



Healthy Natural Living

Minimum 7 Nights

Fazlani Nature's Nest "Healthy Natural Living, Lifestyle Disorder Management Retreat" is perfect is ideal for those wanting to rejuvenate the body through customized nature-based therapies, holistic healing sessions and nature driven activities to address health issues due to poor lifestyle choices.

Using pulse diagnosis, tongue analysis, the concepts of Dosha and the Five Elements, this program is best suited for those seeking holistic, authentic ways to treat low levels of energy due to chronic ailments. This specialised programme in collaboration with Naturopaths and Ayurveda doctors, renews Mind, Body and Spirit through holistic health therapies, nutritional remedies, and Yogic philosophy to address ailments related to unhealthy lifestyle.

Program Goals

- Removal of toxins that may cause lethargy, mood swings, sluggishness of mind and body.
- Discover tools for maintaining sustainable ideal body Weight
- Improved functioning of digestive system.
- Improved body mass index and metabolic functions
- Improved vitality and strengthen immune system.

Program Benefits

- Achieve age-appropriate blood pressure and cholesterol levels
- Enhance colon health
- Improved Sleep patterns
- Better Cardiorespiratory health
- Improve blood bio marker scores

Recommended For

- Type 2 Diabetes
- Obesity
- Hypertension
- Menopause related Hormonal and Weight gain issues
- Irritable Bowel Syndrome and Digestive issues
- Hyperlipidaemia and High Cholesterol related health issues
- Degenerative joints disorder or Arthritis
- PCOD Polycystic Ovarian Disorder
- Thyroid Hormone Imbalance



Fazlani Natures Nest, A Wellness Retreat

Village Takwe
(Budruk), Maval,
Pune, 412 106- MH
Tel: +91 22 6600 000

info@fazlaninaturesnest.com
www.fazlaninaturesnest.com

Call now!
Anush
Nireshwalia

+91 98206 97697

dos@fazlaninaturesnest.com

Inclusions

While each of our Wellness Program is unique, they all include some essential core elements.

General

- Luxury accommodation as per booking
- Access to Resort Activities and Facilities such as Swimming Pool, Steam and Sauna

Nutritional Support

- Daily 3 Curated wellness meals focusing on nutrient-dense whole foods using the farm to fork concept
- Daily herbal detox elixirs including slow pressed juices and superfood beverages during meals.
- Daily holistic detox herbal supplements (to support the healing process of the body)
- Post Retreat conclusion dietary guidelines.

7 Night

- Prescribed Health Condition Specific Body Therapy (60 min) 7
- Prescribed Ayurveda Abdominal Detoxifying Therapy (60 min) 1
- Prescribed Acupressure Hand or Foot Therapy (60 min) 1
- Naturopathy herbal body wrap as per prescription / health Condition (30 min) 1
- Ayurveda Herbal Decoction Deep Cleanse Enema 1
- Colon hydrotherapy 1
- Invigorating Whirlpool Therapy 1
- Personalised Yoga & Meditation Session (60 min) 1
- Personalised Fitness session (60 min) 1

Consultations & Assessments

- Consultation with Wellness Physician and understanding your health and wellness goals
- Pulse & Body Composition analysis
- Bio-Impedance Health markers analysis upon arrival
- Regular monitoring of the vitals.
- Post Retreat Wellness Physician's consultation

Activities

- Rebooting the mind and body through daily therapeutic Yoga, Chakra Meditation and Pranayama breathing exercises
- Partaking in Resort daily activities including Nature Walks, Art therapy in Hobby studio, Scheduled Fitness Group Sessions, Hiking and Complimentary Access to Resort's Equine & Bird Park.

