



Immune Resilience Retreat

Minimum 7 Nights

Fazlani Nature's Nest "Immune Resilience Retreat" is Ideal for those seeking to increase vital energy, feel confident in the fight against infection, increase and support immunity and achieve optimum health. Using functional testing to identify weak bio marker imbalances while Traditional Ayurvedic Medicine and Sattvic nutritional guidance provides a personalized approach to building your innate resilience and boost your Immunity.

Designed to reduce inflammation, this program is highly beneficial for those with vulnerable immunity, post-viral fatigue, auto-immune concerns, or those simply wishing to feel more robust and fortified in the face of life's uncertainties.

Program Goals

- Strengthen and boost innate immunity
- Develop inner resistance against microbial infections
- Increase vital energy
- Feel physically and mentally invigorated

Program Benefits

- Improve immune and metabolic systems function
- Renew energy levels post viral fever
- Provide relief from symptoms of Chronic fatigue
- Reduce inflammation and promotes cellular rejuvenation
- Enhance mental clarity

Recommended For

- Relief of symptoms due to Immune deficiency
- Chronic Fatigue syndrome
- Physical and Emotional Burnout
- Renew energy levels post viral fever
- Insomnia
- Musculoskeletal Weakness
- Pain Management
- Skin allergies



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

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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 Cleansing Therapy (60 min) 2
- Prescribed Naturopathy Body Polish or Herbal Pack Therapy 1
- Hydrotherapy Bath as per prescription 1
- Ayurveda Herbal Decoction Enema 1
- Nutritional Guidance to promote better immune health 1
- Personalised Yoga & Meditation 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.

10 Night

- Prescribed Health Condition Specific Body Therapy (60 min) 10
- Prescribed Ayurveda Cleansing Therapy (60 min) 3
- Prescribed Naturopathy Body Polish or Herbal Pack Therapy 2
- Hydrotherapy Bath as per prescription 1
- Ayurveda Herbal Decoction Enema 2
- Nutritional Guidance to promote better immune health 1
- Personalised Yoga & Meditation Session (60 min) 1
- Personalised Nature Ecotherapy Session (60 min) 1

14 Night

- Prescribed Health Condition Specific Body Therapy (60 min) 14
- Prescribed Ayurveda Cleansing Therapy (60 min) 2
- Prescribed Naturopathy Body Polish or Herbal Pack Therapy 2
- Hydrotherapy Bath as per prescription 2
- Ayurveda Herbal Decoction Enema 2
- Colon hydrotherapy 1
- Nutritional Guidance to promote better immune health 1
- Personalised Yoga & Meditation Session (60 min) 2
- Personalised Nature Ecotherapy Session (60 min) 1
- Personalised Fitness Assessment and Training session (60 min) 1



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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
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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