



Clockwise from left: Skilled therapists perform treatments at Atmantan Spa; the couples treatment room is one of 23 rooms at the spa; and custom-made ingredients add to the experience

HEAD OVER HEALS

At Atmantan Wellness Resort, therapeutic frequencies, organic cuisine and nurturing spa therapies come together to stimulate your senses

Conveniently located between Mumbai and Pune, Atmantan Wellness Resort offers mesmerising views of serene Mulshi Lake. Spread over 42 acres, the resort is strategically placed on crystalline mountains known for their healing frequencies. Taking the concept of healing to a higher plane are the resort's myriad offerings, such as its flavour-filled food – devoid of refined flour, dairy and sugar – and the mattresses in the guest rooms and suites – certified by the American Chiropractic Association – that provide customised support for your spine ensuring that you get restful sleep and allowing your body to recover through the night.

The star attraction of the property is Atmantan Spa. With 23 unique rooms, including designated spaces

for Ayurveda and colonics, as well as a private hammam, the spa follows the philosophy that the human body has the innate capacity to heal itself through the optimal channelising of its own energies. The skilled team of practitioners, therapists and instructors here work together to create a synergistic fusion of integrated wellness for you.

For a unique experience, treat yourself to the 'Atmantan Signature Massage'. What sets the treatment apart is the use of an earthing sheet that, literally, connects you to the earth. Plus, the use of sun- and moonstones helps balance your masculine and feminine energies. You could also opt for the 'Taoist Chi Nei Tsang', a centuries-old healing touch therapy from China, for some gentle cleansing of your

emotional knots and the uncluttering of your mind. This abdominal massage addresses chronic conditions such as headaches, insomnia and depression. Alternatively, indulge in the 'Hammam Treatment'. Gentle steam, relaxing music, a rose and *patchouli* mud wrap make up this gratifying treatment that relaxes your body and hydrates your skin. Whatever you choose, an experience at Atmantan Wellness Resort leaves you spellbound. 🌿

ATMANTAN WELLNESS RESORT

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