14 Night

- Prescribed Health Condition Specific Body Therapy (60 min) 14
- Prescribed Ayurveda Abdominal Detoxifying Therapy (60 min) 2
- Prescribed Acupressure Hand or Foot Therapy (60 min) 1
- Naturopathy herbal body wrap as per prescription / health Condition (30 min) 1
- Ayurveda Herbal Decoction Deep Cleanse Enema 2
- Colon hydrotherapy 2
- Invigorating Whirlpool Therapy 1
- Personalised Yoga & Meditation Session (60 min) 2
- Personalised Fitness session (60 min) 2
- Personalised Nature Ecotherapy Session (60 min) 1

21 Night

- Prescribed Health Condition Specific Body Therapy (60 min) 21
- Prescribed Ayurveda Abdominal Detoxifying Therapy (60 min) 3
- Prescribed Acupressure Hand or Foot Therapy (60 min) 3
- Naturopathy herbal body wrap as per prescription / health Condition (30 min) 2
- Ayurveda Herbal Decoction Deep Cleanse Enema 3
- Colon hydrotherapy 1
- Invigorating Whirlpool Therapy 2
- Personalised Yoga & Meditation Session (60 min) 3
- Personalised Fitness session (60 min) 3
- Personalised Nature Ecotherapy Session (60 min) 2



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Sample Week At Fazlani Natures Nest

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am		Gundusha Oil Pulling Therapy & Herbal Tea Service	Gundusha Oil Pulling Therapy & Herbal Tea Service	Gundusha Oil Pulling Therapy & Herbal Tea Service	Gundusha Oil Pulling Therapy & Herbal Tea Service	Gundusha Oil Pulling Therapy & Herbal Tea Service	Gundusha Oil Pulling Therapy & Herbal Tea Service
7 am		Hatha Yoga at Amphitheatre	Beach Boot Camp	Yoga for Immunity at Amphitheatre	Mat Pilates	Deep Flow Yoga at Amphitheatre	Zumba Dance Fit Session
8 am		Healthy Breakfast	Healthy Breakfast	Healthy Breakfast	Healthy Breakfast	Healthy Breakfast	Healthy Breakfast
9 am		Agro Tour	Equine Therapy at Stallion Castle	Physician Consultation with Risk Profiler	Fishing at River Beach	Equine Therapy at Stallion Castle	Pilates Legs and Core
10 am		Healing Hydrotherapy 	Lung Detox Respiratory Release Therapy at Salt Room	Flora Tour 	Lung Detox Respiratory Release Therapy at Salt Room	Feel the Burn	Aqua Fit Session 
11 am		Ayurveda Massage Therapy 	Acupressure Body Healing Therapy	Prescribed Herbal Body Polish or Wrap Therapy	Colon hydrotherapy	Prescribed Acupuncture or Cupping Therapy	Healing Hydrotherapy
1 pm	Arrival & Welcome to Resort	Wellness Curated Lunch	Wellness Curated Lunch	Wellness Curated Lunch	Wellness Curated Lunch	Wellness Curated Lunch	Wellness Curated Lunch
2 pm	Lunch	Rest & Quiet Contemplation	Rest & Quiet Contemplation	Rest & Quiet Contemplation	Rest & Quiet Contemplation	Rest & Quiet Contemplation	Rest & Quiet Contemplation
3 pm	Physician Consultation & Agenda Planning	Naturopathy Herbal Packs	Restorative Pilates	Leg and Core Exercise 	Cardio Boost	Alchemy of Detox Cooking Class 	Hobby Studio Art Therapy Class
4 pm		Ayurveda Herbal Decoction Therapy	Prescribed Massage Therapy 	Naturopathy Herbal Pack Therapy	Prescribed Massage Therapy 	Naturopathy Herbal Body Packs Therapy	Prescribed Massage Therapy
5 pm	Relaxing Body Massage	Pranayama and Meditation	Personalised Nature Ecotherapy Session	Dynamic Walking Forest Meditation	Private Yoga & Meditation Session	Dynamic Walking Forest Meditation 	Pranayama and Meditation
6 pm		Bird Park Bird Watching 	Lung Detox Respiratory Release Therapy at Salt Room	Bird Park Bird Watching	Lung Detox Respiratory Release Therapy at Salt Room 	Bird Park Bird Watching	Private Gym Personal Training Session
7 pm	Wellness Dinner	Wellness Dinner	Wellness Dinner	Wellness Dinner	Wellness Dinner	Wellness Dinner	Wellness Dinner
9 pm	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep

 Optional

 Most Loved

 Recommended



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