



HLC Total Detox

Welcome to HLC Resort – A holistic health and wellness centre set amidst 2-acres of healing and nurturing environment. We invite you to experience our signature all-inclusive wellness packages that offers a purifying health and wellness experience that stays with you.

Relax, Revitalize & Rejuvenate

HLC Wellness Packages offers ancient wisdom of Ayurveda interwoven with pranayama, Yoga, meditation, massage therapies, detox and nourishing, nutritious diet that will restore and rebalance your entire system as you unwind in our resort-styled cottage.

Detoxify, Energize and De-Stress

Our team of expert Ayurvedic doctors, skilled therapists, nutritionists and yoga teachers will guide you in cleansing techniques, stress management, meditation and light exercises towards improved immunity, positive energy, clarity of thought, better metabolism and a radiant health.

Package

HOLISTIC
SERENITY
HOLISTIC
TRANQUILITY
HOLISTIC BLISS

Duration

2 days & 1 Night
3 days & 2 Nights
5 days & 4 Nights

*Cost is all-inclusive per person, additional guest will be charged 40% extra on Tariff

All Packages include:

- Individual accommodation in spacious cottage, with all amenities.
- Nutritious and delicious meals by 5 Star Chef.
- Free Consultations with AYUSH Physicians, Yoga experts & dieticians.
- Knowledge Sessions, Expert Talks & Activities.

Health & Wellness Services:



- Prakriti Assessment and Validation
- Meditation and Relaxation Techniques
- Health Orientation Sessions



- Naturopathy & Cleansing Treatments
- Pranayama and Breathing Techniques
- Recreational Activities



- Calisthenics, Plyometrics & Pilates
- Ayurvedic /Western/Eastern SPA
- Immunity Boosters & Herbal Teas

Plan for Cancer Care covers



- Accommodation Individual, spacious cottage, all amenities.



- Food Nutritious and delicious meals by 5 Star Chef.



- Therapy Optional Abhyangas, Sauna, Steam and Hydrotherapies.



- Expert Consultation AYUSH, allopathy doctors, health experts & dieticians.



- Natural Treatment Ayurveda and naturopathy based, with free medicines.



- Detox Kavala, Kashayam, Herbal Teas and Diet.



- Diagnostics Health tests, analysis monitoring and supervision.



- Yoga Personalised Exercises & Techniques.



- Complementary Knowledge Sessions, Expert Talks & Activities.

