

# Nalanda Retreat

SPA & WELLNESS

## Welcome to Wellness at Nalanda Retreat

At Nalanda Retreat, wellness is more than a service; it's an invitation to deepen your journey of self-discovery, relaxation, and revitalization. Our spa and wellness offerings are thoughtfully designed to nurture the mind, body, and spirit, creating an immersive experience of self-care and rejuvenation. Whether you seek relaxation, healing, or an opportunity to connect with friends, our diverse options allow you to create a tailored wellness journey in the serene ambiance of Nalanda Retreat.

### Signature Spa Treatments

Indulge in a range of restorative spa treatments crafted to melt away stress, ease tension, and rejuvenate the body. From soothing massages to nourishing facials, our skilled therapists combine traditional techniques with high-quality, natural products to leave you feeling renewed and radiant.

### Holistic Therapies

We offer an array of holistic therapies, including Ayurveda, Reiki, and Sound Healing, aimed at harmonizing your energy and enhancing overall well-being. Each therapy is designed to address your individual needs, guiding you toward physical, mental, and emotional balance.

### Daily Drop-In Yoga and Private Sessions

Join our daily drop-in yoga classes to deepen your practice or connect with others in a mindful community setting. For a more personalized experience, we also provide private yoga and meditation sessions tailored to your preferences and wellness goals.

### Evening Activities and Workshops

Enhance your retreat experience by joining our evening activities and workshops. From guided meditations to creative workshops, each activity is an invitation to connect, explore, and find joy in community.

### Trips and Excursions

Discover the beauty and culture around Nalanda Retreat with our curated excursions. Whether exploring local landmarks, taking a serene nature walk, or experiencing traditional Indian rituals, these excursions enrich your stay with meaningful connections to the surrounding landscape and community.

Let your time at Nalanda be a sanctuary for relaxation, connection, and self-love. Every aspect of our wellness offerings is designed to honor and support your unique journey.

With warmth,  
Nalanda Retreat

# Price List

## Ayurvedic

	45 mins	60 mins	75 mins	90 mins
Ayurvedic Consultancy		3,500		
Ayurvedic Constitution				4,500
Abhyanga Massage + Svedana			3,000	
Indian Head & Shoulder Massage + Ekang Swedan		2,500		
Basti (Kati,Jaanu,Greeva,Prishta,Nabhi,Shiro)	2,000			
Pichu (Shiro, Greeva, Jaanu)	2,000			
Netra Tarpana	2,000			
Karna Purana	2,000			
Patrapinda Swedan		2,500		
Baluka Swedan		2,500		
Udvaartana			3,000	3,500
Kukutanda Swedana		2,500		
Shirodhara		2,500	3,000	3,500
Shastika Shali Kizhi		2,500		
Sarvanga Dhara		2,500		

## Holistic

	60 mins	75 mins
Swedish Massage	3,500	4,000
Deep Tissue Massage	3,500	4,000
Zen-Shiatsu Massage	3,500	4,000
Combined Intuitive Massage	3,500	4,000
TIPS Massage	3,500	4,000
Hot Stone Massage	3,500	4,000
Hot Cups (Best to be add with another massage)	INR 500 extra	

# Price List

## Naturopathy

	45 mins	60 mins	90 mins
Naturopathy Consultancy		2,000	
Warm Bath Therapy	2,000		
Abdomen Mud Pack + Enema	2,000		
Local Wet Sheet Pack	2,000		
Full Body Mud Pack		2,500	
Potli Swedan		2,500	
Cupping Massage		2,500	
Swedish Massage + Steam			3,000
Full Body Wet Sheet Pack		2,500	
Warm Foot Therapy + Hand Immersion Therapy	2,000		
Hot and Cold Hip Bath + Abdominal Mud Pack	2,000		
Hot and Cold Immersion	2,000		
Fasting Therapy		Depends on Plan	

## Yoga & Others

	60 mins	75 mins	90 mins
Hypnotherapy & Free Consultation			3,500
Reiki & Chakra Cleansing			3,900
Yoga Therapy & Counseling	3,000		3,900
Drop in Yoga			600
Private Yoga Class (Hatha/Vinyasa/Iyenger/Yin/Ashtanga)	2,600		3,600
Pre-Natal Yoga	2,000		2,500
Pranayama & Meditation	2,600		3,600
OSHO Meditation & Mindfulness			3,500
Yoga Nidra / Sound Savashana	2,000	3,000	
Sound Healing		3,500	
Shamanic Sound Ceremony ( Min 2 ppl)			2,000
Kirtan (Min 2 ppl)			1,000
Mantra Chanting	2,500		
Music Class	2,500		3,500
Heena Price on Appointment			

**\*\* Yoga & Other activities are subject to availability, please consult before booking**

# Personalised Treatments based on Requirements

Category	Therapy
Digestive Disorders	Udwartan / Hot and Cold Hip Bath / Mud Therapy / Enema/ Woolen-Cotton Bandage/ Abdomen Hot & Cold Pack
Spine Issues	Patrapind / Sarvaang Dhara / Hydrotherapy / Spine Bath / Hot and Cold Hip Bath / Massage & Steam / Vasti / Baluka Swedan Massage
Anxiety	Shirodhara / Lepam / Mud Therapy / Acupressure Massage & Nasya / Jal Neti & rubber Neti / Epsom Salt Hot Bath
Hormonal Imbalance	Hot & Cold Hip Bath / Woolen-Cotton Bandage / Mud Pack / Shirodhara / Jal Neti / Kunjal / Abdomen Mud Pack +Enema
Nerve Disorders	Pind Chill / Local Massage & Steam / Patra Pind / Paad Abhyang / Hot & cold Hip Bath / Shastika Shali
Eye Issues	Netra Tarpan / Netra Neti / Nasya / Hot & Cold Bandage / Shirodhara
Skin Issues	Wet Sheet Pack / Lepam / Udwartan / Abhyang +Mud Pack + Steam Bath
Diabetes	Mud Pack + Enema / Kerela Foot Therapy / Wet Sheet Pack / Mud Bath + Massage + Hot & Cold Hip Bath / Shirodhara / Steam Bath

## Treatment Information:

- All treatments are tailored to the individual, starting with an in-depth consultation to assess specific needs and objectives.
- Starting from 3 days for noticeable results & 7 days to ensure the most comprehensive benefits.
- Daily Treatment Sessions: Each day includes a 2.5-hour treatment session. Cost per day: INR 5,000.
- Result-Oriented: The effectiveness of the treatment depends on factors like the severity of the condition and the individual's medical history. Recommendations are designed to achieve optimal outcomes for each guest.

**For Booking Connect @ +91 93718 43015**  
**Call / WhatsApp**