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# Wellness Immersions



Drawing on India's remarkable wellness heritage, Amanbagh's Individual Wellness Immersions incorporate mindfulness practices, bodywork and nutrition, and are designed to promote overall wellbeing for a longer, healthier life.

Whether you focus on Ayurveda and embrace the benefits of India's 5,000-year-old systems of preventative medicine and self-healing, choose to concentrate on yoga and mindfulness, or select a purifying, detoxifying pathway, Amanbagh's expert wellness team and Ayurvedic physician will ensure your Immersion is individually tailored to meet your wellness goals.

## **Individually tailored**

Each of Amanbagh's Immersion pathways begins with an initial orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our tight-knit team aims to support you with a bespoke combination of movement, spa treatments, healing therapies and nutritious meals, all focused on bringing you back to balance.

## **Choose your pathway**

Our **Original Immersions**, tailored for shorter **stays of four nights or more**, offer a taste of yoga and Ayurveda. The resort's Ayurvedic chef crafts a personalised diet plan based on your body's constitution, determined by our expert Ayurvedic doctor. For those seeking profound results, our **Intensive Immersions** span **seven nights or more**. Delve into internal Ayurvedic medications, therapeutic treatments, yoga and meditation. Your journey to wellbeing begins with a bespoke diet plan, meticulously prepared by our Ayurvedic chef in alignment with the insights of our Ayurvedic doctor.

# Original Immersions

Unveil the secrets of ancient wisdom and rejuvenate mind, body and soul with Amanbagh's exclusive Ayurveda Wellness Packages. Crafted for a transformative experience, starting from a minimum of four nights our immersions offer a harmonious blend of Ayurvedic traditions, spa indulgence, wellness sessions and personalised yoga practices.

## **Ayurveda Alpha Immersion**

Embark on your Ayurveda journey with our introductory Ayurveda Immersion. Tailored for those new to Ayurveda, our Ayurvedic physician will guide you through the fundamentals of this ancient science. Uncover your body's constitution and receive a beginner-friendly diet plan. This immersive package includes an Ayurvedic consultation, a soothing spa treatment, an enlightening wellness session and a gentle yoga experience designed for beginners.

## **Detox and Cleansing Immersion**

Embark on a journey to cleanse and detoxify your body with our Detox and Cleansing Immersion – ideally if you have any medical conditions or early symptoms of stress. Under the guidance of our Ayurvedic doctor, discover the unique needs of your body and its constitution. Enjoy a personalised diet plan tailored to eliminate toxins and invigorate your senses. This immersive package includes an Ayurvedic consultation, a blissful spa treatment, a rejuvenating wellness session and a tailored yoga experience.

## **Restore and Energise Immersion**

Experience the power of restoration and energy infusion with our Restore and Energise Immersion. Let our Ayurvedic doctor unveil the secrets to reinvigorating your body and mind. Indulge in a personally curated diet plan aimed at restoring balance and energy. This immersive package includes an Ayurvedic consultation, a pampering spa treatment, an uplifting wellness session and a revitalising yoga experience.

## **Yoga and Mindfulness Immersion**

Amanbagh's Yoga and Mindfulness Immersion is a transformative four-day personal retreat, designed for ultimate relaxation. Begin your mornings with rejuvenating yoga sessions, harmonising mind and body amid the resort's lush surroundings, before personalised spa treatments during the day. As the sun sets, immerse yourself in meditation or yoga kriya sessions, fostering inner peace and balance. Our Mindfulness Menu, crafted by our expert Ayurvedic chef, ensures a culinary journey that aligns with your holistic wellness goals.

### **What's included in every immersion:**

**Ayurvedic Consultation:** Personalised assessment by our Ayurvedic physician.

**Spa Treatment:** Indulge in a rejuvenating spa experience tailored to your needs.

**Movement Session:** Revitalise your body and mind with a personalised yoga/meditation session.

**Wellness Session:** Uncover the secrets of holistic wellbeing with our expert sessions.

# Intensive Ayurveda Immersions



Indulge in the transformative power of Ayurveda at Amanbagh with our intensive packages, meticulously crafted to rejuvenate mind, body and spirit. Our Detox and Cleanse Immersion Package offers a holistic approach, purifying your system through Ayurvedic therapies, personalised dietary plans and yoga sessions. Experience a profound inner cleanse that revitalises your entire being.

Alternatively, opt for our Restore and Energise Immersion Package, tailored to replenish vitality and balance. Through specialised Ayurvedic treatments, nourishing meals and mindfulness practices, embark on a journey of restoration. Our result-oriented packages promise a harmonious blend of ancient wisdom and luxurious comfort, ensuring a renewed sense of wellbeing. Embrace the Ayurvedic essence and discover a healthier, more vibrant, you at Amanbagh.

# Intensive Ayurveda Immersions

## **Detox and Cleanse Immersion**

Allow Ayurveda to take you on a transformative journey with our exclusive Ayurvedic Detox and Cleanse Immersion, spanning a minimum of seven nights or more. Crafted for those seeking a holistic approach to wellness, this immersive experience begins with a personalised Ayurvedic consultation with our seasoned Ayurveda physician.

Based on the consultation, a bespoke treatment plan is charted to address your unique needs. Our expert Ayurveda chef then tailors a dietary programme and crafts recipes aligned with your Ayurvedic body constitution.

This comprehensive programme is designed to eliminate toxins, alleviate medical conditions such as psoriasis, arthritis, hypertension and anxiety, and promote overall wellbeing. There's also chance to delve into transformative Panchakarma treatments, invigorating yoga sessions and targeted Ayurvedic therapies as our dedicated team guides you towards a renewed sense of vitality. Elevate your health, balance your energies, and rediscover a harmonious equilibrium with our Ayurvedic Detox and Cleanse Immersion.

## **Restore and Energise Immersion**

Our Restore and Energise Immersion spans a minimum of seven nights or more, beginning with a personalised Ayurvedic consultation by our Ayurveda physician and a tailored treatment plan to set the stage for a rejuvenating experience.

Our expert Ayurveda chef, attuned to the nuances of your Ayurvedic body constitution, curates a meal plan for your entire stay, ensuring a fusion of wellness and nutrition.

This comprehensive programme is ideal for those seeking a mixture of results-driven Ayurvedic experiences, Panchakarma treatments, invigorating yoga sessions and personalised Ayurveda treatments, all aligned to specific body constitutions.

Tailored to each guest, it addresses various medical conditions, including weight management, stress and burnout, post-menopausal syndrome, postpartum depression and the rejuvenation of muscles, promoting overall general health.

### **What's Included in every Intensive Immersion:**

**Ayurvedic Consultation:** Personalised assessment by our Ayurvedic Physician.

**Internal medication:** Herbal decoctions and Ayurvedic medicine which are prescribed by the Ayurvedic physician.

**Spa Treatment:** Indulge in a rejuvenating spa experience tailored to your needs.

**Movement Session:** Revitalise your body and mind with a personalised yoga session.

**Wellness Session:** Uncover the secrets of holistic wellbeing with our expert sessions.



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