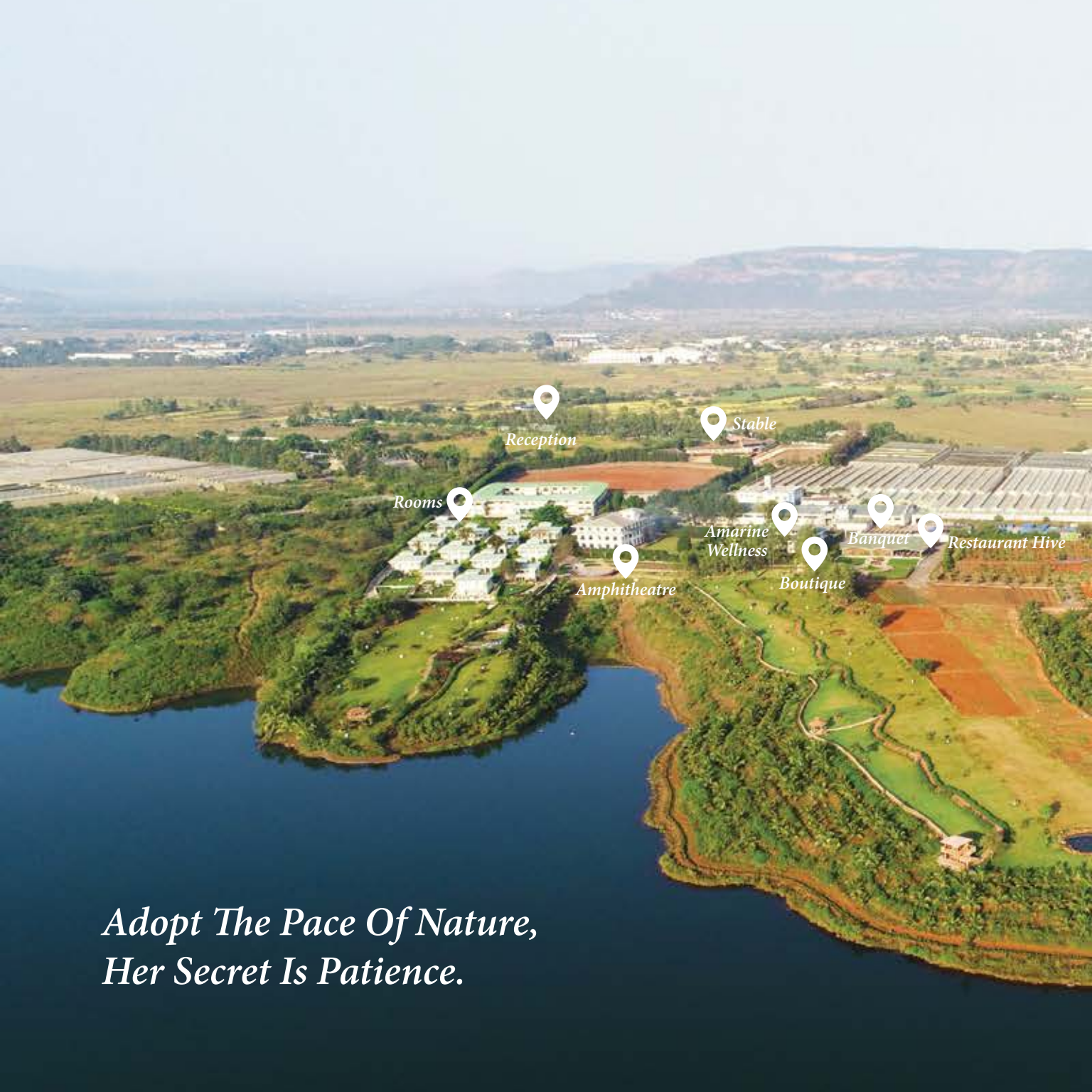


A JOURNEY WITH
NATURE AND YOU





*Adopt The Pace Of Nature,
Her Secret Is Patience.*

Nestled amidst **68 acres of lush greens** overlooking the azure waters of the Mawal taluka, in Takwe, Maharashtra, Fazlani Nature's Nest is an abode where you reside with nature. It is a luxury retreat offering guests a holistic wellness experience.





At Fazlani's, we offer unique holistic wellness retreats that bring balance and improve one's general well-being. Our expert doctors & wellness consultants curate a bespoke treatment plan with nature cure & ayurveda at the core. Our daily wellness schedule includes personalized daily consultations, nature cures, ayurveda treatments, yoga, guided meditations, acupressure, acupuncture, physiotherapy, alternative therapies like equine & eco therapies, and wellness cuisine.







Journey



“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.” The holistic wellness of our bodies is a step towards empowered spiritual, physical, and mental well-being. Indulge in holistic well-being through Fazlani Nature’s Nest Retreat which enables you to lead a rejuvenating and healthy life, through an effective blend of western, Indian, and other natural treatments.



