



Art of Cleansing Minimum 5 Nights

Fazlani Nature's Nest "Art of Cleansing, Detox & Revitalizing Retreat" is perfect for anyone wanting to deep cleanse, initiate nutritional makeover to detoxify your body, mind and soul with a renewed sense of vitality.

A hyper-personalised treatment program formulated by a team of certified doctors and experts to help you reconnect with your authentic self, remove accumulated metabolites, and synchronize your body and mind in a harmonious way.

An alchemy of healing Ayurvedic wellness therapies blended with the wisdom of traditional purifying Body treatments, nourishing Wellness cuisine and Naturopathy restore your inner balance and bring you to a state of physical, mental, and spiritual harmony.

Program Goals

- Rebalance Colon Health and bio flora
- Stimulate the Lymphatic detoxification
- Relieve mental stress
- Attain tranquility

Program Benefits

- Enhance sleep
- Improved immune, digestive, and metabolic systems function
- Soothe muscle tension, aches, and pains
- Reduce internal body inflammation and promotes cellular rejuvenation
- Reduce effects of environmental pollutants

Recommended For

- Irritable bowel syndrome and Digestive problems
- General Fatigue, low energy & Fibromyalgia
- Autoimmune conditions
- Polycystic Ovarian Syndrome and related Infertility issues
- Weight Loss
- Address issues related to seasonal allergy
- Chronic skin problems like Psoriasis, allergies etc
- Insomnia
- Stress Management



Fazlani Natures Nest, A Wellness Retreat

Village Takwe
(Budruk), Maval,
Pune, 412 106- MH
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Call now!
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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.

5 Night

- Prescribed Massage Therapy (60 min) 5
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 1
- Colon hydrotherapy 1
- Personalised Yoga Session (60 min) 1

10 Night

- Prescribed Massage Therapy (60 min) 10
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 1
- Invigorating Whirlpool Therapy 1
- Ayurveda Herbal Decoction Enema 1
- Colon hydrotherapy 1
- Personalised Yoga Session (60 min) 2
- Personalised Meditation session (60 min) 1
- Personalised Nature Ecotherapy 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.

7 Night

- Prescribed Massage Therapy (60 min) 7
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 1
- Ayurveda Herbal Decoction Enema 1
- Colon hydrotherapy 1
- Personalised Yoga Session (60 min) 1
- Personalised Meditation session (60 min) 1

14 Night

- Prescribed Massage Therapy (60 min) 14
- Acupressure Body Healing Therapy (60 min) 1
- Prescribed Herbal Body Polish or Wrap Therapy 1
- Naturopathy Herbal Packs as per prescription / health Condition (30 minutes) 2
- Invigorating Whirlpool Therapy 2
- Ayurveda Herbal Decoction Enema 2
- Colon hydrotherapy 2
- Personalised Yoga Session (60 min) 2
- Personalised Meditation session (60 min) 1
- Personalised Nature Ecotherapy Session (60 min) 1



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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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