

# The Aviyaan Wellness Experiences



## THE AVIYAAN

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Nestled amidst the tranquil landscapes of Lucknow, The Aviyaan Wellness Resort emerges as a beacon of holistic rejuvenation. Formerly graced by royalty, this sanctuary is dedicated to seekers of serenity, balance, and vitality. Rooted in ancient traditions of Ayurveda, Yoga, and Vedanta, The Aviyaan seamlessly integrates modern global practices, enriching and elevating the individual experience. A sanctuary from the ordinary to the sublime, every facet resonates with tranquility, every hue calms the soul. Immerse yourself in the essence of wellness, embracing vibrations that uplift every facet of your being. The Aviyaan Wellness Resort offers an exclusive line of spa products, crafted locally from the purest ingredients. Indigenous essences, therapeutic oils, earthy clays, and botanical blends, meticulously curated to nourish from within, bestowing a profound sense of wellbeing.





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# SODASHI WELLBEING

Discover tranquility at The Aviyaan Wellness Resort's Sodashi Wellness Zone in Lucknow. This sanctuary offers personalized holistic experiences, from yoga and meditation to rejuvenating spa treatments, all in a serene and natural setting. Expert practitioners guide guests on a journey to wellness using only the finest natural ingredients. It's a haven for rejuvenation and inner harmony.



Step into a world of ancient wisdom and holistic healing at Aviyaan Resort, where Ayurveda therapy takes center stage in our quest for wellness. Rooted in the rich traditions of ancient India, our Ayurvedic treatments are carefully crafted to restore balance and harmony to the mind, body, and spirit.

Central to Ayurvedic therapy is the concept of doshas, which are the three fundamental energies believed to govern physiological and psychological functions within the body: *Vata (air and space)*, *Pitta (fire and water)*, and *Kapha (earth and water)*. According to Ayurveda, imbalances in these doshas can lead to various health issues, and Ayurvedic therapy seeks to bring them back into harmony through a combination of treatments, diet, lifestyle changes, and herbal remedies.

*At Aviyaan*, our experienced practitioners offer a range of Ayurvedic therapies designed to address the unique needs of each guest. From soothing Abhyanga massages to rejuvenating Panchakarma detoxification, every treatment is tailored to promote healing from within. In addition to our therapeutic treatments, Aviyaan offers a sanctuary for yoga and meditation, where guests can reconnect with their inner selves and cultivate a sense of peace and well-being. Our expert instructors guide you through gentle yoga practices and mindfulness meditation sessions, allowing you to find harmony in body, mind, and spirit.

Join us at Aviyaan Resort and embark on a journey of holistic healing and rejuvenation through the timeless wisdom of Ayurveda therapy. Let us guide you towards optimal health and vitality, one soothing treatment at a time.



# AYURVEDA CONSULTATION

Embark on a journey of self-discovery with our Ayurveda doctor, who employs a blend of ancient wisdom and modern techniques to unveil your unique psycho-physiological constitution, or Dosha. Through intricate Dosha analysis and the art of Pulse diagnosis, we unveil the blueprint of your inner balance. With this holistic understanding, we curate personalized Ayurveda treatments infused with lifestyle guidelines, nutritional insights, and bespoke herbal recommendations, tailored exclusively for your well-being.

## PANCHAKARMA

Indulge in Panchakarma at Aviyaan Resort—a holistic detox and rejuvenation therapy rooted in ancient Ayurvedic traditions. Experience personalized treatments to cleanse your body, restore balance, and promote overall well-being

## OUR THERAPIES-

### 1) Abhyanga

This luxurious treatment employs our exclusive Dosha-specific, pure herbal-infused oils to nourish, rejuvenate, and revitalize body tissues. Delivered by two skilled therapists, it offers a harmonious and deeply relaxing experience, ensuring perfect synchronicity throughout the full-body session.



### 2) Padabhyanga (30 MIN)

This traditional foot therapy involves gentle and sensitive techniques, primarily utilizing soft circular movements and strokes that target vital points in the area. Renowned for its relaxation and stress-relief benefits, this Ayurvedic procedure reduces fatigue and enhances physical balance throughout the entire body.

### 3) Shirodhara (60 MIN)

After receiving a full-body synchronized massage by two therapists, a steady flow of warmed Dosha-specific herbal oil is gently poured onto the forehead in a Shirodhara treatment, aiming to pacify both the mind and body. This holistic practice is known to enhance memory, regulate sleep patterns, normalize blood pressure, and alleviate nervous disorders.



#### 4) Shiro Abhyanga Champi (30 MIN)

An Indian head massage rejuvenates the central nervous system, enhancing eye health and vision while providing relief from headaches, migraines, and stress.

#### 5) Potli Swedana (60 MIN)

After a full-body synchronized massage using Dosha-specific oils, therapeutic sweating is induced through the application of warmed herbal powders. This process boosts circulation, activates sweat glands, accelerates detoxification, and provides relief from neurological disorders, arthritis, and skin issues.

#### 6) Vamana therapy

Vamana, part of Ayurveda's Panchakarma, involves therapeutic vomiting to expel excess Kapha dosha, which can cause colds and coughs. It starts by mobilizing Kapha from the body into the stomach and then inducing vomiting.



#### 7) Virechanam

Virechanam, a Panchakarma therapy, induces purgation with medicinal drugs, facilitating the elimination of toxins from the body. Its wide-ranging benefits make it one of the most popular procedures in Panchakarma, earning it the status of a detoxification procedure and sodhana karma.

*The procedure Virechanam is performed by 3 steps:*

STEP 1

##### *Purvakarma*

This pre-therapy prep includes herbal digestion aids, followed by ghee intake for 3-7 days, then external oil application and sweating.

STEP 2

##### *Pradhanakarma*

Here, the doctor administers the Virechana drug based on the patient's condition and digestive capacity.

STEP 3

##### *Paschat karma*

These are called Samsarjana Karma, where patients are given specific dietary regimens for a set period after the main procedure.



## 8) Vasti

"Greeva" pertains to the nape of the neck region. In this procedure, medicated oil is retained in the neck area for a specified duration.

## 9) Kati Vasti

"Kati" denotes the lower back, particularly the lumbo-sacral region. Kati Vasti is highly effective for alleviating lower back pain and stiffness.

## 10) Personalized Yoga (60 MIN)

Utilize this opportunity to familiarize yourself with yoga postures (Asana) and enhance your breathing techniques (Pranayama) to achieve harmony between body and mind, promoting a healthy lifestyle. Our yoga expert will tailor a session to suit your specific goals.

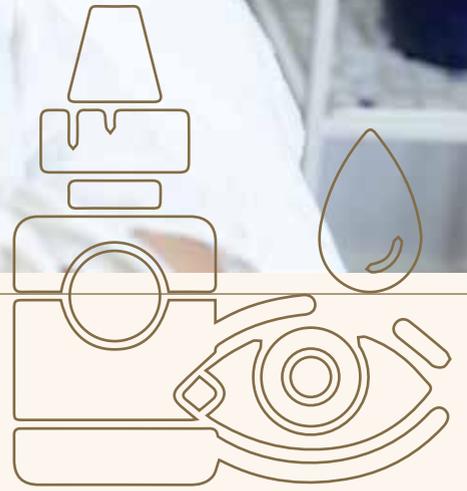
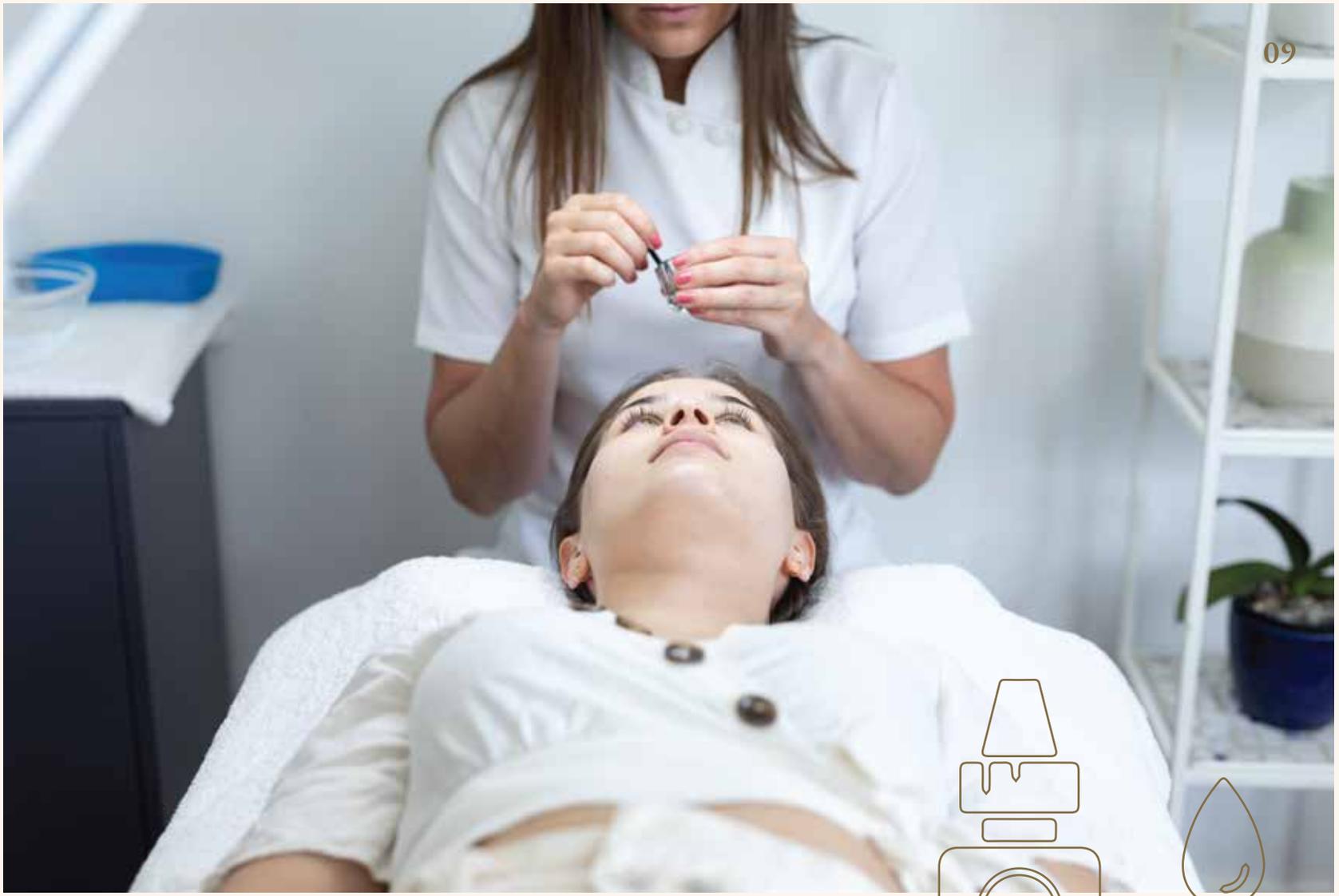
## 11) Personalized meditation session

This session is designed to teach you meditation techniques for home practice, enabling you to relax fully and restore harmony to your life. Highly recommended for anyone experiencing stress.

