



Optimal Weight Retreat Minimum 7 Nights

Fazlani Nature's Nest "Optimal Weight Management Retreat" is ideal for those wanting to initiate a change, examine your relationship with food and adopt healthier, more instinctive lifestyle choices for the long term. This Retreat is perfect for anyone who wants to lose excess weight, manage positively the blood values, and enhance energy levels.

Carefully selected massage treatments inspired by Ayurveda, Naturopathy and Spa principles support metabolism, digestion and stimulates the nervous system to create a fun filled journey to your ideal weight.

Our experts will guide your relationship with food and help with creating sustainable healthy eating habits. Fitness sessions are planned according to your fitness levels and special protein - sugar balancing menu is customized during your stay to help you move towards your goals and sustain a lifelong impetus to maintain healthy weight.

Program Goals

- Adopt Healthier Lifestyle Choices
- Weight loss
- Develop Mindful Eating Practices
- Build Physical and Mental Fitness

Program Benefits

- Initiate the process of positive change in Body composition
- Initiate sustainable Weight Loss
- Balancing blood pressure and cholesterol levels
- Improve muscle mass
- Enhance Metabolism

Recommended For

- Persons who need to lose Weight for health and medical conditions
- Infertility or PCOD Polycystic ovarian disease related issues
- Hypothyroidism related Weight gain or fluid retention
- People suffering from Joint problems or degenerative musculoskeletal conditions
- Lifestyle onset Type 2 Diabetes
- People suffering from Hypertension and high cholesterol
- Non-alcoholic Fatty Liver
- Depression and Anxiety due to body image issues



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 Body Specific Massage Therapy (60 min) 5
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Wrap Therapy 1
- Naturopathy Herbal/ Mud Packs as per prescription (30 min) 1
- Colon hydrotherapy 1
- Holistic Fitness Evaluation Session 1
- Personalised Fitness Training Session (60 min) 1
- Nutritional Guidance to promote better physical 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.

14 Night

- Prescribed Body Specific Massage Therapy (60 min) 14
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Wrap Therapy 1
- Naturopathy Herbal/ Mud Packs as per prescription (30 min) 2
- Ayurveda Herbal Decoction Enema 2
- Invigorating Whirlpool Therapy 1
- Colon hydrotherapy 1
- Holistic Fitness Evaluation Session 1
- Personalised Fitness Training Session (60 min) 2
- Nutritional Guidance to promote better physical health 1
- Personalised Yoga- Meditation Session (60 min) 2
- Personalised Nature Ecotherapy Session (60 min) 1



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Inclusions

21 Night

- Prescribed Body Specific Massage Therapy (60 min) 21
- Acupressure Body Healing Therapy (60 min) 2
- Prescribed Herbal Body Wrap Therapy 2
- Naturopathy Herbal/ Mud Packs as per prescription (30 min) 4
- Ayurveda Herbal Decoction Enema 3
- Invigorating Whirlpool Therapy 1
- Colon hydrotherapy 2
- Holistic Fitness Evaluation Session 2
- Personalised Fitness Training Session (60 min) 2
- Nutritional Guidance to promote better physical health 1
- Personalised Yoga- Meditation Session (60 min) 3
- Personalised Nature Ecotherapy Session (60 min) 2

28 Night

- Prescribed Body Specific Massage Therapy (60 min) 28
- Acupressure Body Healing Therapy (60 min) 3
- Prescribed Herbal Body Wrap Therapy 3
- Naturopathy Herbal/ Mud Packs as per prescription (30 min) 4
- Ayurveda Herbal Decoction Enema 3
- Invigorating Whirlpool Therapy 1
- Colon hydrotherapy 3
- Holistic Fitness Evaluation Session 1
- Personalised Fitness Training Session (60 min) 3
- Nutritional Guidance to promote better physical health 1
- Personalised Yoga- Meditation Session (60 min) 4
- Personalised Nature Ecotherapy Session (60 min) 3



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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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