

ÄMAN  
SPA



# Wellness Immersions



Drawing on India's remarkable wellness heritage, Amanbagh's Individual Wellness Immersions incorporate mindfulness practices, bodywork and nutrition 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, or choose to concentrate on yoga and mindfulness, Amanbagh's expert team, including an Ayurvedic physician, will ensure your pathway is tailored to meet your personal wellness goals.

## Tailored to your needs

Each immersion 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 team of wellness experts supports with creation of a bespoke programme combining movement and mindfulness sessions. This is complemented by a personalised nutrition plan crafted by our Ayurveda chef according to your body's specific constitution.

## A choice of pathways

Our **Original Immersions**, tailored for shorter stays of **four nights or more**, offer a harmonious blend of Ayurvedic traditions, spa indulgence and yoga practices. For those seeking a more extensive experience, our **Intensive Immersions** are comprehensive programmes starting from **seven or fourteen nights**, delving into internal Ayurvedic medications, therapeutic treatments, yoga and meditation.

# Original Immersions

## **The Principles of Ayurveda**

In this introductory immersion tailored for those new to Ayurveda, our Ayurvedic physician will guide you through the fundamentals of this ancient science, uncovering your body's constitution and sharing a beginner-friendly nutrition plan. The programme also includes an Ayurvedic consultation, a soothing spa treatment, an enlightening wellness session and a gentle yoga experience designed for all abilities.

## **Yoga & Mindfulness**

A transformative retreat designed for ultimate relaxation. Begin your mornings with rejuvenating yoga sessions in the resort's lush surrounds before enjoying personalised spa treatments during the day. As the sun sets, immerse yourself in meditation or Kriya yoga 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.

## **All immersions include:**

- Personalised Ayurvedic consultation to understand your wellness needs
- Tailored advice on nutrition and physical activity to complement your wellness journey
- Daily morning complimentary wellness activities (guided walk or yoga)
- Nutritious meals prepared according to Ayurvedic principles, tailored to your body type
- Daily servings of specially curated herbal infusions
- Daily private wellness/spa treatments tailored to your needs
- Daily movement sessions designed to enhance reflection and promote relaxation
- An in-room wellness setup designed for your immersion
- Comprehensive wellness consultation and assessment before departure



# Intensive Immersions

## Detox & Cleansing (Panchakarma)

Lasting fourteen nights or more, this transformative experience includes invigorating yoga sessions and highly targeted treatments along with Panchakarma—the ultimate Ayurvedic detoxification. Literally meaning ‘five actions,’ Panchakarma reflects the distinct basic activities that control the body. These five-fold cleansing therapies address the root cause of imbalance by eliminating deep-seated toxic metabolites and restoring equilibrium of the doshas. The therapies are personalised based on your Ayurvedic constitution type, imbalances (if any), digestive fire, immune status, health conditions and several other factors.

The holistic programme is designed to eliminate toxins, alleviate medical conditions such as psoriasis, arthritis, hypertension and anxiety, and promote overall wellbeing.

## Balance & Vitality

In today’s fast-paced world, our bodies are constantly challenged by chronic stress, poor dietary habits and environmental toxins that weaken the body’s natural defenses and diminish overall vitality. Amanbagh’s Balance & Vitality Immersion, spanning a minimum of seven nights, addresses these modern stresses through a comprehensive approach that supports key areas such as digestive health and energy metabolism, essential for restoring resilience. Beyond physical wellbeing, the programme also nurtures mental and emotional balance, helping you achieve clarity, manage stress and enhance mood and cognitive function, while promoting restorative sleep and combating fatigue—key for the body’s natural healing processes.

It is particularly well-suited to those facing persistent stress, low energy and digestive issues.

## All Intensive Immersions include:

- Personalised Ayurvedic consultation to understand your wellness needs
- Tailored advice on nutrition and physical activity to complement your wellness journey
- Daily morning complimentary wellness activities (guided walk or yoga)
- Nutritious meals prepared according to Ayurvedic principles, tailored to your body type
- Daily servings of specially curated herbal infusions
- Daily Ayurvedic medication during the immersion
- Daily 30-minute Panchakarma rejuvenating treatment
- Daily private wellness treatments tailored to individual needs
- Daily movement sessions designed to enhance reflection and promote relaxation
- A journal kit to encourage self-reflection and mindfulness
- An in-room wellness setup designed for your immersion
- Comprehensive wellness consultation and assessment before departure



AMANBAGH

Ajabgarh, Rundh  
Narayani, Rajasthan 301027  
India

Tel: +91 1465 223 333  
Email: [amanbaghspa@aman.com](mailto:amanbaghspa@aman.com)