## 12) Self-Hypnosis

Self-hypnosis: induce relaxation, positive change through focused attention and suggestion. Practice with pre-recorded guidance for stress reduction, confidence, sleep improvement.





## AVIYAAN SIGNATURE AYURVEDA

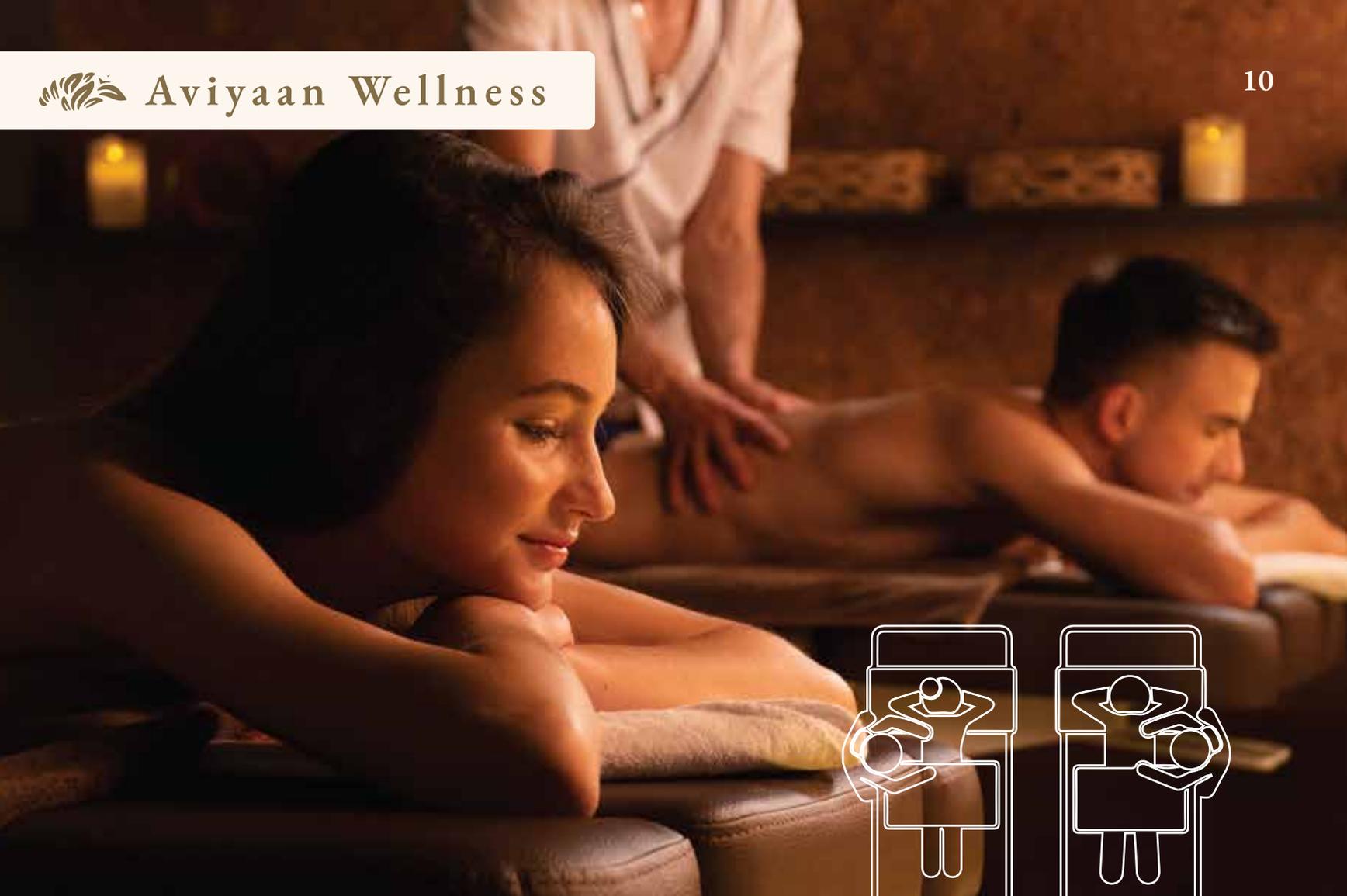
### 1) Dry Eye treatment *Netra Tarpan*

Netra Tarpana, derived from Sanskrit words 'Netra' (eyes) and 'Tarpana' (rehydration), is a beneficial treatment for eye disorders, particularly for those who spend extended periods in front of screens. In today's digital age, prolonged screen exposure can lead to discomfort and strain. Netra Tarpana, using ghee, serves both preventive and curative purposes for eye health.

### 2) Parkinsonism and Movement Disorder

A unique blend of Ayurvedic medicine, Panchakarma, dietary adjustments, and physiotherapy offers optimal relief for movement disorders.





Aviyaan's Wellness Program offers couples a sanctuary of relaxation and rejuvenation, fostering cherished shared experiences amidst tranquil surroundings. From the harmonious Side by Side treatments, celebrating both femininity and masculinity with the Aviyaan Foot Ritual and a choice of massages, to the comprehensive Couples Retreat activating vital energy and soothing accumulated tension, our program is tailored to nurture body and soul.

The Aviyaan Romance package elevates intimacy with exotic treatments, including a salt exfoliation, Ceylon Tea or Milky Bath, Abhyanga massage, and deep cleansing facial, leaving couples radiant from head to toe. Additionally, our In-Room Slumber Guru Experience provides the epitome of relaxation, offering foot reflexology, aromatic bath rituals, and special sleep amenities for a blissful night's rest.

At Aviyaan, we believe in cultivating shared wellness experiences that forge enduring connections, inviting couples to escape the hustle and bustle and immerse themselves in moments of tranquility and renewal.



## 1) Journey For Two

Create unforgettable memories as you unwind together with a series of soothing and rejuvenating treatments designed to promote deep relaxation and detoxify your body.

## 2) Side By Side (90 MINS)

Unwind in harmony with a loved one, relishing the indulgence of side-by-side treatments. Celebrate femininity with luxurious pampering and enhance masculinity with powerful rituals.

Aviyaan Foot Ritual-

- Choice of 90-minute Massage
- Refreshments

## 3) Couples Retreat (120 MINS)

This ultimate relaxing treatment promises to activate vital energy and soothe accumulated tension, combining face and body therapies for pure relaxation and maximum results.

Aviyaan Foot Ritual-

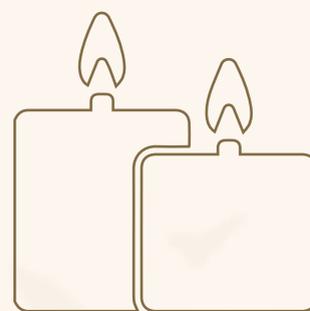
- Choice of any 2-hour Bespoke Body Treatment Combination
- Refreshments

## 4) Aviyaan Romance (180 MINS)

Share this intimate spa retreat with a loved one through a series of exotic treatments. Revitalize with the extraordinary cleansing power of a salt body polish that exfoliates and releases toxins. Luxuriate together in a relaxing Ceylon Tea or Milky Bath. Enjoy an Abhyanga massage and a deep cleansing facial that will leave you both glowing from head to toe.

Aviyaan Foot Ritual-

- Full Body scrub
- Ceylon Tea Bath
- Abhyanga Massage
- Deep Cleansing Facial
- Refreshments



