

Parmarth Ashram is one of the most beautiful ashram complex in Haridwar, India. Situated in the foothills of Himalayas, overlooking Ganges, it is the picturesque place where seven great sages or Saptarishis meditated. As per mythology, Ganges split into seven streams at this place so that the Rishis would not be disturbed by the flow. The powerful energy generated by the then meditating Rishis pervades the environment and can be felt. It is the place that will leave you charged with the enchantment of its surroundings. The place is true combination of nature, energy, spirituality, peace and tranquillity. Parmarth Ashram situated here is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul.



Naturopathy, Ayurvedic & Physiotherapy

Dharmaganga **Nature Cure Centre** offers some unique therapies for “Wellness”. It provides Holistic body treatment that purifies, rejuvenates and heals for perfect balance between your mind, body and soul & keeps you connected with the nature.



Herbal Bundle Massage (Pind Swedana)

Herbal Oil massage followed with massage by special bundle of herbs,
Good for aggravated vata, muscular & joint pain

Rs 1950 / US\$ 30

80 minutes



Chakra Massage (Chakra Abhyangam)

Calming Oil massage over the chakras.
Good for chakra balancing

Rs 2275 / US\$ 35

30 minutes



Herbal Powder Massage (Udwartan)

After a full body massage with Dosha specific Herbal Powder massage with deep exfoliation.
Good for kapha, reducing weight, improves blood circulation, removes dead cells

Rs 2600 / US\$ 40

90 minutes

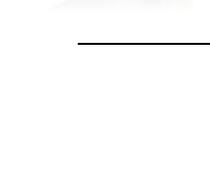


Herbal Paste Massage (Ubtan Abhyangam)

Herbal mustard paste with special herbs in an Ayurvedic way is applied all over the body.
Beautiful skin, refresh body tissues

Rs 1950 / US\$ 30

60 minutes



Massage with Aromatic Oils (Sugandh Abhyangam)

Herbal Aroma Essential Oil Massage according to Dosha on full body.
Refreshes body, mind & soul

Rs 1950 / US\$ 30

60 minutes