



HEALTHY AGING

BOOST ENERGY & ENHANCE LONGEVITY

Starting from 5, 7 & 10 nights

Fazlani Nature's Nest **"Healthy Aging Retreat"** is perfect for anyone seeking to enhance their overall health. by indulging in daily healthful activities including yoga and meditation, circuit training, and ritualistic spa therapies all designed to improve your inner and outer beauty.

Active skincare treatments further strengthen and reveal greater texture and tone to your complexion whilst enjoying a range of delicious and healthy cuisine, the foundation to true health, that helps to slow down the signs of ageing and leave you feeling and looking marvellously rejuvenated.

Integrated approach with Nature based therapies, this retreat has been designed to guide you towards a healthier routine and naturally slowing down the signs of ageing. Nutritional focus with anti-ageing foods for skin, brain, heart and joints bolster inner radiance along with scientific advances in beauty, fitness and nutrition with ancient Ayurvedic wisdom help you look and feel younger.

PROGRAM GOALS

- You'll look and feel the best version of yourself
- You will have a clearer picture of your health and the weak areas in your body
- You'll have more energy

PROGRAM BENEFITS

- Feel confident in the way you look and feel
- Experience new levels of energy and vitality
- Repair the skin on a cellular level
- Reinforce the production of collagen
- Reduce the signs of cellulite
- Remove excess fluid and toxins from the body

RECOMMENDED FOR

- Delaying signs of Aging
- Building stress resilience
- Calming the nervous system
- Restoring a restful night's sleep



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UNIVERSAL PROGRAM INCLUSIONS

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

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.

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.

Treatments and Therapies

- Physician curated Wellness treatments daily that best match your goals & intentions

TREATMENTS & THERAPIES

5 NIGHTS

- | | |
|--|---|
| • Physician Prescribed Body & Massage Therapy (60 minutes) | 5 |
| • Physician Prescribed Anti Aging Facial Therapies (60 minutes) | 3 |
| • Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) | 1 |
| • Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) | 1 |
| • Personalised Fitness Session | 1 |
| • Personalised Yoga & Meditation Session (60 minutes) | 1 |



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TREATMENTS & THERAPIES

7 NIGHTS

- Physician Prescribed Body & Massage Therapy (60 minutes) **7**
- Physician Prescribed Anti Aging Facial Therapies (60 minutes) **3**
- Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) **2**
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) **2**
- Personalised Fitness Session **2**
- Personalised Yoga & Meditation Session (60 minutes) **1**

TREATMENTS & THERAPIES

10 NIGHTS

- Physician Prescribed Body & Massage Therapy (60 minutes) **10**
- Physician Prescribed Anti Aging Facial Therapies (60 minutes) **6**
- Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) **2**
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) **2**
- Personalised Fitness Session **2**
- Personalised Yoga & Meditation Session (60 minutes) **2**



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LEGENDS



OPTIONAL



MOST LOVED



RECOMMENDED