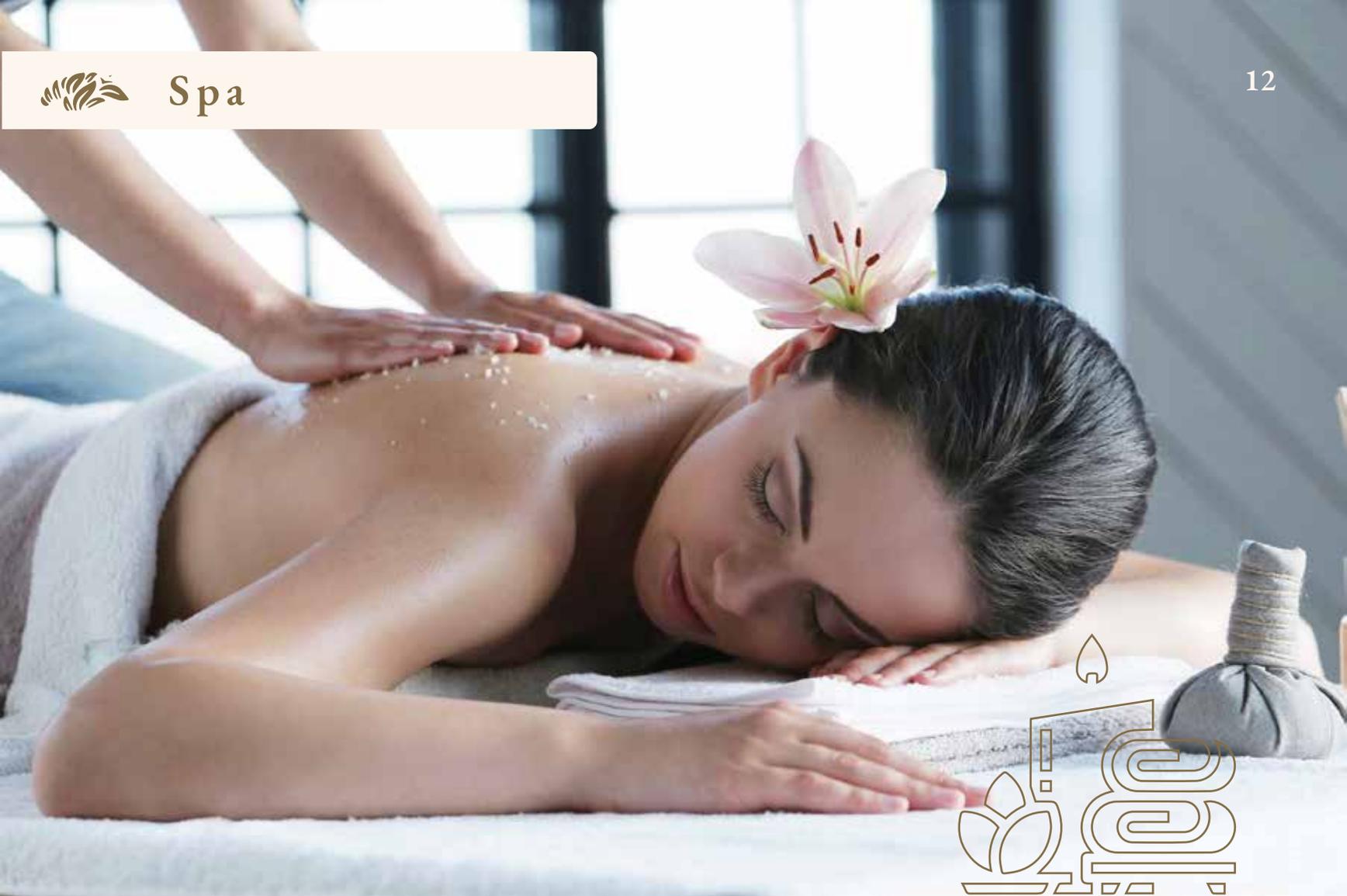
## 5) In-room slumber guru experience (60 MIN)

Unwind with relaxing foot reflexology, followed by a soak in a luxurious bath infused with essential oils in your room. Slip into bed dressed in luxurious sheets fragranced with a heavenly mist, and enjoy the comfort of a silk or cool gel-filled eye mask. Drift away to blissful pleasure, where sweet dreams await.

Aromatic Bath Ritual

- Foot Reflexology
- Special Sleep Amenities





At Aviyaan, our spa offers a serene escape with state-of-the-art facilities designed to rejuvenate your body, mind, and spirit. Enjoy the ultimate relaxation in our elegantly designed treatment rooms, equipped with the latest amenities for your comfort. Indulge in signature treatments such as the Aviyaan Foot Ritual, bespoke 2-hour body treatments, Abhyanga massages, and deep cleansing facials. Enhance your experience with a Ceylon Tea or Milky Bath, providing deep relaxation and skin nourishment.

Unwind in our tranquil relaxation areas with herbal teas and light refreshments, and drift into relaxation on beds dressed in the finest linens, fragranced with a heavenly mist. Our skilled therapists and wellness experts provide personalized service, ensuring every aspect of your visit is tailored to your preferences.

Discover the unparalleled spa facilities at Aviyaan and book your appointment today for an unforgettable experience of relaxation and rejuvenation.



## 1) Massage

Aviyaan offers relaxing, therapeutic massages that alleviate stress and promote tranquility. Drawing inspiration from the Arabian Bedouin tradition of heartfelt hospitality, our treatments use gentle, authentic techniques combined with exotic, rare ingredients. Experience profound relaxation and let go of everyday tensions with Aviyaan's unique massage therapy.

## 2) Aviyaan Signature Massage (90 MINS)

Combining revered Eastern and Western techniques with Aviyaan's expertise, our purpose-designed movements and signature oil blend stimulate circulation and deeply relax muscles. Reflexology clears energy blockages, promoting overall wellbeing and revitalizing the body and mind.

## 3) Stress Release Massage (60/90 MINS)

Using a combination of strokes and acupressure techniques, along with your choice of our signature aromatherapy oil blends, this gentle massage provides a wonderful stress release tonic, completely relaxing both mind and body.

## 4) Deep Muscle Massage (60/90 MINS)

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibers and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.



## 5) Lymphatic Drainage Massage (150- 50 MINS)

A gentle, light massage designed to stimulate lymphatic circulation, aiding in the removal of wastes and toxins from the tissues. This treatment will leave you feeling lighter and more defined.

## 6) Volcanic Hot Stone

Smooth volcanic stones, infused with essential oils, are gently applied throughout this warming massage, releasing stagnant energy blocks held within the body.

## 7) Deep Tissue Massage With Theragun

This powerful combined treatment reaches 60% deeper into the muscles, relieving tension and enhancing muscle recovery. Using a deep therapeutic approach that incorporates depth, speed, and force, it delivers a true deep tissue massage experience.

## 8) Invigorating Sport Massage

The intensive sports massage is meticulously designed to activate and relax tight, tense muscles, revitalizing both body and mind. This rejuvenating experience is followed by cryotherapy, offering a refreshing and invigorating cooldown to complement the muscle-relieving effects of the massage.



## 9) Traditional Thai Massage (60/90 MINS)

Experience the age-old therapy known as passive yoga, a tradition passed down through generations. With this therapeutic practice, enjoy the benefits of a workout without exerting any effort—simply let your therapist take the lead. Through expert pressure point and stretching techniques, tension dissipates, flexibility improves, and vitality flourishes, leaving you feeling rejuvenated and invigorated.

## 10) Peaceful Pregnancy Massage (60 MINS)

A massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

## 11) Foot Reflexology

Indulge in this captivating treatment that offers both physical and spiritual renewal. By applying specific thumb, finger, and hand techniques to various reflex points on the feet, it effectively stimulates corresponding organ groups in the upper body, promoting overall wellbeing. Experience a harmonious balance of body and mind as your senses awaken to a newfound vitality and rejuvenation.





Experience the ancient ritual of the Turkish Hammam at The Aviyaan, where tradition meets modern luxury. Begin your journey in our beautifully designed Hammam, a tranquil sanctuary inspired by centuries-old Turkish bathhouses. The warm, humid air prepares your skin and senses, opening pores and softening the skin for an unparalleled cleansing ritual. Recline on a heated marble slab as our skilled therapists perform a full-body exfoliation using a textured mitt, removing dead skin cells and impurities to reveal fresh, radiant skin. Following the exfoliation, indulge in a luxurious foam massage with rich, fragrant soap suds.

Our therapists use gentle yet invigorating techniques to cleanse and massage your body, stimulating circulation and enhancing relaxation. After the foam massage, a series of invigorating rinses with warm water washes away the soap, leaving your skin incredibly clean and refreshed. Conclude your Hammam experience with a calming hydration session. Our therapists apply a nourishing blend of essential oils or moisturizers to replenish and hydrate your skin, ensuring it feels soft, smooth, and supple. Enjoy a moment of quiet reflection in our relaxation lounge, sipping on a refreshing beverage and savoring the profound sense of renewal.

At The Aviyaan, we are dedicated to providing exceptional wellness experiences that honor traditional practices while embracing modern comforts. Our Turkish Hammam and Scrub treatment is meticulously designed to offer you a luxurious and transformative journey, promoting both physical and spiritual wellbeing. Indulge in this timeless tradition at The Aviyaan and discover the rejuvenating power of the Turkish Hammam. Your path to relaxation and renewal awaits.

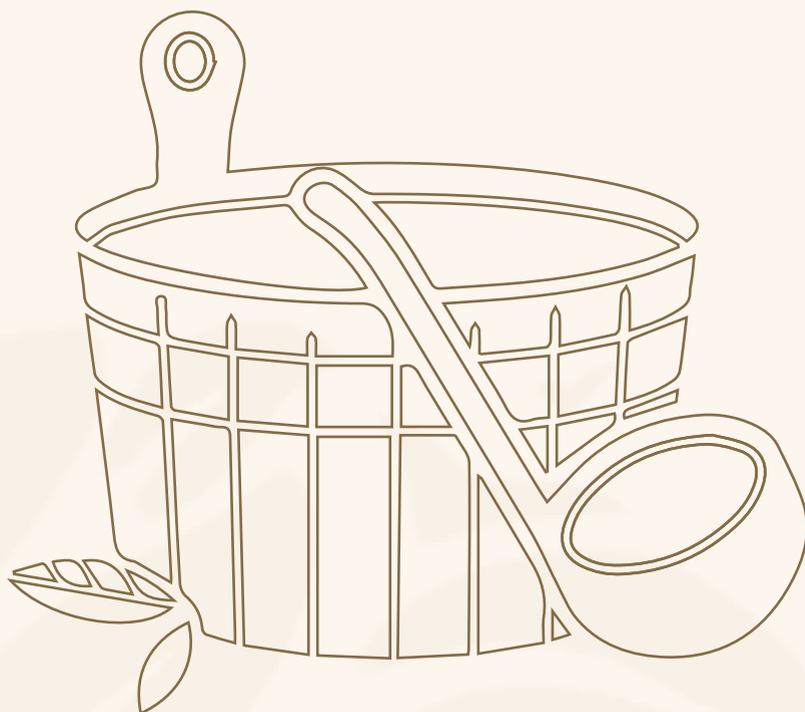


## 1) Body Scrub

This deeply cleansing salt scrub gently exfoliates dead skin cells, encouraging cell regeneration for the smoothest, softest skin. Followed by the application of a deeply nourishing body oil, your skin will be perfectly prepared to absorb its rich benefits.

