

## OVERVIEW

**Five Lotus Indo German, Central India's Biggest Nature Cure Centre**, is a holistic health destination to restore your body's natural balance of mind, body, and spirit. By keeping your body in complete balance with nature, Five Lotus Indo-German cures the root cause of your ailments with naturopathic treatment and therapies with an individualized approach towards the problem. In our Detox, Weight-loss, and Medical programs, we address lifestyle-related health conditions using naturopathy-based treatments that combine Ayurveda, Acupuncture, Physiotherapy and the ancient wisdom of yoga and meditation. We use natural methods to address chronic, lifestyle-related, metabolic, and hormonal health concerns by promoting the body's own self-healing processes.

**Lotus Pain Management Package** - This plan includes specific treatments which are used in combination & isolation to give symptomatic relief from pain & also to rectify/cure/solve the underlining pain causing problem. Physiotherapy & Acupuncture is also a part of this package.



<b>Package Details</b>	
Package Name	<b>Lotus Pain Management Package</b>
Package Duration	11 Nights
Package Starts	Raipur Railway Station/ Airport
Wellness Centre	Five Lotus Indo German (84 Kms from Raipur Railway Station)
Frequency	Daily

### Package Cost (Per Person):

<b>Particulars</b>	<b>11 Nights</b>
Executive - Single	Rs. 57,000/-
Executive - Double	Rs. 53,750/-
Executive Lake View – Single	Rs. 60,800/-
Executive Lake View – Double	Rs. 56,900/-
Bungalow – Single	Rs. 65,200/-
Bungalow – Double	Rs. 61,450/-
Premium Duplex – Single	Rs. 78,700/-
Premium Duplex – Double	Rs. 73,600/-

## ITINERARY

### Lotus Pain Management Package (11 Nights)

Date	Sector	Tour Program	Night Stay
<b>Day:1</b>	<b>Check-in to Wellness Centre</b>	Check-In the Wellness Centre. (Check-In time: 14:00 hrs). Activities will be scheduled by the Wellness Centre Overnight Stay at the Wellness Centre.	Wellness Centre
<b>Day:2 - Day: 11</b>	<b>Day 2 - Day 11 At Wellness Centre</b>	As per the Day schedule all activities will be scheduled by the Wellness Centre. Overnight Stay at the Wellness Centre.	Wellness Centre
<b>Day 12</b>	<b>Check-out</b>	Post breakfast, your activities completed. Check-out. (Check-out Time: 11:00 hrs)	

<b>Day Routine at the Wellness Centre</b>	
05:00 - 05:30 AM	Cleansing Kriyas
05:30 AM - 06:00 AM	Cleansing Drinks
06:00 AM - 07:00 AM	Yoga, Pranayam
07:00 AM - 08:00 AM	Breakfast
08:30 AM - 10:00 AM	Naturopathy Treatments
10:00 AM - 10:30 AM	Vegetable Juice
12:30 PM - 01:30 PM	Lunch
01:30 PM - 02:30 PM	Rest Hours
02:30 PM - 03:00 PM	Fruit Juice
03:00 PM - 05:30 PM	Naturopathy Treatments
05:30 PM - 06:00 PM	Herbal Tea/Evening Snacks
06:00 PM - 06:45 PM	Power Yoga
06:45 PM - 07:15 PM	Meditation
07:30 PM - 08:00 PM	Dinner
08:15 PM - 08:30 PM	Health Talks
08:30 PM - 08:45 PM	Herbal Tea
09:00 PM	Retire to Room

## INCLUSION

### 11 Nights of Accommodation

- 1 X Welcome Drink
- 1 X Doctor Consultation
- 1 X Personalized Analyzer

### Daily Relaxing Kriyas

- Cleansing Kriyas
- Relaxing Herbal Mudpacks
- Yoga & Meditation
- Healthy Diet
- Herbal Kadha
- Herbal Juice
- 1 X Full Body Massage
- 5 X Steam
- 10 X Face Pack
- 3 X Patra Potli
- 1 X Oil Application + Mud Bath
- 1 X Sun Bath / Polypack
- 1 X Ganji Termeric Lep
- 1 X Urdwartanam
- 3 X Partial Massage
- 2 X Infra Red
- 3 X Mud Pack
- 1 X Abhyangam
- 6 X Alternate Compress
- 2 X Foot Reflexology
- 5 X Hydrotherapy
- 3 X Vasti
- 1 X Shirodhara
- 2 X Gh / Liver Pack
- 3 X Oil Compress / Mustard Pack / Jaggery Methi Lep
- 22 X Packs
- 1 X Amla Lep

