

AHANA WELLNESS RETREAT PACKAGES

🏡2 DayWeekend Wellness Revival

Treat yourself to a refreshing break with our 2-days wellness package. It includes **Abhyanga**, a full-body massage with a gentle face and head massage, followed by a warm herbal steam. You'll also experience **Podikkizhi/Elakkizhi**, a comforting whole-body massage using warm herbal bundles. This package helps you feel balanced, improves blood flow, and boosts your energy. It's a perfect way to unwind and feel refreshed over the weekend.

Package Includes:

- 2 sessions of **Abhyanga** (Traditional Full-Body Massage + Face Massage + Head Massage + Herbal Steam)-75 min.
- 2 sessions of **Podikkizhi/Elakkizhi** (Whole-Body Herbal Bundle Massage)-60 min.

2-Day Package Details		
Room Category	Total Tariff/Person(Rs)	Package Inclusive
Studio Apartment	8800	Accomodation+Food+Therapy
Premium Studio Apartment	11800	Accomodation+Food+Therapy

🏡3-Day Relaxation Package

Take a break and unwind with our 3-day relaxation package. Enjoy **Abhyanga**, a full-body massage with a gentle face and head massage, followed by a warm herbal steam. You'll also get a soothing **Padamarmaabhyanga**(foot massage) and **Shirodharato** ease tension and help you feel relaxed and refreshed. This package is designed to help you feel calm and re-energized. Perfect for a mid-week reset.

Package Includes:

- 3 sessions of **Abhyanga** (Traditional Full-Body Massage + Face Massage + Head Massage + Herbal Steam)-75 min.

3 sessions of **Shirodhara**-30 min.

3 sessions of **Padamarmaabhyanga**(foot massage)-15min.

3-Day Package Details		
Room Category	Total Tariff/Person(Rs)	Package Inclusive
Studio Apartment	12,800	Accommodation+Food+Therapy
Premium Studio Apartment	17,300	Accommodation+Food+ Therapy

🏡7-Day Rejuvenation Program

Step away from the hustle and treat yourself to our 7-day wellness program, designed to help you feel lighter, refreshed, and rejuvenated. This program combines therapies to ease stress, soothe your body, clear your senses, and leave you feeling deeply nourished. It's perfect for anyone looking to restore their energy, improve their well-being, and enjoy a sense of inner calm. This program offers a complete wellness experience to rejuvenate your mind and body.

Package Includes:

- 7 sessions of **Abhyanga** (Traditional Full-Body Massage + Face Massage + Head Massage)-60 min
- 2 sessions of **Podikkizhi/Elakkizhi** (Whole-Body Herbal Bundle Massage)-60 min.
- 3 sessions of **Shirodhara**-30 min.
- 2 sessions of **Njavrakkizhi** (Nourishing Bundle Massage) -40 min
- 7 sessions of **Herbal Steam** 15 min.
- 7 sessions of **Nasyam** (Nasal Therapy) 10 min.

7-Day Package Details		
Room Category	Total	Package Inclusive

	Tariff/Person(Rs)	
Studio Apartment	34,000	Accommodation+Food+Therapy
Premium Studio Apartment	44,500	Accommodation+Food+Therapy

14-Day Panchakarma Retreat

Step into a transformative wellness journey with our 14-day Panchakarma Retreat. After a detailed assessment and consultation, our expert doctors will design a personalized plan tailored to your needs. This program focuses on cleansing, balancing, and revitalizing your body and mind. This retreat offers a complete wellness experience to improve your health and help you feel refreshed and renewed.

14-Day Package Details		
Room Category	Total Tariff/Person(Rs)	Package Inclusive
Studio Apartment	68,000	Accommodation+Food+Therapy
Premium Studio Apartment	89,000	Accommodation+Food+Therapy

120mins therapy/day

Note: 14-Day Package Therapies are decided by the doctor after a detailed assessment and consultation.

Wellness Spa Package Inclusions

Enhance your well-being with our thoughtfully curated amenities and services, designed to rejuvenate your mind, body, and soul:

Nourishment & Wellness Dining

- ☑ Wholesome breakfast & healthy snacks at **SATV Restaurant**
- ☑ Customized Ayurvedic diet plans tailored to your needs

Personalized Wellness Guidance

- One-on-one consultation with our **Ayurvedic Doctor**
- Lifestyle counseling for sustainable well-being
- Interactive **health awareness talks** and wellness sessions

Holistic Therapies & Fitness

- Daily **Yoga, Pranayama & Meditation** (guided by experts)
- Access to fully equipped **Gym** with trainer support
- Therapeutic **Physiotherapy** sessions (as needed)
- **Aerobics, Swimming, and Relaxing Jacuzzi**

Recreation & Nature Connection

- **Organic Gardening** (engage with nature's healing touch)
- Lush green landscapes & soothing water bodies
- Flora & Fauna
- **Tennis & Pickleball** (fun, active play)
- **Indoor & Outdoor Games** (for leisure and joy)
- **Library** with wellness-focused literature

Revitalizing Activities

- Scenic **walking/jogging trails** amidst serene surroundings

Why Choose This Package?

Our all-inclusive retreat blends ancient Ayurveda, modern therapies, and mindful activities to help you reset, recharge, and rediscover balance.
