

TERIFRAC - MONTHLY POA - JUNE

WEEK 1

POST 1

Banner Tagline -

Hydrotherapy - the Belly Shaper!

Post Description -

Hydrotherapy or Colon Hydrotherapy is based on utilizing water alongside with the natural herbs, salts and minerals to help your body detoxify and cleanse from within.

Welcome to Nimba & treat your abdominal obesity and fat depositions with the blend of ancient principles and advanced tools.

[Read More...](#)

#TryNimba #TryHydroTherapy

POST 2 (5th June)

Banner Tagline -

Green Today... Greener Tomorrow!

Post Description -

With the recent imbalance we've started; it's time for us to rectify! This World Environment Day, Nimba requests one and all citizens of the country to plant at least one tree and share our little bit in creating a more balanced and sustained planet.

#PlantATree #WorldEnvironmentDay

POST 3

Banner Tagline -

#FlowerPower - Charm of Lotus beyond Pink Petals!

[Info-Graphic bullet points]

- ✓ Gastric benefits
- ✓ Lowers Sugar & Cholesterol
- ✓ Reduces inflammation

- ✓ Nutritional value
- ✓ Pimple problem
- ✓ Menstrual issues
- ✓ Cough & Cold
- ✓ Effects on Lung Cancer

Post Description -

Flowers have a tremendous ability to cause healing and soothing effects on human mind and body. Lotus is one such marvel with its potentials, less known.

[Read More...](#)

Welcome to Nimba, the nature cure village, and experience the floral bliss for yourself.

WEEK 2

POST 1

Banner Tagline -

Ayurveda making its mark!

Post Description -

As Naturopathy turns out to be more sought after, with every passing day; even Ayurveda is making its presence felt in the global markets.

A study forecasts that by 2017, demands of Ayurveda practitioners shall increase by 41%

Experience the magic of Ayurveda and Naturopathy at Nimba!

#AyurvedaRocks #NaturalHealingSciences #GoAyurveda

POST 2

Banner Tagline -

Happy Nimbaiyan Experience - Priya Sharma!

Post Description -

"Nimba Nature Cure Village is a complete package of Health and being healthy. Nimba heals our body in natural ways. I spent a week in harmony with nature. Doctors are well experienced and calmly understand our health issues. I would really want to come to Nimba again and again..."

- Priya Sharma, a delighted Nimbaiyan!

#BEaNimbaiyan #HappyNimbaiyan

POST 3

Banner Tagline -

Jnana Yoga - The Yoga of attaining Knowledge!

Post Description -

Beyond physical fitness, Yoga extends itself into intellectual realms as Jnana yoga - the process of attaining the enlightened self through inner reckoning and introspection. [Read More...](#)

#ExperienceJnanaYoga at #Nimba

WEEK 3

POST 1

Banner Tagline -

Dr Togadia's 6 easy Steps for Freedom from Tobacco!

1. decide,
2. diet,
3. de-stress,
4. de-addict,
5. detoxify and exercise, and
6. do-it-now

Post Description -

Renowned cancer surgeon and Vishwa Hindu Parishad's (VHP) international working President Dr Pravin Togadia recently proposed 6 easy "Ds" to help victims get live a Tobacco-Free Life!

[Read More...](#)

Discover several natural ways to switch to a healthy addiction-free life at Nimba - the Natura Cure Village.

#GoNatural #LiveHealthy #NimbaLife

POST 2 (19th June)

Banner Tagline -

It's Daddy's Day Out @ Nimba!

Post Description -

This Father's Day, treat your daddy with the Nature's rejuvenating experience and join him into sheer luxury at an exciting 50% off on all Therapies!

Just the Code #NimbaDaddy on arrival.

Limited Entries! Reserve your seat now...

Call - +912762283313 / 283314, +918347313333

Email - info@nimba.in

#FathersDay #NimbaDaddy

POST 3 (21st June)

Banner Tagline -

Let's get Yoga Viral!

Post Description -

This 21st June, on the International Yoga Day, Lets set the concept viral and get social media booming!

Upload your Yoga Posture Pics and Videos and share them on Nimba Facebook wall with #ViralYoga.

Challenge your friends and followers with a specific asana and ask them to share their pics and videos.

Most trending social post shall win a 3 day all expenses paid trip to Nimba!

Together, let's make Yoga BIG!

#ViralYoga #NimbaNatureCureVillage

WEEK 4

POST 1

Banner Tagline -

The Leader's Vision -

"India can be a leader in making affordable, holistic healthcare available to entire world!"

Post Description -

Let's join our visionary PM in his movement towards making India, a global hotspot for affordable holistic healthcare.

#SupportAyush #SupportAyurveda #SupportNaturopathy

POST 2

Banner Tagline -

Happy Nimbaiyan Experience - Dhvani Shah!

Post Description -

"Nimba Nature Cure Village was of one of the best experiences of my life. Well behaved staff, great doctors and well trained massagers... Food was good... I lost 5 kgs in just 7 days... Got Refreshed and Rejuvenated..."

- Dhvani Shah, an enthralled Nimbaiyan!

#BEaNimbaiyan #HappyNimbaiyan

POST 3

Banner Tagline -

Fundamental Principles of Naturopathy

1. Do no Harm
2. Recognize healing power of Nature
3. Identify and treat causes of Illness
4. Educate Patients
5. Treat entire Body
6. Emphasize preventive approach

Post Description -

Welcome to the noble and global fundamentals, Naturopathy works on.

Embrace the true potentials of Naturopathy healing at Nimba - the Nature Cure Village.

POST 4

Banner Tagline -

#FlowerPower - Wonders of Hibiscus beyond Floral Beauty!

[Info-Graphic bullet points]

- ✓ Helps digestion
- ✓ Controls high blood pressure
- ✓ Resists cancer
- ✓ Reduces bacterial infections
- ✓ Helps in weight loss
- ✓ Resolves fever

Post Description -

Flowers have a tremendous ability to cause healing and soothing effects on human body and mind. Explore the marvellous uses and effects of Hibiscus flower.

[Read More...](#)

Welcome to Nimba, the nature cure village, and experience the floral bliss for yourself.