



# Wellness Retreat

By **HLC Ayurveda & Nature Cure**

## Purify your Mind, Body & Soul

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 re-balance 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.

## Signature Wellness Packages

Package	Duration
HOLISTIC SERENITY	2 days & 1 Night
HOLISTIC TRANQUILITY	3 days & 2 Nights
HOLISTIC BLISS	5 days & 4 Nights

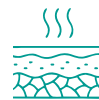
\*Cost is all-inclusive per person, additional guest will be charged 40% extra on Tariff

### 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 or Western/Eastern therapies
- Immunity Boosters & Herbal Teas



**Begin your Journey towards a Healthier, Enriched & Blissful Life.**

For Appointments Call: **99457 22955 / 8431388326**  
 Visit: **HLC Ayurveda & Nature Cure**  
 228/4, Bingipura, Electronics City, Phase-1 Bengaluru 105  
 Email: [info@hlcayush.com](mailto:info@hlcayush.com) | Web: [www.hlcayush.com](http://www.hlcayush.com)



**HLC AYURVEDA & NATURE CURE**  
 HOSPITAL | MED-SPA | HEALTH RESORT