

S P A **ALILA**

Naturally from The Heart

Welcome to Spa Alila!

At Spa Alila, we have created simple yet effective programs designed to help you rediscover your optimum level of wellness. Our treatments will not only cleanse your body, mind and soul but also bring about internal balance, giving a boost to your energy and vitality.

We bring you a wealth of wellness knowledge and healing traditions infusing elements of ayurveda, yoga, massage, fitness, hypnotherapy, pranic healing and nutrition. Our programs are created keeping your personal wellness goals and lifestyle interests in mind, as we plan to reclaim what you have lost to time and the unhealthy challenges of modern lifestyle.

Regain The Balance

We may not realise, but our body and mind constantly require cleansing, restoring and nourishing. This overhauling of the system helps us regain the balance of the elements that constitute our body type. Through our finely developed program, you can opt for either radical or gentle dietary change, and vary the length of the program in accordance with your schedule.

Our body has amazing powerful self healing capabilities. Our aim is to help provide you with the knowledge and confidence you need to manage your own wellbeing which can be achieved by not just treating the current wellness issues but avoiding them in the future.

Our programs are ideal for anyone who is stressed out emotionally, mentally or physically, and requires time for solitude, support and self reflection. Our programs are also suitable for anyone suffering from health disorders including obesity, high cholesterol, diabetes, anxiety, low energy levels, menstruation problems, cardiovascular issues, arthritis, skin problems and stress-related disorders.

Our detox packages are ideal for anyone experiencing stress, tiredness, digestive disorders, arthritis, skin problems, weight, menstrual and fertility challenges, respiratory issues, allergies and intolerances. For those looking for inner peace and happiness, we can help with fears, phobias and emotional turmoil. Detox programs are available as 3, 5, 7, 10 and 14 night packages.

Three-Night Retreat Package

Package inclusions:

- Welcome drink and meal on arrival
- Luxurious accommodation in a Diwa Room or Spa Terrace Room
- Body composition analysis at the beginning and end of the detox program
- Body measurements and vital signs at the beginning and end of the detox program
- One consultation with the Ayurveda Physician
- One consultation with the Diet and Nutrition Specialist
- Six holistic and ayurveda treatments per person
- Three fitness sessions per person
- Three yoga and meditation sessions per person
- Guided meditation
- Informative interactions and workshops
- Nutritionally balanced meals / juices / broths and supplements
- Relaxing and calming drinks
- One cooking workshop
- One healing bath setup
- Two pieces of laundry per day, per person

Five-Night Retreat Package

Package inclusions:

- Welcome drink and meal on arrival
- Luxurious accommodation in a Diwa Room or Spa Terrace Room
- Body composition analysis at the beginning and end of the detox program
- Body measurements and vital signs at the beginning and end of the detox program
- Pulse diagnosis
- One consultation with the Ayurveda Physician
- One emotional assessment
- One consultation with the Diet and Nutrition Specialist
- Ten holistic and ayurveda treatments per person
- Five fitness sessions per person
- Five yoga and meditation sessions per person
- Guided meditation
- Informative interactions and workshops
- Nutritionally balanced meals / juices / broths and supplements
- Relaxing and calming drinks
- One cooking workshop
- Art therapy
- One healing bath setup
- Two pieces of laundry per day, per person

Seven-Night Retreat Package

Package inclusions:

- Welcome drink and meal on arrival
- Luxurious accommodation in a Diwa Room or Spa Terrace Room
- Body composition analysis at the beginning and end of the detox program
- Body measurements and vital signs at the beginning and end of the detox program
- Pulse diagnosis
- One consultation with the Ayurveda Physician
- One emotional assessment
- One consultation with the Diet and Nutrition Specialist
- One session on hypnotherapy / pranic healing
- Fourteen holistic and ayurveda treatments per person
- Seven fitness sessions per person
- Seven yoga and meditation sessions per person
- Guided meditation
- Informative interactions and workshops
- Nutritionally balanced meals / juices / broths and supplements
- Relaxing and calming drinks
- One cooking workshop
- Art therapy
- One healing bath setup
- Two pieces of laundry per day, per person