## 2) Body Wraps

Green tea and coconut extracts are naturally rich in antioxidants, which help protect the body from free radicals—naturally occurring particles associated with accelerated aging and an increased risk of major diseases.





At The Aviyaan Wellness Resort, we offer a sanctuary where natural healing and holistic wellness converge through our Naturo Therapy program. Designed to restore balance, rejuvenate the body, and nurture the mind, Naturo Therapy uses time-honored natural therapies combined with contemporary wellness practices. This approach emphasizes treating the whole person rather than just symptoms, harnessing the healing power of nature. Each guest begins their journey with a comprehensive wellness consultation, allowing our experienced naturopaths to assess individual health needs, lifestyle habits, and wellness goals to create a personalized treatment plan.

Our nutritional therapy focuses on whole, organic foods that nourish the body and mind, complemented by customized herbal remedies that support the body's natural healing processes. Hydrotherapy treatments, including invigorating hydro-massage and essential oil-infused baths, detoxify, relax muscles, and improve circulation. Skilled therapists provide physical therapies such as therapeutic massage, acupuncture, and reflexology to alleviate stress, relieve pain, and restore balance to the body's energy systems. Mind-body practices like yoga, meditation, and mindfulness cultivate inner peace, reduce stress, and enhance mental clarity. Our structured detox programs cleanse the body of toxins, boost energy levels, and promote optimal health.

At The Aviyaan Wellness Resort, we believe in the power of nature to heal and rejuvenate, offering a holistic approach that addresses the physical, emotional, and spiritual aspects of health. Set in the serene surroundings of our resort, each therapy session is a step towards achieving balance, harmony, and a deeper connection with nature. Discover the transformative benefits of Naturo Therapy and embark on a holistic wellness journey like no other. Your path to rejuvenation and vitality begins here. Turkish Hammam at The Aviyaan, where your path to relaxation and wellbeing awaits.



Naturopathy embraces a holistic approach, striving to attain and sustain a state of psychophysical wellness and overall physical well-being, thereby enhancing the quality of life. Through the exclusive use of natural remedies such as phytotherapy, aromatherapy, flori therapy, as well as relaxation and breathing exercises, Naturopathy aims to restore harmony within the body, mind, and spirit.

## 1) Colon Hydrotherapy

Colon Hydrotherapy is a hygienic treatment aimed at cleansing the colon to restore its proper function and improve digestion and gastrointestinal symptoms. This gentle procedure involves infusing filtered warm water into the colon. Throughout the session, the water gently passes into and out of the large intestine, while a nurse provides a light abdominal massage.

## 2) Mud therapy (45/60 MINS)

Mud therapy can be administered to the patient in either a sitting or lying position. This treatment aids in improving skin condition by enhancing circulation and revitalizing skin tissues. It's important to prevent catching a cold during the bath. Following the mud application, the patient should be thoroughly rinsed with a cold water jet spray. If the patient experiences chill, warm water can be used instead. Subsequently, the patient is quickly dried and transferred to a warm bed for comfort and relaxation.

## 3) Tibetan Therapy

Tibetan therapy is a holistic healing approach rooted in ancient Tibetan medicine and spiritual traditions. It addresses imbalances in the body, mind, and spirit through practices such as herbal medicine, Ku Nye massage, moxibustion, and meditation. By harmonizing energy flow and promoting overall well-being, Tibetan therapy offers profound healing on multiple levels.

## 4) Acupuncture

Acupuncture is an alternative medicine practice that involves inserting needles into specific points of the human body to promote health and well-being. According to traditional Chinese medicine, stimulating these points can correct imbalances in the flow of vital energy through channels known as "meridians." By restoring balance to the body's energy flow, acupuncture aims to alleviate pain, treat various health conditions, and enhance overall wellness.





At The Aviyaan Wellness Resort, we blend luxury with advanced dermatological care to offer a comprehensive range of cosmetic and derma services designed to enhance your natural beauty and promote healthy skin. Our state-of-the-art facilities and expert practitioners provide personalized treatments tailored to your unique skin needs and aesthetic goals.

Our cosmetic services include facial rejuvenation, advanced skincare treatments like microdermabrasion and chemical peels, and non-surgical procedures such as Botox, dermal fillers, and PRP therapy, all aimed at restoring a youthful glow and addressing specific skin concerns. In the realm of dermatology, we offer comprehensive skin analysis, medical treatments for conditions like acne and eczema, and cutting-edge laser and light therapies for hair removal and skin tightening. Additionally, our specialized treatments for scars and stretch marks utilize microneedling, laser therapy, and advanced topical applications to improve skin texture and appearance.

At The Aviyaan, we are committed to providing exceptional care in a serene and luxurious environment, combining medical expertise with personalized attention to help you achieve radiant, healthy skin. Discover your best self with our holistic approach to cosmetic and derma care, where your journey to rejuvenation and vitality begins.



## 1) Aesthetic Medical Visit

A medical examination is conducted to assess and identify imperfections and characteristics of the facial skin, including complexion, texture, porosity, and skin tone. This evaluation helps determine the skin's biotype and phototype, creating a detailed skin profile for personalized care and correction.

## 2) Skin Evaluation

This non-invasive examination involves careful observation, touch, and palpation of the skin. Through these methods, a detailed assessment is made to identify signs of aging and other skin concerns. This examination serves as the foundation for creating a personalized skincare program aimed at combating skin aging and addressing specific skin needs.

## 3) Bio Stimulation and Bio Revitalization

This procedure involves the administration of molecules such as hyaluronic acid, collagen, elastin, and growth factors. These molecules are carefully selected to stimulate the proper metabolism of skin cells, effectively preventing the aging process by deeply nourishing the skin. They work to restore elasticity, firmness, and hydration, rejuvenating the skin for a more youthful appearance.

- Hyalu Needling (Abdomen, Arms, Décolleté, Face, Hands, Legs, Neck)
- Hyalu Vitamins needling (Abdomen, Arms, Décolleté, Face, Hands, Legs, Neck) - €900 - 30 MIN
- Bio lifting Vitamins & Hyaluronic Acid (Arms, Décolleté, Face, Hands, Neck, Hair scalp) - €500 - 30 MIN
- Regenerative Therapy (Décolleté, Face, Hands, Neck) - €1500 - 30 MIN

## 4) Peeling

This treatment involves the application of regenerating substances that stimulate cell renewal, resulting in skin rejuvenation and the reduction of small wrinkles and spots with anti-aging effects. It is particularly effective for correcting surface blemishes such as texture irregularities, spots, or seborrhea, as well as addressing manifestations of juvenile and late acne. Through this process, the skin undergoes a renewal process, leading to a smoother, clearer complexion with improved overall appearance.

- Anti-age Peel TMC3
- Bright Peel (Décolleté, Hands, Neck)
- Soft Peel (Décolleté, Hands, Neck)



## 5) Dermamelan

This treatment entails applying a mask rich in natural acids, lightening agents, and anti-aging substances to combat hyperpigmentation and skin spots. These ingredients work together to reduce melanin production, leading to a more even skin tone, while also rejuvenating the skin for a brighter, younger-looking complexion.



## 6) Filler

Administration of absorbable and biocompatible molecules. They are effective to fill the volume losses resulting in the recomposition of the skin and a natural lifting effect. In this way, wrinkles are attenuated and volume gaps are restored, counteracting the sliding down of the skin.

## 7) Botox

Botulinum toxin, when administered in minimal doses, reduces muscle contractions in facial mimic muscles, thereby diminishing wrinkles. This treatment aims to temporarily relax the skin, effectively erasing signs of aging. Additionally, it can counteract sagging, making it suitable for redefining the facial profile and achieving a lifting effect.

## 8) Hyperhidrosis

Moreover, botulinum toxin can be utilized to alleviate excessive sweating of the hands, feet, and armpits.

## 9) Radiesse

In areas where tissue sagging and tired skin are prominent, the application of Radiesse stimulates the formation of new collagen, effectively counteracting volume loss due to the aging process. This treatment offers a regenerative and compacting effect on the skin.

## 10) Dermatological Microsurgery

Dermatological microsurgery offers a non-invasive solution for removing small skin formations and imperfections using plasma beams. In a single session, a specialized handpiece equipped with a sterile disposable needle emits plasma beams, effectively eliminating imperfections within minutes without causing bleeding.

## 11) Purifying Face Treatment

Experience a deeply purifying facial using natural active ingredients renowned for their uplifting effects. This treatment includes a unique skin peeling process designed to leave your complexion thoroughly hydrated and perfectly balanced.

## 12) Ultrasonic face lift

Experience the transformative effects of an Ultrasonic Facial for intensive lifting. This treatment utilizes ultrasonic technology to introduce natural, active substances deep into the layers of the skin, promoting a fuller, firmer, and more youthful complexion. Say hello to a toned and rejuvenated face with this innovative skincare solution.



### 13) Supreme Eye & Face Lift

Indulge in our intensive illuminating treatment, which combines the ancient technique of gua sha with specific massage movements and advanced botanicals. This luxurious experience delivers immediate results, visibly lifting and sculpting both the face and eye area. Rejuvenate your complexion and reveal a radiant, youthful glow with this transformative skincare ritual.

### 14) Advanced Bio Lifting Face

Revitalize your skin with our holistic beauty biodynamic lifting massage. Bioenergetic herbal compresses and strategic cupping, combined with potent active ingredients, offer a unique facial experience, supporting natural self-regulation for visibly radiant results.

### 15) Booster Powerlift For Men

Experience our booster facial designed to deliver effective and instant results, tailored specifically to the needs of men's skin. This facial combines the finest ingredients and cutting-edge methods from both nature and science. Enjoy a rejuvenating treatment that addresses your skin's unique needs, leaving you feeling refreshed and revitalized.

### 16) Photo Biomodulation / Light Therapy For Face

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### 17) Ayurvedic Deep Cleansing Facial

Experience our potent clarifying treatment, perfect for oily or acne-prone skin. This three-phase process exfoliates, cleanses deeply, and clarifies with anti-bacterial actives. Plant extracts regulate oil, refresh the skin, and promote healing.

