



MASTERING SLEEP

SLEEP WELL, LIVE WELL

Starting from 3, 5 & 7 nights

Fazlani Nature's Nest **"Mastering Sleep Retreat"** is perfect for Anyone seeking to release the always-on approach to life and wanting a deeper understanding of how sleep, or the lack thereof, impacts their overall health.

Your mastering sleep retreat experience will include one-on-one consultations with our integrative wellness experts who will provide a comprehensive plan of sleep inducing Naturopathy and Ayurveda treatments, Sleep coaching and a personalized nutrition plan to reset our sleeping habits and enjoy the best version of ourselves—focused, productive, and happy.

Embrace practices and techniques using scientific methods of Naturopathy and Ayurveda to retrain the sleep cycle and restore you to a place of peaceful slumber. Our Mastering Sleep retreat is designed to teach the necessary skills, relaxation techniques, and support that are needed to once again be fully rested. You will leave with a renewed relationship with sleep and the tools to become the master of sleeping soundly every night.

PROGRAM GOALS

- The unlearning of sleeping habits that no longer serve you.
- Resetting and restoration of your mind, body, and spirit so healthy sleep patterns can take place.
- Learn tools to calm a busy mind
- Create optimal conditions for sleep
- Increase depth and duration of sleep

PROGRAM BENEFITS

- Improve sleep patterns
- Reduce insomnia
- Increase overall energy levels
- Improve health and circulation
- Understand the importance of an evening routine
- Relieve and manage stress

RECOMMENDED FOR

- Insomnia
- 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

3 NIGHTS

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| • Physician Prescribed Body & Massage Therapy (60 minutes) | 3 |
| • Ayurvedic Dhara Therapy | 1 |
| • Acupuncture Therapy specific for Sleep (20 minutes) | 3 |
| • Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) | 1 |
| • Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) | 1 |
| • Personalised Yoga Nidra Meditation Session (60 minutes) | 1 |



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TREATMENTS & THERAPIES

5 NIGHTS

- Physician Prescribed Body & Massage Therapy (60 minutes) 5
- Ayurvedic Dhara Therapy 2
- Acupuncture Therapy specific for Sleep (20 minutes) 5
- Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) 2
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 2
- Private Hydrotherapy session (30 minutes) 1
- Personalised Yoga Nidra Meditation Session (60 minutes) 1

TREATMENTS & THERAPIES

7 NIGHTS

- Physician Prescribed Body & Massage Therapy (60 minutes) 7
- Ayurvedic Dhara Therapy 3
- Acupuncture Therapy specific for Sleep (20 minutes) 7
- Prescribed Herbal Body Polish or Wrap Therapy (60 minutes) 2
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 2
- Private Hydrotherapy session (30 minutes) 2
- Personalised Yog Nidra Meditation Session (60 minutes) 2
- Personalised Nature Ecotherapy session (60 minutes) 1



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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
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LEGENDS



OPTIONAL



MOST LOVED



RECOMMENDED