Ten-Night Retreat Package

Package inclusions:

- Welcome drink and meal on arrival
- Luxurious accommodation in a Diwa Room or Spa Terrace Room
- Body composition analysis at the beginning and end of the detox program
- Body measurements and vital signs at the beginning and end of the detox program
- Pulse diagnosis
- One consultation with the Ayurveda Physician
- One emotional assessment
- One consultation with the Diet and Nutrition Specialist
- Two sessions on hypnotherapy / pranic healing
- Twenty holistic and ayurveda treatments per person
- Ten fitness sessions per person
- Ten yoga and meditation sessions per person
- Guided meditation
- Informative interactions and workshops
- Nutritionally balanced meals / juices / broths and supplements
- Relaxing and calming drinks
- One cooking workshop
- Art therapy
- One healing bath setup
- One session on spiritual development
- One Tai-Chi session
- Two pieces of laundry per day, per person

Fourteen-Night Retreat Package

Package inclusions:

- Welcome drink and meal on arrival
- Luxurious accommodation in a Diwa Room or Spa Terrace Room
- Body composition analysis at the beginning and end of the detox program
- Body measurements and vital signs at the beginning and end of the detox program
- Pulse diagnosis
- Two consultations with the Ayurveda Physician
- Two emotional assessments
- One consultation with the Diet and Nutrition Specialist
- One session on ayurveda body constitution
- Two sessions on hypnotherapy / pranic healing
- Twenty eight holistic and ayurveda treatments per person
- Fourteen fitness sessions per person
- Fourteen yoga and meditation sessions per person
- Guided meditation
- Informative interactions and workshops
- Nutritionally balanced meals / juices / broths and supplements
- Relaxing and calming drinks
- One cooking workshop
- One session on spiritual development
- Art therapy
- One healing bath setup
- One Tai-Chi session
- One inspirational / spiritual movie
- Two pieces of laundry per day, per person

Additional Benefits

- Airport transfers
- Complimentary wellness kit
- Packed meal and snacks for departure journey
- Expert support and counselling as and when required

In addition, guests can also connect with our doctor for a 16 week check up post program.

Important Notes

- Detox programs are available as 3, 5, 7, 10 and 14 night packages.
- The detox program is supervised by a licensed medical doctor and wellness consultant. All programs are considered supportive to natural body healing, with final results dependent on individual body response and individual efforts.
- Guests who require special medical support for serious health challenges must have the consent of their medical doctor.
- It is not advisable to opt for a detox treatment during pregnancy. Also anyone with chronic or heavily medicated conditions may be asked to supply a doctor's letter.
- All retreat guests consent to treatment involving the application of all integrated therapies, assessments, consultations and treatments of their own free will and without any coercion or undue influence.
- All integrated therapies for any disease or chronic condition do not guarantee a cure or remission from any illness. Your doctor and any specialist consultants will remain responsible for your general medical care throughout the period of application of the integrated therapies. The Spa Alila Wellness Team and its entire professional staff will act in an advisory capacity only.
- The detox programs can change in accordance to the guest's medical condition. The Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival.
- A personalized daily schedule will be given to each guest on arrival and after consultation with an assigned medical staff. The schedule may change depending on our resident doctor's assessment.
- All supplements, services and treatments will be scheduled by our doctors once the medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above stated detox program inclusions will be discussed with the guest in advance and costed separately. These will be charged to the guest account and must be settled upon check-out.

Alila

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SPA TERRACE ROOM / THE DIWA CLUB ROOM



Package Rates	Apr'19 - Sept'20		Oct'19 - Mar'20	
	Single	Double	Single	Double
3 Nights	INR 91,000	INR 1,26,000	INR 1,23,000	INR 1,65,000
5 Nights	INR 1,40,000	INR 1,98,000	INR 1,87,000	INR 2,45,000
7 Nights	INR 1,88,000	INR 2,53,000	INR 2,45,000	INR 3,26,000
10 Nights	INR 2,56,000	INR 3,50,000	INR 3,38,000	INR 4,54,000
14 Nights	INR 3,43,000	INR 4,73,000	INR 4,57,000	INR 6,20,000