausal Obesity



Post Operative Rehabilitation Program (21 Day)

- Post Liposuction / Gastric Bypass for Obeac People
- Post Knee Replacement for Osteo Arthritis People
- Post Radio / Chemo Therapy Detoxification & Immune
- Boosting in Cancer People
- Rehabilitation after Traumatic Stress Incidence



Wellness Package Per Day / Per Person - Rajkot

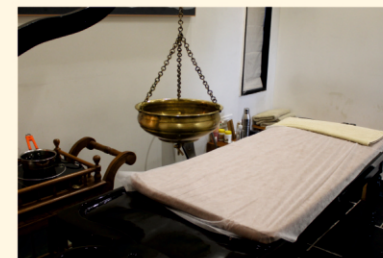
Room Type / Package	Price
Family AC Room	4,500 Sharing / Doormetry
Deluxe AC Room	9,500 Double Occupancy 5,500 Single Occupancy
Super Deluxe AC Room	11,000 Double Occupancy 7,000 Single Occupancy
Villa AC Room	13,000 Double Occupancy 9,000 Single Occupancy

Wellness Package Per Day / Per Person - Ahmedabad (Polo Forest)

Room Type / Package	Price
Family AC Room	4,500 Sharing / Doormetry
Super Deluxe AC Room	11,000 Double Occupancy 7,000 Single Occupancy
Villa AC Room	13,000 Double Occupancy 9,000 Single Occupancy

Wellness Package Per Day / Per Person - Junagadh

Non AC Room		AC Room	
Single	Double	Single	Double
3000/-	5000/-	3500/-	6000/-



MEMBERSHIP PLAN

Platinum Card	Room Type/Package	Fees	Days for Couple	Validity
	Villa AC Room	6,50,000/-	70 Days	7 Years
Gold Card	Room Type/Package	Fees	Days for Couple	Validity
	Super Deluxe AC Room	5,50,000/-	70 Days	7 Years

List of inclusions in membership plan Package :

- Stay for two people in designed room
- All meals and juices as prescribed by doctor
- Therapeutic Full Body Massage (30 in) on alternate days
- Consultation fee and admission and processing fee
- Free consultation twice a year

Not included in Membership Plan & package

- Stay and food for any caretaker of children
- Any lab tests that might be required during stay
- Laundry and salon services
- Pick-up or drop services

Rules and regulations for members

- Advance bookin have to be made to avoid any inconvenience due to non availability of accommodation of choice
- One date change with minimum 1 week notice would be allowed free of charge
- Days can be availed in advance or carry forward 1 year subject to availability
- Guests would have to adhere to all rules of the campus





General Rules on Campus

- Tea, coffee and tobacco products of all kinds are not allowed on campus
- Phones, laptops, etc are not allowed inside the treatment & dining areas
- No outside food is allowed on campus
- Guests cannot leave campus without written consent of doctor
- Treatment would be provided in treatment section only. In special case if room treatment is required due to immobility, there would be extra charges
- Children of all age are welcome as long as guardians can take care of them
- Children below 5 years are complimentary and children above 5 year would be 2000 charge per day without treatment
- Govt Taxes & Levies as may be applicable at the time of admission will be charged extra
- Tariffs, Policies, Rules and regulations are subject to change without prior notice
- Management reserves the right to admission and in case of any disputes its decision would be final and binding

