```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Know More About Usr</title>
    <style>
        body {
            font-family: Arial, sans-serif;
            margin: 0;
            padding: 0;
            background-color: #f5f5f5;
            color: #333;
        }
        header {
            background-color: #2a7f62;
            color: #fff;
            padding: 20px;
            text-align: center;
        }
        nav {
            margin: 0;
            padding: 10px;
            background-color: #3b8c7a;
            text-align: center;
        }
        nav a {
            color: #fff;
            margin: 0 15px;
            text-decoration: none;
            font-weight: bold;
        }
        .hero {
            background-image:
url('https://via.placeholder.com/1500x400.png?text=Ayurveda+Hero+Image');');
            background-size: cover;
            color: #fff;
            padding: 60px 20px;
            text-align: center;
        }
        .container {
            max-width: 1200px;
            margin: auto;
            padding: 20px;
```

```html
        }
        .section {
            background-color: #fff;
            margin: 20px 0;
            padding: 20px;
            border-radius: 8px;
            box-shadow: 0 2px 5px rgba(0, 0, 0, 0.1);
        }
        .section img {
            max-width: 100%;
            border-radius: 8px;
        }
        footer {
            background-color: #2a7f62;
            color: #fff;
            text-align: center;
            padding: 10px;
            position: fixed;
            width: 100%;
            bottom: 0;
        }
        h1, h2 {
            color: #2a7f62;
        }
    </style>
</head>
<body>
    <header>
        <h1>Ayurveda - Embrace Natural Healing</h1>
    </header>
    <nav>
        <a href="#about">About</a>
        <a href="#mission">Mission</a>
        <a href="#contact">Contact</a>
    </nav>
    <div class="hero">
        <h2>Thoughtful and Considered</h2>
        <p>Everything we create is designed to tangibly improve your rest</p>
    </div>
    <div class="container">
        <section id="about" class="section">
            <h2>About us</h2>
```

```html
        <p>Ayurveda is an ancient system of medicine that originated in India more than 3,000
years ago. It is based on the principle of balance and harmony, using natural methods to
maintain health and well-being.We are on a mission to make lives better</p>
        <img src="https://via.placeholder.com/1200x600.png?text=Ayurveda+About+Image"
alt="Ayurveda About">
    </section>
    <section id="benefits" class="section">
      <h2> MISSION</h2>
      <ul>
        <li>We are on a mission to make lives better . Its our aim to renew the cultural
practices which forms the backbone of traditional healing practices.
However since the ayurveda as physical garden is not accessible to everyone . So we here by
bring it to you by virtual herbal garden.A Virtual Herbal Garden will bridge this gap by offering a
digital platform where users can explore, learn, and understand the significance of various
medicinal plants from the comfort of their homes. </li>

      </ul>
        <img src="https://via.placeholder.com/1200x600.png?text=Ayurveda+Benefits+Image"
alt="Ayurveda Benefits">
    </section>
    <section id="contact" class="section">
      <h2>Contact Us</h2>
      <p>For more information about our Ayurvedic services, please reach out to us.</p>
      <address>
        <p>Email: <a href="mailto:info@ayurveda.com">info@ayurveda.com</a></p>
        <p>Phone: +123-456-7890</p>
        <p>Address: 123 ZK Street, Amravati, AC 56789</p>
      </address>
    </section>
  </div>
  <footer>
    <p>&copy; 2024 Ayurveda Wellness. All rights reserved.</p>
  </footer>
</body>
</html>
```