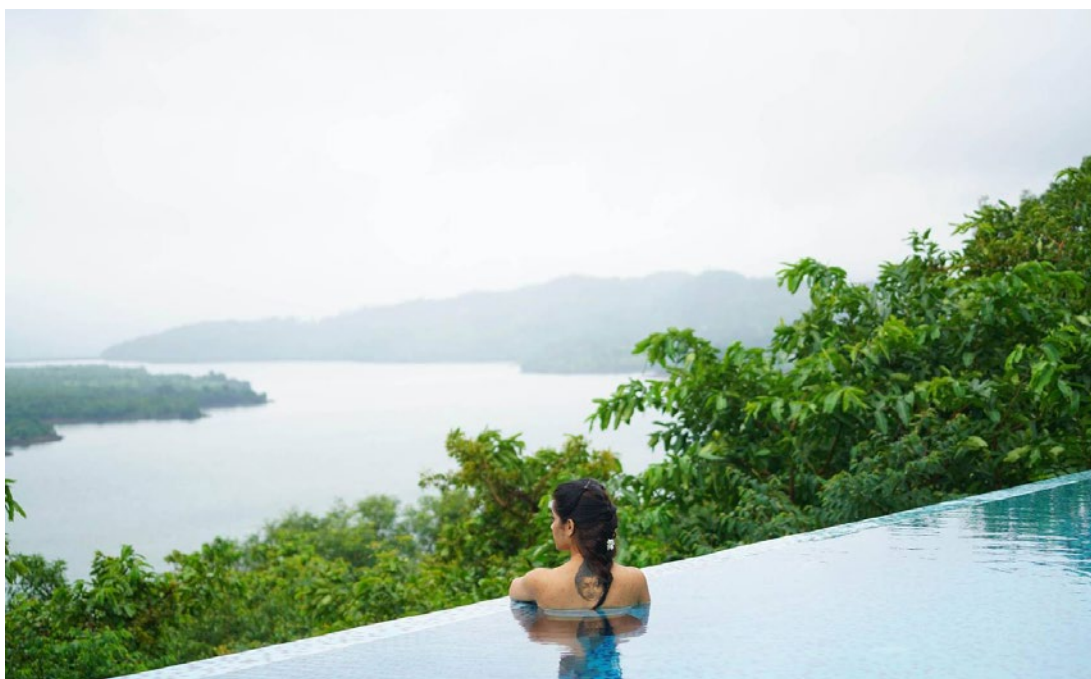


ATMANTAN WELLNESS RESORT

Holistic retreats, luxury and breath-taking scenery

Holistic treatments, luxury and breathtaking scenery for long lasting positive effects on wellbeing and health.



Your Ayurveda and Wellness Resort

Atmantan Wellness Resort is nestled in the idyllic, green Sahyadri mountains of the Western Ghats range, approximately 48km from Pune. The resort spans over 20 hectares of unspoiled nature overlooking the Mulshi Lake. The tranquillity and seclusion of this unique location make it the perfect setting for a health and wellness retreat.

The holistic treatments and retreats are based on the principle of treating the mind, body and soul in unison. Therefore the name "Atmantan" is derived from the amalgamation of the words "atma" {soul}, "mana" {mind} and "tan" {body}. Since 2008, the founder Nikhil Kapur (former ironman tri-athlete) and his wife Sharmilee Agrawal Kapur (pranic healing practitioner) dreamed of creating a holistic spa resort. At the beginning of 2016 the dream became reality and Atmantan Wellness Resort welcomed its first guests.

How You Reside

A total of 97 rooms and villas of highest quality are available. 80 Asoka and Arjuna rooms (approx. 34-39 sq.m) with modern design and idyllic garden view. 16 Acacia

rooms (approx. 40 sq.m) with king size bed and lake view. Both categories include en-suite, light flooded, marble bathroom with shower, bath and WC, king size or twin beds, large balcony or terrace, TV, air conditioning, telephone, mini-refrigerator, tea making facilities, safe, hairdryer, bathrobes and aromatherapy toiletries. In addition, the Mango Tree Villa (approx. 140 sq.m) offers pure luxury and exclusivity. The luxury villa with breath-taking views over the lake features its own private infinity pool and fitness studio, massage room, sauna, outdoor rainfall shower, walk-in wardrobes and pagoda with panoramic views. Single rooms are double rooms for single use.

Dining

The culinary concept at the Atmantan Wellness Resort is based on Virginia Woolf's famous quote: "One cannot think well, love well, sleep well, if one has not dined well". Only local and seasonal products are used in a fusion of Asian, Ayurvedic, macrobiotic and Mediterranean cooking styles. Dishes are tailored to the individual needs and doctor's recommendation for each guest.



INDIA

In the main restaurant "Vistara", encompassing sweeping views of the lake and valley, you can experience the creative spa cuisine. Relaxing musical evenings can be enjoyed in the open air "Chantara" (or moon and stars) lounge. Interactive culinary experiences are highly valued and guarantee a unique evening. The bistro "Té-Jus" offers 360° panoramic views of the surrounding landscape. Here, guests are served freshly prepared fruit and healthy, organic snacks created to suit their tastes.

Ayurveda-Centre

The Atmantan Wellness Resort is led by an internationally experienced Ayurveda doctor from Kerala, the birthplace of Ayurveda. In addition to Ayurveda and naturopathy, he is also qualified in psychology. His speciality is holistic therapy. 7 doctors and 25 therapists are available for individual consultation and ongoing guidance in order to achieve the health goals of the individual guests. The oil used during the treatments is of particular importance and is freshly prepared and applied exactly in accordance with traditional knowledge.

Wellness & Spa

Next to the treatment and massage area, guests have access to the spa with steam room, sauna, infrared sauna, plus an indoor, heated, chemical-free saltwater swimming pool and vitality shower.