### 18) Ayurvedic Age-Defying Facial

Indulge in our unique facial crafted with the art of aromatherapy and herbalism. Harnessing the power of cleansing and rejuvenating plant essences, vitamins, and organic Moringa extract, this treatment invigorates and refreshes the skin. Experience improved texture, suppleness, and elasticity, leaving you with a radiant complexion.



## 19) Thalgo facial

For both men and women, our Thalgo formulas are meticulously crafted, free of parabens, mineral oil, propylene glycol, GMOs, and ingredients of animal origin. Choose between two rejuvenating options:

**Detox Body Polish:** Experience a revitalizing scrub that deeply cleanses and detoxifies the skin, leaving it feeling refreshed and rejuvenated.

**Vetiver Gel & Green Tea Scrub:** Indulge in the aromatic blend of vetiver and green tea, known for their calming and rejuvenating properties. This scrub gently exfoliates, leaving your skin smooth, hydrated, and invigorated.

## 20) HydraFacial

Indulge in the renowned HydraFacial treatment, tailored to all skin types. Experience instant, noticeable results with no irritation. This soothing and refreshing procedure removes dead skin cells, extracts impurities, and bathes the skin in hydrating serums. Improve the appearance of various skin concerns including dryness, oiliness, acne, uneven tone, blackheads, age spots, and damage. Enjoy immediate effectiveness and long-term skin health with HydraFacial.

## 21) Personalized Intravenous Infusion

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## 23) PRP

Platelet-rich plasma (PRP) injections are an effective treatment for degenerative conditions like osteoarthritis, as well as injuries to tendons, ligaments, and muscles.



## 24) Laser

Laser hair removal is a procedure that utilizes a concentrated beam of light, known as a laser, to remove hair from various areas of the body.

## 25) Tattoo Removal

Tattoo removal is a procedure aimed at removing permanent ink from the skin for individuals who no longer desire their tattoo.

## 26) Depigmentation

Ayurvedic treatments for depigmentation and melanin use are often combined in the treatment of vitiligo.





Unlock your body's full potential at our state-of-the-art physiotherapy center. Our team of highly skilled physiotherapists are dedicated to helping guests recover from injuries, manage chronic conditions, and improve overall physical function and wellbeing.

Our physiotherapy center features an array of advanced equipment including anti-gravity treadmills, isokinetic machines, therapeutic modalities like ultrasound, TENS units, and more. Private treatment rooms allow for individualized one-on-one care.

Whether you're recovering from an injury or surgery, managing a chronic condition, or simply want to improve strength and mobility, our physiotherapy team will work closely with you to develop a customized plan to meet your unique needs and goals.

Rejuvenate your body and mind at The Aviyaan's physiotherapy center – your path to improved vitality and quality of life.



# PHYSIOTHERAPY CONSULTATION

At The Aviyaan Wellness Resort, our specialized physiotherapy consultations are designed to help you achieve optimal physical health and recovery. Our expert physiotherapists begin with a detailed assessment of your medical history and current condition to tailor a personalized treatment plan. This plan combines hands-on therapy, including manual manipulation and massage, with targeted exercises aimed at alleviating pain, improving mobility, and enhancing overall physical function. We emphasize education, providing you with knowledge on body mechanics, posture, and lifestyle changes to empower you for long-term wellness and injury prevention. Regular follow-up sessions ensure that your progress is monitored and your treatment plan is adjusted as needed. With a focus on holistic and personalized care, our physiotherapy consultations offer effective pain relief, improved mobility, and comprehensive support for a healthier, more vibrant life.

## 1) Physiotherapy/Trigger Point Therapy

This luxurious treatment employs our exclusive Dosha-specific, pure herbal-infused oils to nourish, rejuvenate, and revitalize body tissues. Delivered by two skilled therapists, it offers a harmonious and deeply relaxing experience, ensuring perfect synchronicity throughout the full-body session.

## 2) Osteopathy

Osteopathy is a non-invasive manual therapy designed to improve overall health by manipulating and strengthening the skeletal and muscular framework. This holistic treatment targets the nervous, circulatory, and lymphatic systems, focusing on the health of the entire body rather than just the injured or affected areas. By increasing endorphin levels and reducing anxiety, tension, depression, and pain, osteopathy promotes comprehensive well-being and enhances the body's natural ability to heal.

## 3) Cryotherapy

Experience controlled cold exposure from shoulders to toes inside a cryochamber. This therapy mitigates pain, improves circulation, strengthens blood vessels, and reduces recovery time after illness or surgery. Additionally, it releases endorphins, oxygenates cells, alleviates stress, enhances skin quality, eliminates toxins, and burns calories, offering a comprehensive boost to your overall well-being.

## 4) Sports Performance Enhancing Module

Our Sports Performance Enhancing Module at The Aviyaan Wellness Resort offers personalized training plans, advanced techniques, injury prevention strategies, specialized recovery protocols, nutritional guidance, mental conditioning, performance tracking, and comprehensive support to elevate athletic performance and optimize results for both professional athletes and fitness enthusiasts.



## 5) Movement Disorder Therapy

Our Movement Disorder Therapy at The Aviyaan Wellness Resort provides specialized care tailored to individuals with conditions like Parkinson's disease and dystonia. Through personalized treatment plans, including physical, occupational, and speech therapies, along with assistive devices and holistic support, we aim to enhance mobility, independence, and overall well-being.

## 6) Hydrotherapy

Hydrotherapy at The Aviyaan Wellness Resort offers customized treatments utilizing water's healing properties. Enjoy hydro-massage, aquatic exercise, hot and cold therapy, and luxurious hydrotherapy pools. With professional guidance and features like aromatherapy and thermal baths, it's a holistic approach to relaxation and wellness.

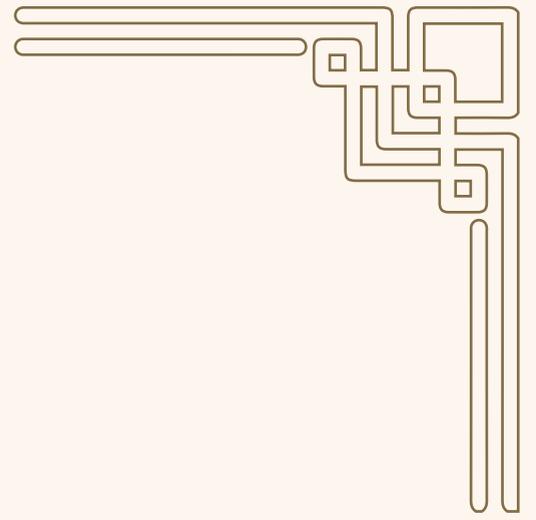
## 7) Back Therapy

Back Therapy at The Aviyaan Wellness Resort offers targeted treatments to alleviate back pain and improve spinal health. Our therapies include manual manipulation, massage, stretching, and strengthening exercises tailored to your specific needs. With expert guidance and personalized care, we aim to restore mobility, reduce discomfort, and promote long-term back health.

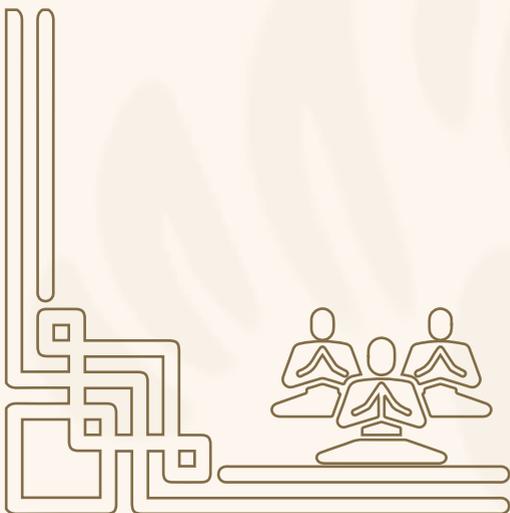
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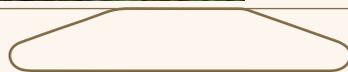


# AVIYAAN LIVING RETREATS





## AVIYAAN LIVING RETREAT



At Aviyaan Living, we take pride in curating meticulously designed wellness retreats that cater to the diverse needs of our guests, ensuring a transformative experience from the moment you arrive. Each retreat program is crafted with utmost care and attention to detail, offering a holistic approach to health and relaxation.

From the moment you step foot into our serene retreat environment, you are greeted with a sense of tranquility and luxury. Our accommodations are thoughtfully designed to provide a sanctuary where you can unwind and rejuvenate. Whether you choose a cozy room or a spacious suite, every aspect of your stay is tailored to enhance your comfort and well-being.

As you embark on your wellness journey, you'll discover a variety of specialized programs designed to address your specific health and relaxation needs. From stress reduction and mindfulness to fitness and nutrition, our retreats offer a comprehensive range of activities and therapies to support your holistic wellness goals.

Our wellness and spa cuisines are crafted with the finest ingredients, expertly prepared to nourish your body and delight your senses. From fresh, locally sourced produce to innovative culinary creations, each meal is a culinary experience designed to support your health and vitality.

Throughout your stay, you'll have access to a team of experienced wellness professionals who are dedicated to helping you achieve your goals. Whether you're looking for guidance on fitness and nutrition or seeking support for stress management and relaxation, our experts are here to support you every step of the way.

At Aviyaan Living, we believe that true wellness is about more than just physical health—it's about nurturing the mind, body, and spirit. Our wellness retreats offer a sanctuary where you can reconnect with yourself, find balance, and cultivate a sense of inner peace. We invite you to embark on a journey of self-discovery and renewal with us, and experience the transformative power of our meticulously designed retreat programs.





