



AAHANA
FOREST RESORT

A wellness
JOURNEY

*Each ritual at Aahana is drawn from
the land, slow, rooted, and alive.*

A woman with long dark hair, wearing a patterned red and black robe, is sitting on a wooden bench inside a sauna. She is looking out of a large window at a lush green tree with small red flowers. The sauna has wooden walls and a wooden ceiling. A small wooden table with a bowl of fruit is next to her. The text "A WELLNESS JOURNEY" is overlaid on the image.

A WELLNESS JOURNEY

At Aahana, we believe in the power of nature and infuse a touch of our lush surroundings into everything we do. Many of the herbs used in our therapies are organically grown in-house, ensuring the highest quality and potency. Our treatments are designed to harmonize your body, mind, and spirit, drawing from the ancient wisdom of Ayurveda and the finest modern practices.

AYURVEDIC SPA



YOGA



FOREST BATHING





ENRICHING THE MIND AND BODY

NATURE WALKS & BIRDING

Best time: Year-round, especially early mornings | Complimentary activity

Wander through Aahana's trails with our naturalists. Home to over 200 bird species, the property is a sanctuary for hornbills, barbets, jungle owls and more. Along the way, discover indigenous trees and plants, each with its own story—rooted in Vedic wisdom, local folklore, and natural healing traditions. It's not just a walk—it's a conversation with the wild.

FOREST BATHING

Best time: Year-round, especially early mornings | Complimentary activity

Step into the quiet embrace of the forest and experience the healing art of Shinrin-yoku, or forest bathing. At Aahana, this mindful immersion in nature is not a trek or a task, it's a slow, sensory-rich journey through the wilderness that surrounds the resort. Guided or unguided, forest bathing at Aahana reconnects you to the rhythm of nature and to yourself.



MINDFUL LIVING

At Aahana Spa, we embrace the philosophy of mindful living. Every aspect of our spa is designed to help you reconnect with yourself and the natural world around you

AAHANA SPECIAL

- ❖ Aahana Signature Massage - 90 min | INR 5,200
- ❖ Hot Stone Massage - 60 min | INR 4,400
- ❖ Aroma Massage - 60 min | INR 4,200
- ❖ Couples Massage - 60 min | INR 8,400

