

Holistic Ayurveda Wellness

at



The Roseate New Delhi

Inspired *by* Shankara



Enjoy a holistic wellness retreat with mindfully curated programs focusing on the interconnectedness of mind, body, spirit and the environment, through Ayurvedic principles, integrated with contemporary wellness.

Your bespoke journey to health, balance and vitality begins!



5 Days Ayurveda Stress Management Retreat

7 Days Rejuvenation & Immunity Retreat



5 DAYS AYURVEDA STRESS MANAGEMENT RETREAT

Our new 'Ayurveda Stress Management Retreat' helps you lead a well-balanced, healthy life by reducing stress and relaxing the mind.

This program is a customized holistic approach featuring Ayurveda, European therapies, Sound Healing and Yoga. It has been mindfully designed to provide tranquility to a stressed body & mind and restore a natural rhythm.

The objective of the program is to improve the nervous system and to stimulate free flow of energy within the body and promote emotional healing. The holistic healing treatments induce deep relaxation physically and mentally. These therapies are delivered by certified experts who plan your diet based on your body type and requirements.



DAY-1

Welcome drink / Herbal tea // Hotel showaround // Nadi Pariksha – Ayurveda doctor consultation on arrival // Diet plan advised by the doctor as per doshas // Ayurveda wellness therapy - Shirodhara Abhyangam // Personalised sound healing session/Meditation

DAY-2

Welcome drink / Herbal tea // Pranayama healing session
Shirodhara - to calm the mind & alleviate anxiety
Marma therapy – to promote healing & balance

DAY-3

Welcome drink / Herbal tea // Pranayama healing session // Shirodhara - to calm the mind and alleviate anxiety // Pizhichil Saravangadhara – to relieve stiffness & enhance blood circulation

DAY-4

Welcome drink /Herbal tea // Padabhananga traditional foot massage // Sweda Pinda - rejuvenating therapy with medicated poultices // Meditation // Nadi Pariksha - ayurveda doctor consultation on arrival

DAY-5

Welcome drink /Herbal tea // Mukhalepa - rejuvenating ayurvedic face treatments
Shirodhara - to calm the mind and alleviate anxiety // Udhartaram - body exfoliation

Each day, guests will be served prescribed wellness meals, curated with locally sourced wholesome ingredients.

5 days, 700 minutes experience | Single-*INR 49,999/-* | Couple-*INR 69,999/-*

7 DAYS REJUVENATION & IMMUNITY RETREAT

The 'Ayurveda Rejuvenation & Immunity Retreat' is an immersive journey of rejuvenation and discovering the power of Ayurveda with Panchkarma therapy. The program has been mindfully designed to improve body vitality through intense Ayurveda treatments, nourishing diet, immunity boosting rasayanas and yoga practices.

Key treatments of the program help in improving the digestive fire, boost circulation and prepare the body for major cleansing therapies. Certified experts will plan your diet based on your body type and requirements.

These immunity enhancing, neuron-nutrient therapeutic and cleansing therapies are also known for nourishing the skin.



DAY-1

Welcome drink /Herbal tea paired with light bites // Hotel showaround // Nadi Pariksha - Ayurveda doctor consultation on arrival // Diet plan advised by the doctor as per body doshas // Abhyangam treatment (90 mins) – to detoxify and balance doshas // Personalised yoga session

DAY-2

Welcome drink /Herbal tea paired with light bites // Shirolepa - treatment for hair & scalp
Hammam – cleansing & exfoliation // Padabhananga traditional foot massage

DAY-3

Welcome drink/Herbal tea paired with light bites // Pinda Sweda - rejuvenating therapy with medicated poultices // Mukhalepa - for a healthy skin // Personalised sound healing session

DAY-4

Welcome drink/Herbal tea paired with light bites // Udwarthana – detoxification, for a healthy skin
Shirodhara - to calm the mind and alleviate anxiety

DAY-5

Welcome drinks/Herbal tea paired with light bites // Nabhi Pichu- for digestive issues and abdominal health
Mukhalepa - rejuvenating Ayurvedic face treatment // Shirodhara - to calm the mind and alleviate anxiety

DAY-6

Welcome drinks/Herbal tea paired with light bites // Nadi Pariksha - Ayurveda doctor consultation
Shirolepa - scalp nourishing treatment // Mukhalepa - nourishing therapy

DAY-7

Welcome drinks/Herbal tea paired with light bites // Netra tarpana - eye treatment
Sweda Pinda – medicated poultice therapy // Hammam followed by a body wrap

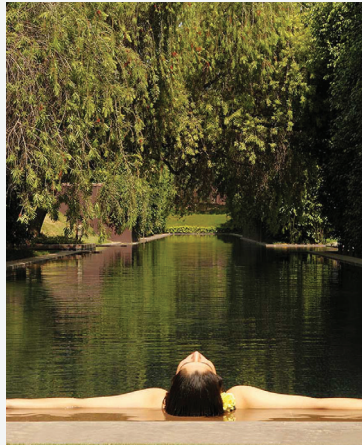
Each day, guests will be served prescribed wellness meals, curated with locally sourced wholesome ingredients.

7 days, 1000 minutes experience | Single - INR-59,999/- | Couple - INR-99,999/-

STANDARD INCLUSIONS ACROSS BOTH THE PROGRAMS:



Hydrotherapy facilities: steam | sauna | water bodies



LAKE

The Roseate New Delhi

Pre-arrival lifestyle and diet guidelines
by Ayurveda doctor & experts

Inclusions shown for each program are subject
to modification by the doctor post-assessment

Therapies & treatments may be modified on the basis
of assessments, during the course of the program to
deliver optimum results



TO MAKE A RESERVATION, PLEASE CONTACT

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