

Interested in your Long term well-being ?

*Welcome...*

## To a new life of Happiness, Peace & Comfort

Located just 55 kms from Borivali on the Mumbai Ahmedabad Expressway.

Health Benefits of Yoga



**Shirodhara**

The Ayurvedic  
Way of  
Relaxation



Naturopathy



# VS3

The Golden Years Pvt Ltd

An organization that is dedicated to ensuring that wellness treatment is provided in 4 star class with every conceivable comfort and individual tailor made solutions.

# VS3 WELLNESS RESIDENTIAL CENTRE

In today's hectic world, people have realized that taking care of one self is prime for survival and growth, and there is a pressing need for periodic breaks, which help the mind and body to repair and rejuvenate.

It is seen that a lot of people are suffering from depression and other mental disorders but are unwilling to admit it because of which they learn to live with it which further aggravates their condition. They are silently and perhaps unknowingly killing themselves and suffer poor performances at their workplace and at home.

Thousands of researchers who have written millions of pages on the same and it is accessible on the internet and other forms of social and professional media. People need to be made aware that this is equivalent to a prolonged disease and needs treatment. But in their rat race of life, they are constricted to listen, learn, and implement.

Globally this has been recognized and accepted as a result of which there are a slew of quick fix offerings by shrewd marketers. But one has to understand this problem needs a long term solution and cannot be solved by antibiotics/sedatives/hypnotics etc . It needs patience, time, and an actual recognition that the only way to heal is by following scientifically designed natural holistic and un harmful processes.

To address this problem there are organizations which are using scientific processes to help one identify the actual problem, be willing to go through 2-3 alternative methods which are most suitable to initiate their personalized process of healing.



# VS3 WELLNESS RESIDENTIAL CENTRE

**VS3 Wellness Centre** is one such organization that is committed to helping people to make peace with their physical and inner self and walk the path to long term wellness with an improved quality of life, at close proximity and which will not cost fortunes in terms of cost and hours/days in travel to get there.

## **WHY VS3 Wellness Centre?**

A highly professionalized and thoroughly focused team located in a conducive natural and least polluted environment, which is just 55 Km from Mumbai and 10 Km from the Virar toll Naka on the Mumbai Ahmedabad express way.

The physical facility comprises a gated community spread over 24 acres consisting of bungalows and condominiums and the VS3 enclave.

VS3 offers 40 airconditioned suites comprising 1BHK fully furnished and meeting the standards of a 4-star facility along with 3000 sq ft of air-conditioned work out chambers and dining and recreational areas, coupled with areas for open air activity.

## **The key healing offerings are in the spheres of**

- **Ayurveda**
- **Yoga**
- **Vipassana**
- **Acupressure**
- **Naturopathy**

Each guest will be individually evaluated, and suggestions made as to what is best for them.

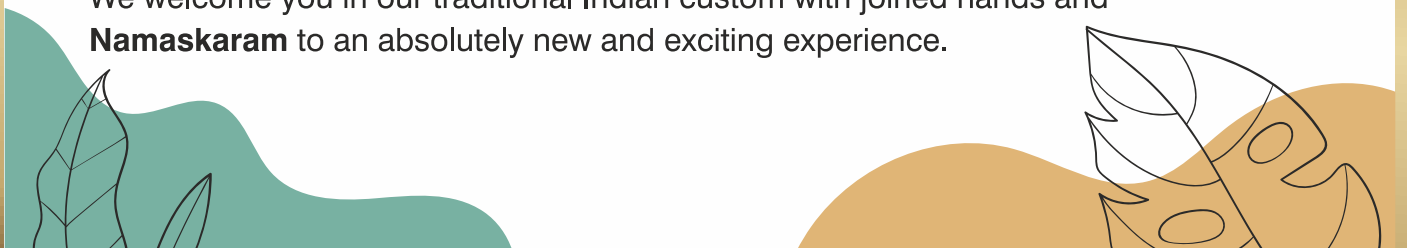
To make life simple the programs are divided into 4 phases.

1 night to familiarise one with the offering and seek a level of comfort.

2/3/5/7-day packages for those who believe that this Holistic treatment is their calling and are willing to experience and enjoy more of the offering and get initiated on the road to healing and wellness.

As time is a key element in a city like Mumbai, the number of days are minimized which will also save on costs. Guests are recommended to repeat the process periodically based on their convenience and within the stipulations of the time frame so as to derive maximum benefits.

We welcome you in our traditional Indian custom with joined hands and **Namaskaram** to an absolutely new and exciting experience.



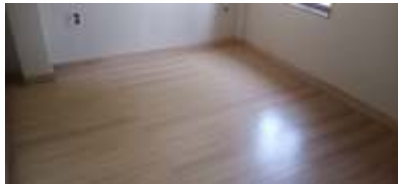


# THE LIVING FACILITIES

4 star standards fully furnished suites comprising of -

## Living Room | Bed Room | Bathroom | Pantry | Wardrobe

- Sofa set + 2 Side Tables
- Centre Table
- 32 inch TV plus stand + Tata Sky
- Panic button
- Queen size bed / 2 Single beds + 2 Side tables + Wardrobe
- Pantry + Storage area + Medicine Cabinet
- Dry + Wet Area in bathroom
- Branded Sanitary Fittings
- Geyser
- Commode + Wash Basin
- Mirror
- Towel hangers
- Utility Storage
- Grab railing wherever required
- LED recessed lighting
- False ceiling
- Textured walls painted with Asian Paints
- Sturdy doors
- Intercom
- 2 sets of soft furnishing
- 2 Fans
- 2 Ac's
- Aluminium Anodized windows with fixed mosquito nets



# THE OFFERING & TARIFFS

Days	All Inclusive prices per day
1 Night Stay (24 hours)	Rs. 6,000/- + GST
2 Nights Stay	Rs. 5,750/- + GST
3 Nights Stay	Rs. 5,500/- + GST
5 Nights Stay	Rs. 5,200/- + GST
7 Nights Stay	Rs. 4,900/- + GST

## FREE SERVICES

- All meals
- Laundry
- Housekeeping
- Medical check up
- Nurse on duty
- Recreation room facilities
- Gym Facilities
- Personal development courses like Yoga/ Vipasana/
- Naturopathy Massage, Shirodhara treatment etc.
- Security
- Attendant on duty for each buildings
- Miles of walkable woods in an extremely green surround.

## SOME NEARBY ATTRACTIONS

- Vandre Dam
- Nakoda Dham
- Hot Springs
- Hill Trekking

## Address

**VS3 Golden Years Pvt. Ltd.**  
VEGAS UNIVERSE,  
Next to Nakodadham  
Opp. Village Dhekale,  
on Mumbai-Ahmedabad Highway  
10 k.m. from Virar Toll Naka,  
Thane District - 401404  
A Joint Venture between Supreme (Vegas) & VS3 Pvt. Ltd.

## Contact

**Simrone** - 9167583947  
**Susan** - 9833172666  
**Sanskar** - 9320315427

## Attention Corporates

This could be an excellent gift that you could look at providing your local employees to take Naturopathy break

 [vs3thegoldenyears@gmail.com](mailto:vs3thegoldenyears@gmail.com)

 <https://www.vs3gy.com>

 VS3 The Golden Years Pvt LTD