Nature Cure



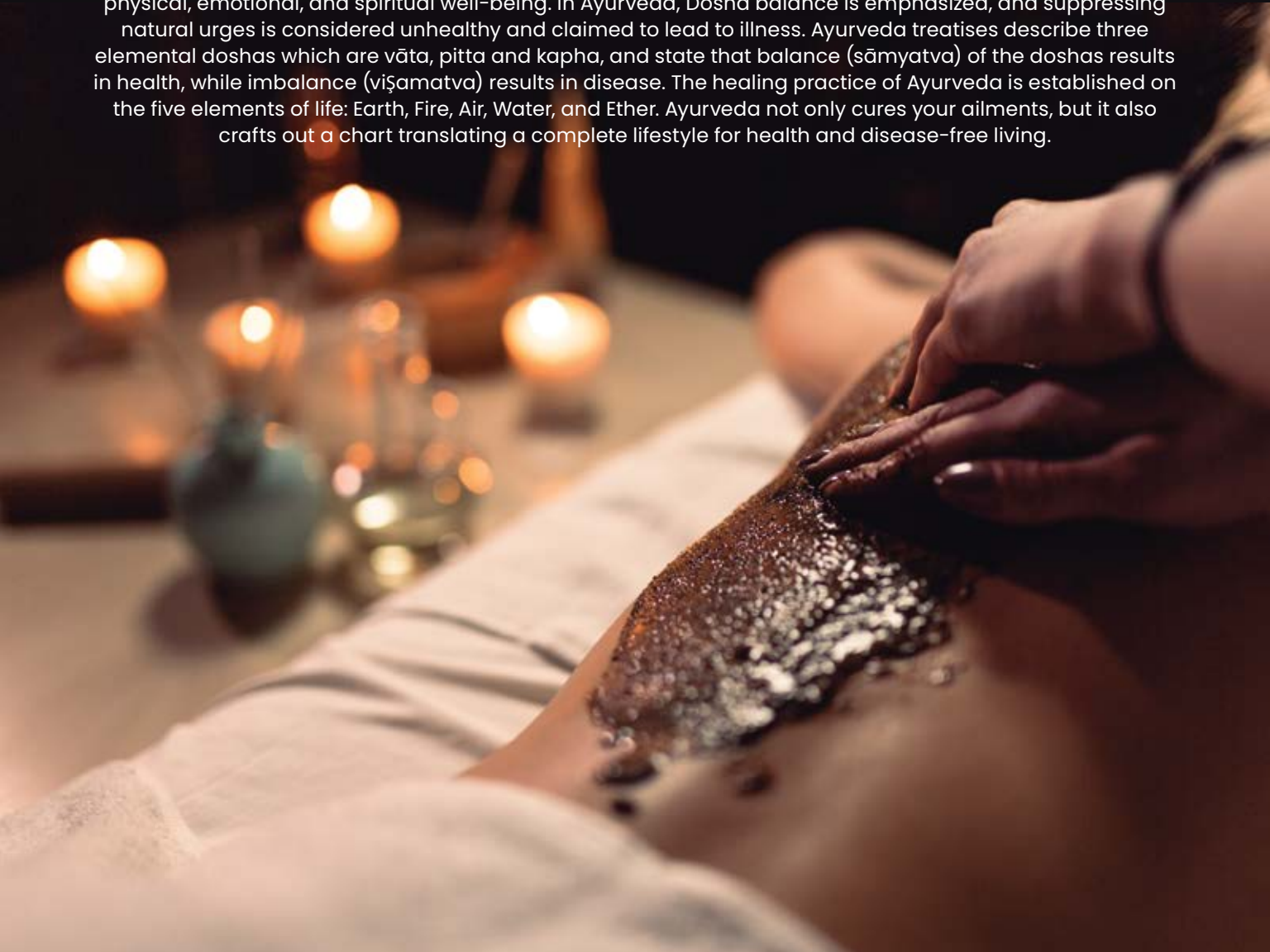
Let nature heal you. An art, science, philosophy, and practice of diagnosis & treatment, Nature Cure is a comprehensive combination of traditional therapies, healing remedies, and healthy habits. Naturopathy helps enable the body to heal by curing the source, not the symptom. The expert Naturopaths at Fazlani Nature's Nest, curate bespoke retreats as per the individual's health objectives. Come experience a liberating wellness journey and achieve the highest degree of physical, psychological, and spiritual health.



Ayurveda



World's oldest holistic healing system for overall well-being, Ayurveda considers the human body as a fragment of the entire universe. This ancient system of healing and living is a distinctive cure to one's physical, emotional, and spiritual well-being. In Ayurveda, Dosha balance is emphasized, and suppressing natural urges is considered unhealthy and claimed to lead to illness. Ayurveda treatises describe three elemental doshas which are vāta, pitta and kapha, and state that balance (sāmyatva) of the doshas results in health, while imbalance (viṣamatva) results in disease. The healing practice of Ayurveda is established on the five elements of life: Earth, Fire, Air, Water, and Ether. Ayurveda not only cures your ailments, but it also crafts out a chart translating a complete lifestyle for health and disease-free living.



