



SPA LIFE

LOOKING FOR SOME ME TIME WANT TO RELAX

Experience the Ultimate in Spa Pampering

Savour Exquisitely Delicious, Nutrient Infused Spa Cuisine

The Spa Life is the perfect getaway retreat for you when you are looking for some me-time and just want to relax and experience the ultimate in spa pampering and savour organic produce and rich nutrient infused spa cuisine! The spa vacation here with our restorative collection of treatments includes various **daily massages, body scrubs**, and holistic therapies, all of which will gently melt your stress away and give you a visible transformation. Experience a journey of magnificent treatments for your body and senses combined with the most refined, organic and wild crafted botanical extracts that are infused into our pure essential oils; healing after all is more than just skin deep.

Restorative Anointments And Cocoons

Invigorate And Nourish Your Body, Mind And Soul

Decoctions made with aromatherapy, herbs, minerals and clays renowned for their potent healing powers have been carefully selected for each individualized treatment and are custom-made for Atmantan. These are used in all the exclusive spa therapies here as they pamper, soften, smooth, and heal you; These curative anointments and cocoons invigorate and nourish your body, mind and soul, while your senses are realigned to a more peaceful and calmer way of living. Indulge in our exclusive **Holistic Revitaliser and Holistic Hydrater** facials too that replenishes, hydrates, and rejuvenates the skin. Our refined and exhaustive spa offering allows you to cosset the senses to the hilt.

The Spa Life Retreat Will Let Nature Provide

Your Body With All That It Needs To Regenerate And Heal As you reduce your exposure to harmful toxins, fight free radical damage, and relish our exquisite and nutritious organic spa cuisine, the **Spa Life** retreat will let nature provide your body with all that it needs to regenerate and heal. The **Spa Life** retreat at Atmantan is a pampering traverse in a luxury resort setting that is tucked away into the secluded, tranquil valley of the Sahyadris... here you can become one with nature and yet experience the best life has to offer!

ALL THE SPA LIFE RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

Your 3-night Spa Life retreat includes:

- 3 Night's accommodation
- 3 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 3 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser/Holistic Hydrater Facial**

Your 5-night Spa Life retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser/Holistic Hydrater Facial**
- 1 Deep Tissue Massage
- 1 Body Scrub***
- 1 Relaxing Bath
- 1 Private Stretch

Your 7-night Spa Life retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser / Holistic Hydrater Facial**
- 1 Deep Tissue Massage
- 1 Body Scrub***
- 1 Relaxing Bath
- 1 Private Stretch
- 1 Hammam
- 1 Hot Stone Massage
- 1 Body Wrap*

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

** Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

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



ātmantan®
be transformed
Wellness Centre