



Natural Relaxation Retreat

Minimum 3 Nights

Fazlani Nature's Nest “**Natural Relaxation Retreat**” is ideal for those who wish to engage in blissful massage therapies carefully chosen to work in synergy, fostering a deep relaxation of mind and body. Perfect for those that just want a relaxing break and to greatly enhance your sense of vitality.

Our expert therapists indulge you from head to toe, reconnecting you with your soul whilst establishing the dynamic state of equilibrium that arises naturally when we allow ourselves to deeply relax.

“**Renewal**” on every level of your “**Being**” is the ethos of this Retreat. This programme is curated with restorative therapies and signature Rituals that allow you the space and time to Refresh, Renew and be Mindful of the present moment.

Program Goals

- Feel a deeper sense of calm
- Restore Mind body and Spirit balance
- Sense a joyful, lighter, and more energetic YOU
- Enjoy emotional and physical harmony
- Get more connected with your soul and life purpose

Program Benefits

- Unwind and indulge
- Experience a shorter wellbeing getaway
- Restore positive energy
- Improved blood circulation
- Enhanced Skin hydration and condition

Recommended For

- Deep Relaxation
- Stress Management
- Addressing symptoms related to feelings of exhaustion and burnout
- Experiencing a shorter wellbeing getaway
- Restore positive energy



Fazlani Natures Nest, A Wellness Retreat

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

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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.

3 Night

- Prescribed Wellness Body Massage Therapy (60 min) 3
- Prescribed Aesthetic Facial Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Personalised Holistic Yoga Session (60 min) 1

10 Night

- Prescribed Wellness Body Massage Therapy (60 min) 7
- Prescribed Aesthetic Facial Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 2
- Invigorating Whirlpool Therapy 1
- Naturopathy Herbal Packs as per prescription 1
- Personalised Holistic Yoga Session (60 min) 1
- Forest Walk Chakra Meditation (30 minutes) 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.

5 Night

- Prescribed Wellness Body Massage Therapy (60 min) 5
- Prescribed Aesthetic Facial Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Naturopathy Herbal Packs as per prescription 1
- Personalised Holistic Yoga Session (60 min) 1
- Forest Walk Chakra Meditation (30 minutes) 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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