# WELLNESS RETREATS OVERVIEW:

## 3-Night Retreats:

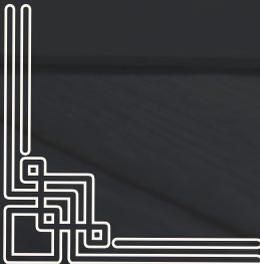
- **Accommodation:** 3 nights in our serene resort setting.
- **Cuisine:** 3 meals of wellness/spa cuisine each day.
- **Inclusions:** Choice of daily spa treatments including Aromatherapy Massage, Arm & Leg Recovery, and more.
- **Special Treatments:** Options such as Chi Nei Tsang, Postural Integration, and back massages enhance your stay.

## 5-Night Retreats:

- **Accommodation:** 5 nights of peaceful relaxation.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** A variety of daily spa treatments with additional options like the Aviyaan Signature Massage and private breathing sessions.
- **Special Treatments:** Body Scrubs and holistic facials to rejuvenate your body and skin.

## 7-Night Retreats:

- **Accommodation:** A full week of luxurious living.
- **Cuisine:** Nutritious spa cuisine each day.
- **Inclusions:** Extensive range of massages and treatments including deep tissue massages and holistic facials.
- **Special Treatments:** Additional therapies like Hammam, hot stone massages, and body wraps to detoxify and relax.





# MASTER CLEANSE™ PROGRAM:

At Aviyaan Living, The Aviyaan Master Cleanse™ is designed to restore your body to a balanced state through cellular cleansing and toxin elimination. This holistic detox program supports gut health, pH balance, and the removal of harmful toxins, promoting life enhancement and longevity. Modern science supports the benefits of such cleansing practices, which can prevent chronic and acute diseases and improve overall well-being.

Our cleanse includes a combination of powerful treatments such as Manual Lymphatic Drainage, Colon Hydrotherapy, and Taoist Chi Nei Tsang to ensure a thorough detoxification process. The cleanse also features medicinal gastronomy using living foods to boost cellular nutrient stores, enhance health, and optimize the body's healing potential. We offer a gradual transition from solid foods to a lean, liquid diet to ensure a sustainable detox experience. For expert detoxers, we customize the retreat to intensify their cleansing process.

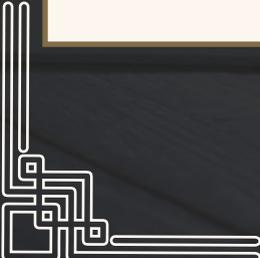
## Retreat Inclusions

### 3-Night Retreat:

- **Accommodation:** 3 nights of luxurious comfort.
- **Cuisine:** 3 daily wellness/spa meals.
- **Inclusions:** 3 daily treatments (Aromatherapy Massage, 'Arm & a Leg' Recovery, Destress Head & Spine Massage, Foot Reflexology, Invigorating Massage, Vedic Spice Massage).
- **Special Treatments:** 1 Body Wrap, 1 Detox Kit, 1 Manual Lymphatic Drainage.

### 5-Night Retreats:

- **Accommodation:** 5 nights of serene relaxation.
- **Cuisine:** 5 daily wellness/spa meals.
- **Inclusions:** 5 daily treatments.
- **Special Treatments:** 1 Body Wrap, 2 Detox Kits, 1 Manual Lymphatic Drainage, 1 Chi Nei Tsang, 1 Enema, 1 Colon Hydrotherapy.





## 7-Night Retreats:

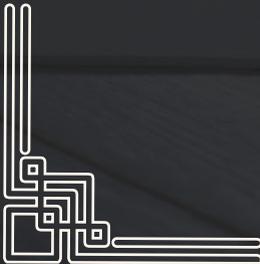
- **Accommodation:** 7 nights in a peaceful setting.
- **Cuisine:** 7 daily wellness/spa meals.
- **Inclusions:** 7 daily treatments.
- **Special Treatments:** 1 Body Wrap, 2 Detox Kits, 1 Manual Lymphatic Drainage, 1 Chi Nei Tsang, 1 Enema, 2 Colon Hydrotherapy, 1 Personal Yoga, 1 Detoxifying Bath.

## 10-Night Retreats:

- **Accommodation:** 10 nights of luxurious living.
- **Cuisine:** 10 daily wellness/spa meals.
- **Inclusions:** 10 daily treatments.
- **Special Treatments:** 1 Body Wrap, 3 Detox Kits, 1 Manual Lymphatic Drainage, 2 Chi Nei Tsang, 1 Enema, 2 Colon Hydrotherapy, 1 Personal Yoga, 1 Detoxifying Bath, 1 Personal Training, 1 Private Stretch, 1 Pranic Healing, 1 Holistic Revitaliser/Holistic Hydrater Facial.

## 14-Night Retreats:

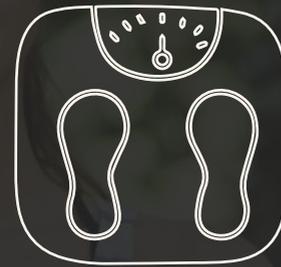
- **Accommodation:** 14 nights of luxurious comfort.
- **Cuisine:** 14 daily wellness/spa meals.
- **Inclusions:** 14 daily treatments.
- **Special Treatments:** 1 Body Wrap, 4 Detox Kits, 1 Manual Lymphatic Drainage, 3 Chi Nei Tsang, 1 Enema, 3 Colon Hydrotherapy, 2 Personal Yoga, 2 Detoxifying Baths, 1 Personal Training, 1 Private Stretch, 1 Pranic Healing, 1 Holistic Revitaliser/Holistic Hydrater Facial, 1 Postural Integration, 1 Cupping & Moxibustion, 1 Ubtan, 1 Body Scrub.



# WEIGHT BALANCE RETREAT:

Our Weight Balance retreat at Aviyaan Living helps you make informed lifestyle choices for better health and well-being. This program addresses both physical and emotional factors contributing to weight issues, promoting self-enhancement and empowerment. The retreat begins with a metabolic test (RMR) to determine the optimal workout and nutritional plan for you. Activities include Functional Training, Vibration Training, Resistance Training, Hiking, Pilates, Cross Training, and more. Enjoy relaxing treatments like Body Wraps, Deep Tissue Massages, Udwartanam Ayurvedic treatment, Private Stretches, and Breathing sessions.

## Retreat Inclusions



### 5-Night Retreats:

- **Accommodation:** 5 nights of serene relaxation.
- **Cuisine:** 5 daily wellness/spa meals.
- **Inclusions:** 5 daily treatments (Aromatherapy Massage, 'Arm & a Leg' Recovery, Destress Head & Spine Massage, Foot Reflexology, Invigorating Massage, Vedic Spice Massage).
- **Special Treatments:** 1 Body Wrap, 1 Colon Hydrotherapy, 1 Metabolic Test (RMR), 3 Personal Trainings, 1 Private Stretch.

### 7-Night Retreats:

- **Accommodation:** 7 nights in a peaceful setting.
- **Cuisine:** 7 daily wellness/spa meals.
- **Inclusions:** 7 daily treatments.
- **Special Treatments:** 1 Body Wrap, 2 Colon Hydrotherapies, 1 Metabolic Test (RMR), 3 Personal Trainings, 1 Private Stretch, 1 Chi Nei Tsang.





## 10-Night Retreats:

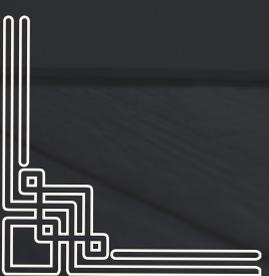
- **Accommodation:** 10 nights of luxurious living.
- **Cuisine:** 10 daily wellness/spa meals.
- **Inclusions:** 10 daily treatments.
- **Special Treatments:** 1 Body Wrap, 2 Colon Hydrotherapies, 1 Metabolic Test (RMR), 4 Personal Trainings, 2 Private Stretches, 1 Chi Nei Tsang, 1 Udwartanam, 1 Ubtan, 1 Private Breathing session, 1 Vibration Training.

## 14-Night Retreats:

- **Accommodation:** 14 nights of luxurious comfort.
- **Cuisine:** 14 daily wellness/spa meals.
- **Inclusions:** 14 daily treatments.
- **Special Treatments:** 1 Body Wrap, 2 Colon Hydrotherapies, 1 Metabolic Test (RMR), 5 Personal Trainings, 4 Private Stretches, 2 Chi Nei Tsang, 2 Udwartanam, 2 Ubtans, 1 Private Breathing session, 1 Vibration Training, 1 Postural Integration, 1 Personal Pilates.

## 21-Night Retreats:

- **Accommodation:** 21 nights of serene living.
- **Cuisine:** 21 daily wellness/spa meals.
- **Inclusions:** 21 daily treatments.
- **Special Treatments:** 2 Body Wraps, 2 Colon Hydrotherapies, 1 Metabolic Test (RMR), 7 Personal Trainings, 6 Private Stretches, 3 Chi Nei Tsang, 2 Udwartanam, 2 Ubtans, 1 Private Breathing session, 2 Vibration Trainings, 1 Postural Integration, 1 Personal Pilates, 1 Hammam, 1 Deep Tissue Massage, 1 Aviyaan Signature Massage, 1 Manual Lymphatic Drainage, 1 Therapeutic Bath, 2 Rehab sessions.



## 28-Night Retreats:

- **Accommodation:** 28 nights of peaceful relaxation.
- **Cuisine:** 28 daily wellness/spa meals.
- **Inclusions:** 28 daily treatments.
- **Special Treatments:** 2 Body Wraps, 2 Colon Hydrotherapies, 1 Metabolic Test (RMR), 9 Personal Trainings, 7 Private Stretches, 3 Chi Nei Tsang, 3 Udwartanam, 3 Ubtans, 1 Private Breathing session, 3 Vibration Trainings, 1 Postural Integration, 1 Personal Pilates, 1 Hammam, 3 Deep Tissue Massages, 1 Atmantan Signature Massage, 1 Manual Lymphatic Drainage, 3 Therapeutic Baths, 3 Rehab sessions, 2 Body Scrubs, 1 Shirodhara, 1 Holistic Revitaliser / Holistic Hydrater Facial.