General instruction for patients

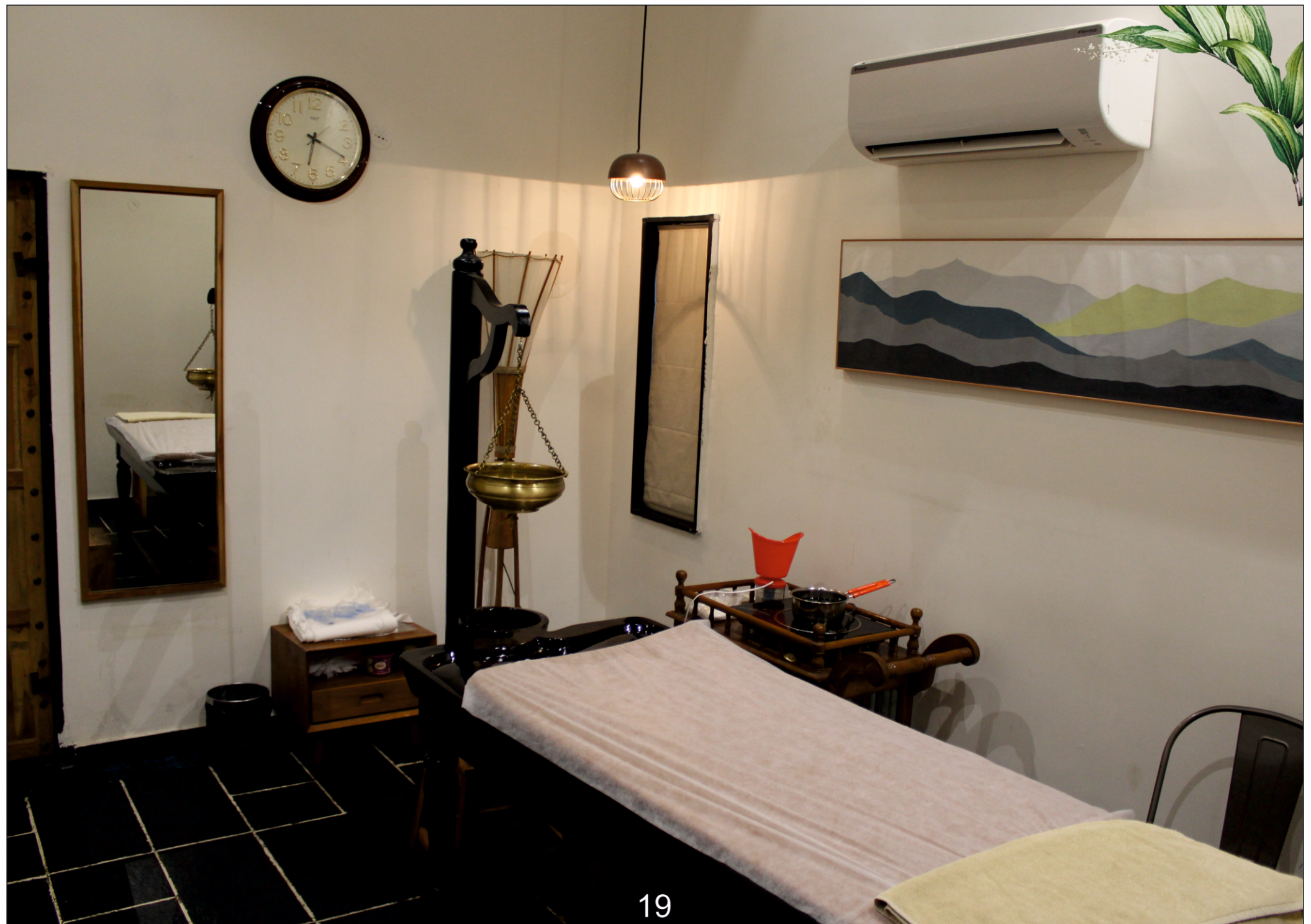
- Patients are to bring medical & clinical report for the consultation as well as current medication in sufficient quantity
- Patient are advised to bring comfortable clothing for Yoga & Gym, Walking Shoes is recommended for daily walks
- Kindly refrain from bringing valuable items. Though all rooms are provided with lockable drawers for valuable personal belongings
- Therapy related items and herbs are available in our Health shop near reception

Nature's Treatment

Irritable Bowel Syndrome | Gastritis | Menstrual Disorders | General Debility | Migraine (Headache) | Rheumatoid Arthritis | Gout | Sciatica | Hemiplegia Sinusitis | Hepatomegaly | Obesity | Osteo Arthritis | PCOD | Stable Heart Cases Piles | Psoriasis | Abdominal Disorders | Allergic Bronchitis | Allergic Rhinitis | Alopecia | Amoebiasis | Anxiety Neurosis | Arthritis Bronchial Asthma | Calcaneal Spur | Colitis | Constipation | Depression | Diabetes Mellitus | Sleep Apnea | Dysentery | Dyspepsia | Eczema | Fibromyalgia | Frozen Shoulder | Skin Allergy | Slip Disk | Ulcers | Urticaria Varicose Veins | Vertigo | Hyperacidity | Indigestion | Insomnia







RAJKOT



“The Meadow Wellness in Valley View Campus”
Nr. New International Airport Opp. Bharat Benz Showroom,
Rajkot-Ahmedabad NH 27, Parevada, Rajkot

JUNAGADH



“The Meadow Wellness”
At : Ishapur, Jetpur - Junagadh Highway, Via : Vadad, Junagadh

AHMEDABAD - POLO FOREST



“Meadow Wellness ”
Nr. Vireshwar Temple, Polo Forest, Idar, NH76A, Gujarat-383460

RAJKOT OFFICE

907 & 908, Twin Star, South Block,
Nr. Nana Mava Circle,
150 Feet Ring Road,
Rajkot - 360 004.

AHMEDABAD OFFICE

306, Parshwanath Business Park, 3rd Floor,
Prahladnagar Garden Cross Road,
Near Mondeal Square,
Prahladnagar, **Ahmedabad - 380 015.**

Project by

Dudheshwar Natural Health Resort Pvt. Ltd.

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