**\*HEALTH KIT IS PROVIDED COMPLIMENTARY WITH THIS PACKAGE**

**\*NRI/OCI/PIO & Foreign Nationals will be admitted at a Surcharge of 50% over and above of our usual Package Charges.**

### Wellness Centre Rules & Regulations: -

- It is mandatory to present any valid ID (Passport/Election ID/ Aadhar Card/Driving License) at the time of Check-in.
- Attendants will be accommodated with the guest only and meals for attendants will be provided considering the normal diet of a person as per standards of institute. Attendants will not be provided treatments and are allowed as companion to the guest taking treatments.
- Non-veg, Egg, Alcohol, Pan Masala, Tobacco, Gutkha, Narcotics, smoking and all sorts of addictions are strictly prohibited in Centre premises.
- Tea, Coffee, snacks, and outside food is not allowed under any condition.
- Milk Tea is not provided.
- Centre don't have Room Service and late-night food facilities.
- Ensure not to spit in Centre premises.
- Guests are not permitted to go out before Check-out.
- On arrival baggage will be scanned for the prohibited items. Please Cooperate.
- Respect the environment and please do not pluck flowers, vegetables and leaves and also do not tease birds, animals.
- Cancellation charges as per company policy.
- For early check in and late check out the payment is to be settled directly by the guest.
- Wellness Centre has the right to claim the damages incurred by any of the guest.
- The guests are requested to take care of their personal belongings carefully and avoid leaving them unattended.
- Cost of additional services availed by the guest which are not part of our package inclusions are to be settled directly at the Wellness Centre.
- In case there is any change in package price the same will be communicated to you and only after your confirmation, we will proceed further for bookings.
- There will be no refund for un-utilized services.
- The package Price is subject to change without prior notice.
- Passenger should get full briefing about the package from IRCTC before/after the booking to avoid any confusion.
- IRCTC is not liable for personnel expenses, boating, portorage, theft, accidents etc.
- Any other terms and conditions applied as may be decided by IRCTC at any point of time

## TERMS & CONDITIONS

### Cancellation Policy: / Terms & Conditions:

No. of days before commencement of Trip*	Total Deductions
10 days prior (excluding arrival date)	25 % of the package cost
9 to 5 days (excluding the arrival date)	50 % of the package cost
Less than 5 days (excluding the arrival date)	100 % of the package cost
No show	100 % of the package cost

### **100% payment at the time of booking will be required.**

- On completion of the booking and payment formalities, a confirmation tour voucher will be generated.
- You will have to pay all bank charges.
- In case of cash payment of INR 25000/- or above, the Pan Card copy of the client is required.

### **FORCE MAJEURE :**

In these booking conditions, 'force majeure' means any event which IRCTC / the supplier of the service(s) in question / the Third Party Supplier could not, even with all due care, foresee or avoid. Such events may include disruptions/diversions of air services, floods, and earthquakes whether actual or threatened war, riot, civil strife, actual or threatened terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather conditions, disease, fire and all similar events outside the control of the party concerned.

We cannot accept liability or pay any compensation where the performance or prompt performance of our obligations under our agreement with you is prevented or affected by, or you otherwise suffer any damage or loss as a result of, 'force majeure'.

### **OUR LIABILITY TO YOU :**

IRCTC will not be responsible for any injury, illness, death, loss, damage, expense, cost or other claim of any description whatsoever which results from:

1. the act(s) and / or omission(s) of the person(s) affected or any member(s) of their party; or
2. the act(s) and / or omission(s) of a third party not connected with the provision of your arrangements and which were unforeseeable or unavoidable; or
3. any service or facility not arranged by us as part of our contract with you; or 'force majeure' as defined above.

### **We do not accept liability for:**

1. Any damage, loss, expense or other sum(s) of any description which based on the information you gave us at the time of booking, we could not have foreseen you would suffer or incur if we breached our contract with you
2. Any business losses.
3. Excursions or other tours or any other travel services taken and paid for by you which have not been provided by us whilst you are on our tour. In such instances, your contract will be with the operator / supplier of the excursion or tour or travel services and not with us.

## CONTACT US

### Contact for Booking

#### **IRCTC - Area Office Bilaspur**

Beside of VIP Gate no. 2, Tourism Information Centre,  
Bilaspur Railway Station, Bilaspur (C.G.) - 495004

Contact No. Bhanu Prakash Lal-8287932242

Himanshu Rajak - 8287932329

Email: [bhanu6504@irctc.com](mailto:bhanu6504@irctc.com)

#### **IRCTC - Cafelite Food Plaza, Platform No. 1, Raipur Railway Station, Raipur (C.G) - 492001**

Contact No. Rajeev Kumar- 9390112759

Email: [rkumar@irctc.com](mailto:rkumar@irctc.com)