

This is for you when you are looking for some me-time and just want to relax and experience the ultimate in pampering with organic plant based formulas and rich nutrient infused spa cuisine. This spa journey with our restorative collection of regal treatments including *daily massages*, *body polishes* and holistic therapies, will gently melt your stress away and give you a visible transformation. The extracts massaged into the



body are the most refined and wild crafted botanical extracts rich in Pranic life force, that enable true healing.

Restorative anointments and *cocoons* invigorate and nourish your body, mind and soul as your senses are realigned to a more peaceful and calmer way of living. Self-indulge in an exclusive *holistic anti-aging facial* that softens, smoothens, and brightens the skin.



## Spa Life



As you reduce your exposure to harmful toxins, fight free radical damage, and partake the organic nutrition from our exclusive spa cuisine, the **Spa Life** retreat will let nature provide your body with all that it needs to regenerate and heal. **Spa Life** is the journey of ultimate luxury and pampering in the secluded and tranquil valley of Atmantan, where you are truly able to unwind and reconnect with yourself.

### All the Spa Life retreats include:

- Individual wellness consultation.
- Body composition analysis.
- Postural assessment.
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankh Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription).
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes).
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor heated pool with vitality shower.
- Wellness departure consultation.

### Your 3-night Spa Life retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Anti-aging Facial \*

### Your 5-night Spa Life retreat includes:

- 5 Nights' accommodation
- 5 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 5 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Anti-aging Facial \*
- 1 Body scrub \*\*
- 1 Foot reflexology
- 1 Balneotherapy
- 1 Private stretch

### Your 7-night Spa Life retreat includes:

- 7 Nights' accommodation
- 7 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 7 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Anti-aging Facial \*
- 1 Body scrub \*\*
- 1 Foot reflexology
- 1 Balneotherapy
- 1 Private stretch
- 1 Hot Stone Massage
- 1 Swedish massage
- 1 Mid-retreat wellness consultation
- 1 Body wrap \*\*\*
- 1 Pranic Healing, Scan and Cleanse



\* Choose between 3 Holistic Anti-aging facials - Advanced Anti-oxidant facial, Essential Daily hydration facial or Wild Kashmir purifying facial. (Skincare products by Subtle Energies that don't contain parabens, mineral oils, silicones or artificial fragrances)

\*\* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Spa products by Breathe Aromatherapy – free of harmful preservatives)

\*\*\* Choose between the Seaweed, Firming and Restorative wrap (Spa products by Breathe Aromatherapy – free of harmful preservative)

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ātmantan<sup>®</sup>

be transformed

Wellness Centre

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Atmantan Living

Weight Balance

Holistic Health

Fitness Challenge

Master Cleanse

Journey Through Yoga

Ayurvedic Panchkarma

