

# Why Naad Wellness should be your next destination

In today's world, words like stress, anxiety, disorders, and tightness are very common. Hence it has become essential for people to get help. Spreading awareness about the help needed is equally important. Naad Wellness brings you just the right relief to all your discomforts adequately how you need it.

## It's Significance

The word "Naad" signifies the primordial sound that reverberates across the universe, a vibration that is thought to have begun at the universe's inception and has continued resonating through our entire being ever since. It corresponds to the waking of our spiritual growth, our kundalini, and the moment when we begin to genuinely know ourselves.

In keeping with this age-old idea, Naad Wellness believes that



our bodies are like musical instruments that produce lovely melodies when tuned periodically.

## About Naad Wellness

Naad Wellness is a wellness resort located on the outskirts of New Delhi, away from the hustle and bustle of the capital city, in the town of Sonapat, Haryana. A day at Naad is packed with pampering and wellness. It comes with therapies timed according to your needs. One can spend several months here to reap the maximum benefits. Naad Wellness can be reached by road from



NAAD WELLNESS





Delhi, and if you are coming from another City, the nearest airport is the Delhi Airport. Naad wellness is an hour and a half drive away from the Delhi Airport.

### The Practices

This includes Yoga, which is a combination of physical, mental, and spiritual activities that heal the body, mind, and soul, and is thought to have originated in India during the pre-Vedic era. For generations, yoga has been the medium to total wellbeing

in India, where it is taught and performed by numerous schools. Naturopathy and Ayurveda are also practiced here. Ayurveda, which means "science of life," considers humans and nature to be one. Movement, change, and structure are the three primary energies that regulate our inner and exterior surroundings. According to wisdom dating back over 5,000 years, our bodies, according to Ayurveda, are the equilibrium of the five elements and our fundamental forces are Vata (Wind), Pitta

**Naad Wellness is a wellness resort located on the outskirts of New Delhi, away from the hustle and bustle of the capital city, in the town of Sonipat, Haryana. A day at Naad is packed with pampering and wellness. It comes with therapies timed according to your needs. One can spend several months here to reap the maximum benefits. Naad Wellness can be reached by road from Delhi, and if you are coming from another City, the nearest airport is the Delhi Airport. Naad wellness is an hour and a half drive away from the Delhi Airport.**

(Fire), and Kapha (Earth).

While Naturopathy has been recognized as a medical discipline having roots in 19th century Europe, many of Naturopathy's guiding principles have also been mentioned in India's ancient Vedic literature. Its basic tenet is that the body holds vital energies capable of self-healing, and that natural treatments, food control, and exercise are its transformational weapons. Naturopathy, like Ayurveda, believes that the human body is nothing more than a balance of nature's five main components. Naturopathic therapies include herbal massages, acupuncture, hydrotherapy, dietary counselling, and cleansing procedures.

Ayurveda, Yoga and Naturopathy, all originated in India, which is known around the world as the cradle of healing and wellbeing. Holistic living is a way of life here, and it is ingrained in the country's and people's culture. Every aspect of the Naad experience is based on this ancient ethos and is overseen by their resident physicians and experts.

### What Naad Brings to You

Naad wellness focuses on proper internal and external healing for your complete welfare. Proper diet plans are customized





to your needs and taste by some of the best chefs of the country. Focusing on a balance mind and a balanced lifestyle is what Naad inculcates in your life your own comforts. Being here means you are in safe healing hands that are ready to transform you and bring you towards the green and

positive path of life. After a completing your course here, there is no looking back to the complicated lifestyle you were once a part of.

### Architectural & Design Highlights

Naad's exterior is made from natural stone and features abundant natural light, streaming through its tall windows, glass doors and French windows. Most of the construction was labor intensive, providing an employment opportunity in the region. The 'yin and yang' inspiration

**Now to the most important part of today's times, the Health and Safety protocols followed because Naad Wellness is in the healthcare industry, its safety and sanitary requirements are on par with those of the country's top institutions. The following are examples of modern safety practices: At the entrance and at regular intervals, all guests and personnel are subjected to infrared temperature screening, all members of the staff and visitors wear masks, sanitation of the rooms, public areas, therapy rooms, and medical equipment is given priority, RFID tagging of linen at one of the world's best laundry services.**

resonates in the reflexology track and the shape of the swimming pool. Sustainable materials have been used in the construction of the property – FSC certified wood and zero-waste stonework. Sustainable endeavors include 100% water and solid waste recycling (both used for horticulture) and rainwater harvesting. The wood has been polished with linseed oil which does not give out chemical fumes. The swimming pool has been made with sandstone which ensures a cool, refreshing swim even in the scorching summers of the region. For winters, the water is temperature controlled. The tiles are handmade and sourced from artisans at Rajkot. In fact, these tiles are known to be zero waste, wherein all stone lumps left over from the process which otherwise have no use, are crushed to make graded aggregates. The tiles have been made using an ancient form of craftsmanship and help in keeping the interiors of the building cool.

### Covid Times

Now to the most important part of today's times, the Health and Safety protocols followed because Naad Wellness is in the healthcare industry, its safety and sanitary requirements are on par with those of the country's top institutions. The following are examples of modern safety practices: At the entrance and at regular intervals, all guests and personnel are subjected to infrared temperature screening, all members of the staff and visitors wear masks, sanitation of the rooms, public areas, therapy rooms, and medical equipment is given priority, RFID tagging of linen at one of the world's best laundry services. Employees are not allowed to take public transportation or visit hotspots. Before accessing the center, every guest, staff member, and visitor are required to show their current health condition on the ArogyaSetu app.