# JOURNEY THROUGH YOGA RETREATS:

At our Yoga Retreats, we offer meticulously designed programs that cater to your specific health and relaxation needs. Each retreat provides a comprehensive, rejuvenating experience combining luxury accommodations with specialized wellness and spa cuisines from the day of your arrival.

## Retreat Inclusions

### 5-Night Retreats:

- **Accommodation:** 5 nights of serene relaxation.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 5 daily inclusions featuring various massage options.
- **Private Sessions:** Breathing, Meditation, Yoga.
- **Ayurvedic Treatments:** Shirodhara, Ajna Light Therapy, Ubtan.

### 7-Night Retreats:

- **Accommodation:** 7 nights in a peaceful setting.
- **Cuisine:** Wellness/spa cuisine each day.
- **Inclusions:** 7 daily inclusions.
- **Special Treatments:** Padabhyanga, Yoga Nidra.

### 10-Night Retreats:

- **Accommodation:** 10 nights of luxurious living.
- **Cuisine:** Nutritious spa cuisine daily.
- **Inclusions:** 10 daily inclusions.
- **Extended Treatments:** Udwarthan, Pranic Healing, Atmantan Signature Massage, Trataka session.



# AYURVEDA PANCHAKARMA RETREATS:

At Aviyaan, embark on a journey of discovery, cleansing, and awakening of your healing energies through our traditional Ayurveda Panchakarma retreat. This experience begins with a detailed consultation by a skilled Ayurvedic doctor to diagnose your Dosha and create a personalized treatment plan. Enjoy tailored therapies like Shirodhara, Kativasti, Januvasti, and Choorna swedana, along with Yoga, herb, and steam baths, all designed to restore inner harmony. Our authentic Ayurvedic oils and Spa Cuisine enhance the healing process. Rejuvenate and purify your body and mind, achieving greater wellbeing and health through this ancient Vedic practice.

## All Ayurveda Panchakarma Retreats at Aviyaan Include:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak, Eye cleansing as prescribed)
- Daily fitness and leisure activities: 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) and indoor temperature-controlled pool
- Wellness departure consultation

## Retreat Inclusions-

### 7-Night Retreats:

- **Accommodation:** 7 nights in a serene environment.
- **Cuisine:** Wellness/spa cuisine.
- **Inclusions:** 7 daily inclusions.
- **Ayurvedic Treatments:** Matra Vasti, Padabhyanga, Shirodhara, Ubtan.



## 10-Night Retreats:

- **Accommodation:** 10 nights of relaxation.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 10 daily inclusions.
- **Additional Treatments:** Ubtan, Udwartanam.

## 14-Night Retreats:

- **Accommodation:** 14 nights of luxurious comfort.
- **Cuisine:** Nutritious spa cuisine daily.
- **Inclusions:** 14 daily inclusions.
- **Comprehensive Treatments:** Postural Integration, Personal Training.

## 21-Night Retreats:

- **Accommodation:** 21 nights of serene living.
- **Cuisine:** Wellness/spa cuisine.
- **Inclusions:** 21 daily inclusions.
- **Extensive Treatments:** Colon Hydrotherapy, Hammam, Holistic Facial.

## 28-Night Retreats:

- **Accommodation:** 28 nights of peaceful relaxation.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 28 daily inclusions.
- **Full Range of Treatments:** Rehab session, Private Breathing.



# HOLISTIC HEALTH WELLNESS RETREATS:

Achieve holistic health at Aviyaan's Holistic Health retreat, where improved diet, lifestyle choices, and stress management converge to heal the soul, mind, and body. This retreat guides you on a journey of self-discovery, empowering your body's natural self-healing abilities. Focused on the mind-body connection, it incorporates energy medicine, Yogic techniques, Pranic healing, Traditional Chinese Medicine, cupping, moxibustion, and lymphatic drainage to enhance immunity and detoxification. Meditations and Ajna Light Therapy improve sleep and promote overall healing. Learn to manage stress effectively, improve your diet, and enhance emotional and mental wellbeing through a customized program designed to achieve spiritual detox and prevent adrenal fatigue.

## All Holistic Health Retreats at Aviyaan Include:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities (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) and indoor temperature-controlled pool
- Wellness departure consultation

## Retreat Inclusions

### 5-Night Retreats:

- **Accommodation:** 5 nights of peaceful retreat.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 5 daily inclusions.
- **Treatments:** Ajna Light Therapy, Acupuncture and Moxibustion.





## 7-Night Retreats:

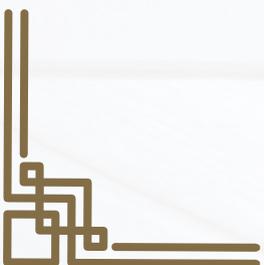
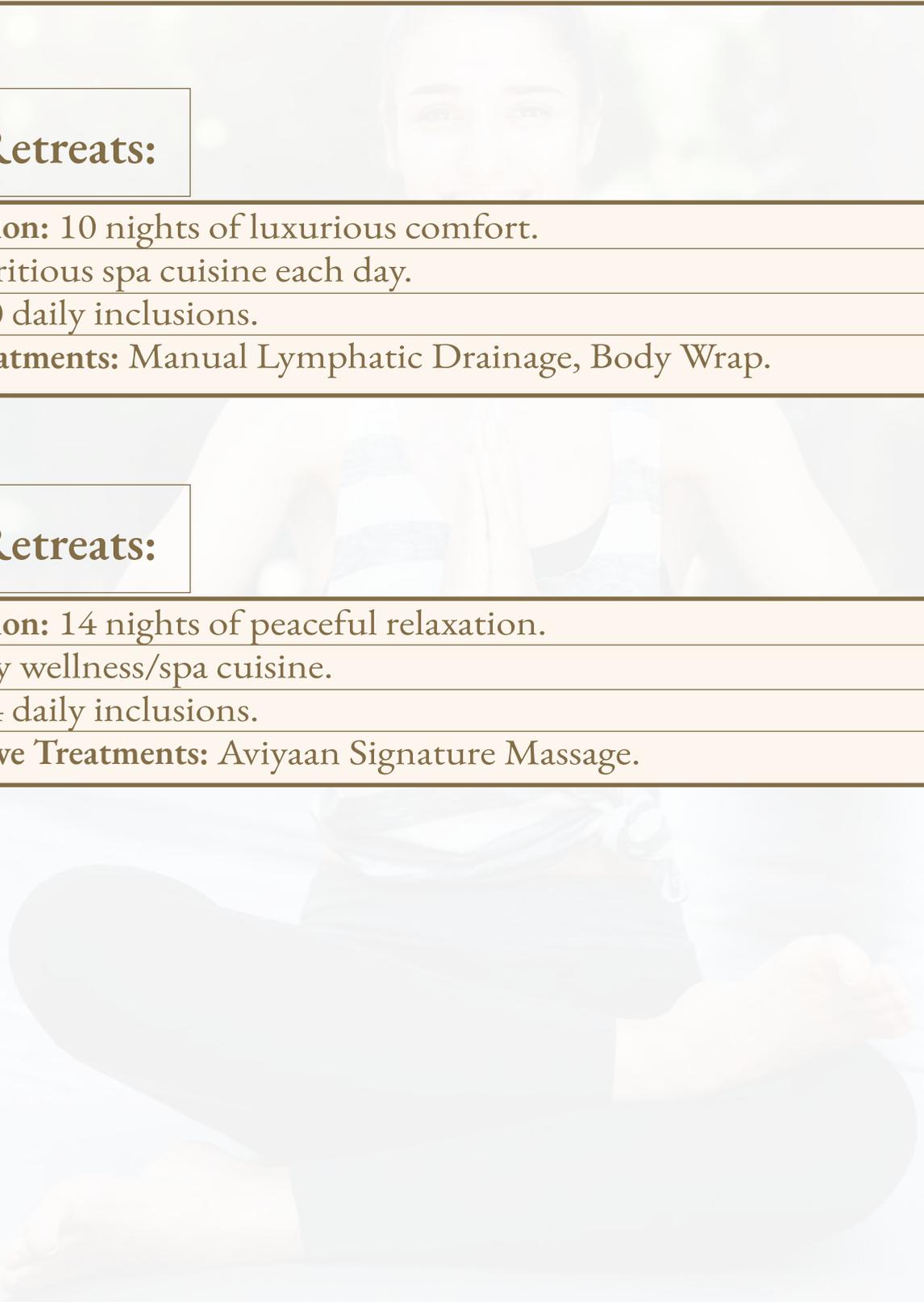
- **Accommodation:** 7 nights of serene living.
- **Cuisine:** Wellness/spa cuisine daily.
- **Inclusions:** 7 daily inclusions.
- **Additional Treatments:** Shirodhara, Chi Nei Tsang.

## 10-Night Retreats:

- **Accommodation:** 10 nights of luxurious comfort.
- **Cuisine:** Nutritious spa cuisine each day.
- **Inclusions:** 10 daily inclusions.
- **Extended Treatments:** Manual Lymphatic Drainage, Body Wrap.

## 14-Night Retreats:

- **Accommodation:** 14 nights of peaceful relaxation.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 14 daily inclusions.
- **Comprehensive Treatments:** Aviyaan Signature Massage.



# FITNESS CHALLENGE RETREATS:

## Retreat Inclusions

### 5-Night Retreats:

- **Accommodation:** 5 nights of active rejuvenation.
- **Cuisine:** Wellness/spa cuisine each day.
- **Inclusions:** 5 daily inclusions.
- **Focused Treatments:** Deep Tissue Massage, Personal Training.

### 7-Night Retreats:

- **Accommodation:** 7 nights of fitness-focused living.
- **Cuisine:** Nutritious spa cuisine daily.
- **Inclusions:** 7 daily inclusions.
- **Additional Trainings:** Vibration Training.

### 10 -Night Retreats:

- **Accommodation:** 10 nights of active comfort.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 10 daily inclusions.
- **Comprehensive Treatments:** Body Scrub, Cupping.