Ayurveda is an ancient healthcare system used for centuries to promote relaxation and healing. It is one of the oldest healthcare systems in the world and can help individuals achieve complete body balance and maintain overall well-being. Our retreat offers a range of Ayurvedic treatments, including customized oil therapies, personal massages, custom-made meals, meditative practices, oral medications, herbal steams, and other hand-picked methods designed to deliver optimum care. Our experts have comprehensive theoretical and practical knowledge of Ayurveda, providing prompt and classical Ayurvedic treatments.

Ayurveda recognizes that the body and mind are not separate entities but are reflections of each other. Thus, all physical health problems have their source in mind, and all mental stress and psychological fears are reflected in our physical bodies. We provide a holistic approach to stress management through customized oil treatments, personal massages, custom-made meals, meditative practices, oral medication, herbal steams, and other hand-picked methods for optimum care. Our retreat is the place for a detox vacation. We provide a peaceful atmosphere surrounded by nature to help reset your physical bio-rhythms and mental equilibrium. Enjoy the benefits of Ayurveda through curative therapies and learn how to use Ayurveda effectively in your daily life.



Animal Assisted Therapies



Healing by Affection. Animal-Assisted Therapies (AAT) are approaches that incorporate animals into the psychotherapy process. Emotional recovery and positive psychological transformation often occur when the relationship between humans and animals grows, thus improving the patient's consciousness through specific therapeutic goals and outcome measures. The use of these animals or birds in therapies has shown positive results in many cases, such as post-traumatic stress disorder (PTSD), depression, anxiety, sexual abuse victims, dementia, autism, and more. Some studies have shown that animal-assisted therapy can improve many aspects of a patient's life, such as improving their overall mood or reducing feelings of isolation. Restorative experiences include walking, brushing, and petting an animal. AAT has been proven beneficial because animals are accepting, non-threatening and non-judgmental, making it easier for people to open up and heal from within.



Healing Through Yoga and Meditation



Yoga creates a space for us to learn how to be one with nature. It is a synergy between mental, physical, and spiritual well-being and helps in attaining and sustaining overall well-being. The term "yoga" often denotes a modern form of Hatha yoga and a posture-based physical fitness, stress-relief, and relaxation technique, consisting largely of asanas; this differs from traditional yoga, which focuses on meditation and release from worldly attachments. Yoga maintains and improves vigour and vitality. If practiced regularly, yoga can prove to be the most magnificent source to unify your mind, body, and soul. Yoga and meditation at Fazlani Nature's Nest help incite healing and rediscovering of one's body through ancient and holistic yogic disciplines such as body movement, meditation, breathing exercises, or relaxation. Come, and boost your inner health and harmony as you take invaluable steps on the path to well-being.





Physiotherapy



A guide that helps you on your road to recovery, Physiotherapy is a designed treatment that encompasses rehabilitation, injury prevention, healing, and fitness. It can be a transformative experience and people of all ages can take advantage of it. Physiotherapists make use of a combination of hands-on manual and exercise-based techniques to help patients achieve optimal outcomes. This restoration course nurtures your body to manage a range of physical conditions through evidence-based natural methods like exercises and a range of massages. There are different physiotherapy types that you can receive, e.g Sports Physiotherapy, Rehabilitation and Pain Management, Musculoskeletal Physiotherapy, Vestibular Rehabilitation, Pediatric Physiotherapy, and Neurological Physiotherapy. Physiotherapy at Fazlani Nature's Nest not only helps you focus your energy through positively reinforced rehabilitation; it also helps you embrace a pain-free life.

Health Aahaar



Health Aahaar incorporates key principles from Ayurveda, which takes into consideration not just taste, but suitability to body type. Our cuisine is fresh natural foods low in fat and calories, emphasizing whole grains, fresh fruits and vegetables, lean proteins, and low-fat dairy products. No artificial additives, colours, flavours, or preservatives. Fazlani Nature's Nest Health Aahaar concept is reemphasized by our very own farms where seasonal fresh vegetables are home-grown. You can pick the fresh produce directly and our chefs prepare them for you; from farm to fork. Special care menus are provided in consultation with the in-house doctors, to align the specific imbalances of the various body types.



Experiences at Fazlani Nature's Nest



Your wellness journey at Fazlani Nature's Nest begins from an integral part of your living, your mind! and gradually gravitates toward your physical well-being. Our conducive wellness modules focus on holistic healing to achieve the desired results. A therapeutic amalgamation of Ecotherapy, Ayurveda, Naturopathy, Animal-Assisted Therapies, homegrown wellness cuisines, and environmental activities work towards creating a viable course of physical and mental well-being.

*Nature Trails,
Self-discovery With Horses,
Tour Of Organic Farms,
Fishing For Weal,
The Art Of Birding,
Indoor Games*










 **Fazlani Nature's Nest**

Health and Wellness Retreat
Soex Flora Farm Village, Takwe Budruk
(Taluka Maval) Maharashtra 412106.

 +91 22 66300000, +91 77000 70070
 reservations@fazlaninaturesnest.com
 www.fazlaninaturesnest.com

**We offer pick up and drop services from nearest locations, stations and airports.*