# RESTORATIVE PHYSIOTHERAPY RETREATS:

Aviyaan Restorative Physiotherapy offers a holistic approach to treating a variety of physical conditions, optimizing both health and well-being. Our program focuses on restoring mobility, strength, and improving quality of movement to achieve desired levels of physical comfort. With specialized expertise in orthopedic and neurological conditions, our team utilizes advanced techniques such as manual therapy, ultrasound therapy, and hydrotherapy to expedite recovery. We prioritize hands-on care to facilitate healing and maintain physical independence. Each guest receives a customized workout prescription to support long-term wellness and injury prevention. At Aviyaan, we are committed to providing excellent clinical care for all ages, helping individuals integrate back into their lifestyle at their best.

## All Restorative Physiotherapy Retreats at Aviyaan Include:

- Individual wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (Neti, Dhouti, Gargling, Laghu Shankh Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities (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), and Indoor heated pool with vitality shower
- Wellness departure consultation





## Retreat Inclusions

### 5-Night Retreats:

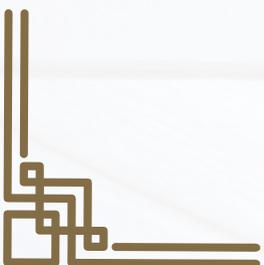
- **Accommodation:** 5 nights of restorative living.
- **Cuisine:** Daily wellness/spa cuisine.
- **Inclusions:** 5 daily inclusions.
- **Treatments:** Prescribed physio treatments, Postural Integration.

### 7-Night Retreats:

- **Accommodation:** 7 nights of restorative comfort.
- **Cuisine:** Wellness/spa cuisine each day.
- **Inclusions:** 7 daily inclusions.
- **Additional Treatments:** Acupuncture.

### 10-Night Retreats:

- **Accommodation:** 10 nights of serene rehabilitation.
- **Cuisine:** Nutritious spa cuisine daily.
- **Inclusions:** 10 daily inclusions.
- **Extended Treatments:** Core Strengthening.



# SUPER IMMUNITY RETREAT:

Aviyaan's SUPER IMMUNITY Programme is tailored for post-COVID recovery and those with co-morbidities, focusing on adaptive immunity and overall health. Beyond body mass index, we prioritize mind, emotional, intellectual, and spiritual well-being. Our holistic approach integrates Ayurveda, Naturopathy, Yoga, and Traditional Chinese medicine with fitness, nutrition, physiotherapy, and functional medicine. Through prescribed diet, stress management, improved sleep, fitness, yoga, and exposure to nature, we boost immunity and address co-morbid conditions. With guest healthcare as our priority, initial evaluations guide personalized treatment plans, with a minimum retreat duration of 7 nights. Key areas include Exercise and Immunity, Yoga and Immunity, Diet and Immunity, Mindfulness, Living with Nature, and creating a Sleep Sanctuary.

## Super Immunity Retreat Inclusions:

- Doctor consultations
- Body composition analysis
- Postural assessment
- Daily group classes
- Yoga therapy sessions for immunity
- Daily fitness classes to improve respiratory endurance
- Outdoor activities for better exposure to nature and building adaptive immunity
- Breathing and meditation classes for immunity and sleep improvement
- Health talks on various topics
- Prescribed therapeutic sanik food to boost immunity
- Fresh herbal medicines for immune modulation
- Nutritional advice on discharge
- Recommended natural supplements (at extra charge) for home care

## Super Immunity Retreats:

- **Consultations:** Doctor consultations, body composition analysis, postural assessment.
- **Activities:** Daily group classes, yoga therapy sessions, fitness classes for respiratory endurance, outdoor activities, breathing and meditation classes.
- **Health Talks:** Nutritional advice and health talks.
- **Treatments:** Prescribed therapeutic sanik food, fresh herbal medicines.



# DISEASE MANAGEMENT RETREAT:

Around 60%–70% of all healthcare visits are for lifestyle-based diseases, which are preventable. These diseases, such as cancer, heart disease, obesity, and diabetes, are among the fastest-growing causes of death and disability worldwide. Lifestyle diseases are linked to choices like alcohol consumption, drug abuse, smoking, lack of physical activity, and unhealthy eating habits. While modern medicine can manage these diseases, it often comes with unwanted side effects. Ironically, as countries become more affluent, lifestyle-based diseases increase, especially with urbanization and rising wealth. Sedentary lifestyles, improper diet, inadequate sleep, and other factors contribute to chronic illnesses like diabetes, heart disease, stroke, and cancer. This creates a vicious cycle that needs to be addressed.

## Disease Management Retreat Inclusions:

- Doctor's Consultations
- Body Composition Analysis
- Postural Assessment
- Daily Group Classes
- Yoga Therapy Sessions
- Yoga, Breathing, and Meditation Classes
- Health Talks on Various Topics
- Therapeutic Food
- Fresh Herbal Medicines
- Recommended Naturopathy Treatments and Therapies

Minimum Stay: [Duration not provided]



# AVIYAAN'S NATURAL HEALING RETREAT:

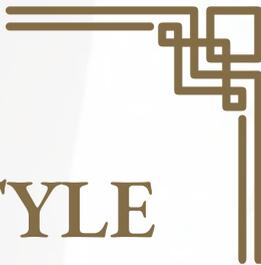
Aviyaan's NATURAL HEALING RETREAT offers a comprehensive, medically-guided program addressing lifestyle and auto-immune conditions. Integrating functional medicine, nutritional therapy, naturopathic treatments, and holistic care, it focuses on boosting natural healing mechanisms. Beginning with in-depth ailment investigation and customized doctor consultations, it aims to identify root causes and prescribe personalized treatment procedures including diet and lifestyle protocols. Guests participate in daily fitness and treatment monitoring, health talks, and ailment reversal techniques. Upon departure, detailed home care advice is provided. The retreat is highly result-oriented, often enabling disease reversal within 3 to 6 months. Holistic Medicine Doctors oversee comprehensive treatment blending modern medical science with traditional approaches. Customized nutrition programs address deficiencies and enhance immune response. Ideal for guests seeking transformational experiences and sustainable lifestyle changes, Aviyaan believes it's never too late to prioritize health and wellness.

## Natural Healing Retreat Inclusions:

- Morbid obesity
- Diabetes mellitus
- Thyroid dysfunctions including Hashimoto's/Graves disease
- Polycystic ovarian disease (PCOD)
- Fibroid uterus
- Endometriosis
- Infertility
- Benign Prostatic Hypertrophy (BPH)
- Asthma
- Hypertension
- Atherosclerosis Cardiovascular disease
- Abnormal Cholesterol (Dyslipidemia)
- Allergic sinusitis
- Rheumatoid arthritis
- Ankylosing spondylitis
- Systemic lupus erythematosus (SLE)
- Irritable Bowel Syndrome (IBS)
- Crohn's disease
- Gastritis
- Peptic Ulcer
- Gastroesophageal Reflux Disease (GERD)
- Migraine
- Fatty Liver (non-alcoholic)
- Gout
- Osteoarthritis
- Erectile dysfunctions

***NOTE-*** Your treatment plan will be prescribed by the consulting doctor based on your health conditions and symptoms. Please note that the inclusions mentioned below are indicative.\*





# WEIGHT MANAGEMENT & LIFESTYLE CORRECTION RETREAT (YUVA EDITION)

Aviyaan introduces the YUVA EDITION Youth Retreat, designed for individuals aged 16 to 25. This scientifically researched retreat focuses on fitness and lifestyle improvement for Generation Z and young millennials. Under the guidance of wellness experts, participants develop healthy habits and undergo lifestyle corrections through a tailored experience. The retreat addresses the pressures of dynamic social, study, and work lives, helping youth prioritize their well-being over stress, depression, and anxiety. By creating a unique soul-mind-body wellness formula, the retreat educates on the benefits of an optimal lifestyle, promoting wellness, self-healing, and improved sleep patterns.

## Retreat Inclusions

### 7-Night Program:

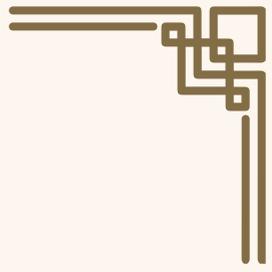
- **Accommodation:** 7 nights of tailored living.
- **Cuisine:** Wellness cuisine each day.
- **Assessments:** Initial and departure anthropometry, individual wellness consultation, body composition analysis, postural assessment.
- **Activities:** Daily fitness training, exclusive activities, meditation sessions, various body treatments and therapies.

### 10-Night Program:

- **Accommodation:** 10 nights of structured living.
- **Cuisine:** Daily wellness cuisine

*\*\*Prices and services are subject to change without prior notice.  
Taxes are not included on the above prices. Taxes Applicable  
Terms & Conditions Apply.*





Dear Valued Guest,

Thank you for embarking on a transformative journey with Aviyaan. We are delighted to have been part of your wellness experience, guiding you towards a healthier, happier you.

At Aviyaan, we believe in the power of holistic healing and personalized care. Whether you joined us for the Natural Healing Retreat, the SUPER IMMUNITY Programme, or the YUVA EDITION Youth Retreat, we hope you found the balance, rejuvenation, and insights you were seeking.

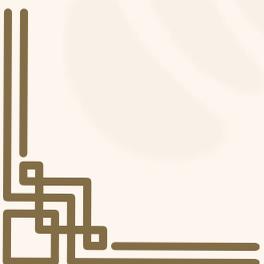
Your commitment to improving your well-being inspires us. We are thrilled to have provided you with the tools, knowledge, and support to create lasting, positive changes in your life. Remember, the journey to wellness is ongoing, and we are here to support you every step of the way.

Thank you for trusting Aviyaan with your health and well-being. We look forward to welcoming you back for more transformative experiences in the future.

Wishing you continued health and happiness,

The Aviyaan Team

**Thank You for Choosing Aviyaan –  
Your Path to Wellness Awaits!**



*Experience the  
Aviyaan Difference -  
Where Wellness  
Meets Transformation!*



**The Aviyaan - Luxe Serenity  
LUCKNOW**