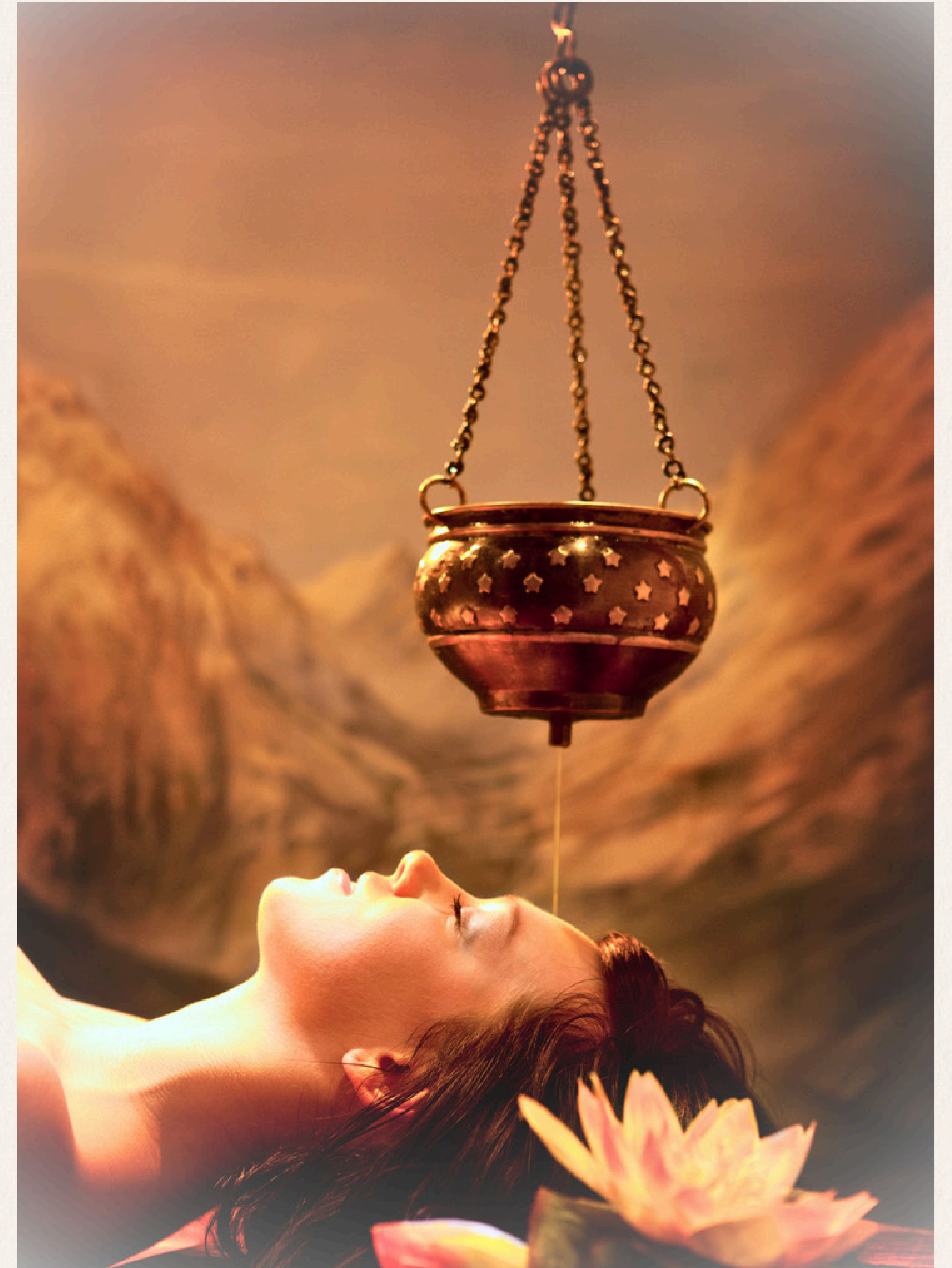


*Taxes extra as applicable

AYURVEDIC MASSAGES

Immerse yourself in the ancient wisdom of Ayurveda with our Ayurvedic massages. Using organically grown herbs and traditional techniques, our therapies balance your doshas, enhance circulation, and rejuvenate your body and mind.

- ❖ Herbal Kizhi (Pottali) - 60 min | INR 4,800/-
- ❖ Udwarthanam - 60 min | INR 4,500/-
- ❖ Four Hand Massage - 30 min | INR 3,000/-
- ❖ Acupressure (Head) - 30 min | INR 1,000/-
- ❖ Abhyanga (Body Massage) - 45 min | INR 3,800/-
- ❖ Sarvanga Abhyanga with Head Massage - 60 min | INR 4,200/-
- ❖ Shirodhara (Ksheerabala oil + Sesame oil) - 45 min | INR 4,000/-



*Taxes extra as applicable



WESTERN MESSAGES

- ❖ Swedish Massage - 60 min | INR 4,000/-
- ❖ Deep Tissue Massage - 60 min | INR 4,800/-
- ❖ Shiatsu Massage - 60 min | INR 4,200/-

THERAPEUTIC BATHS

- ❖ Steam Bath - 20 min | INR 800/-
- ❖ Sauna Bath - 20 min | INR 800/-
- ❖ Jacuzzi - 30 min | INR 850/-

KID'S MASSAGE (5-12 years)

- ❖ Sarvanga Abhyanga - 45 min | INR 3,000/-
- ❖ Shiroabhyanga (Head Massage) - 20 min | INR 2,000/-

*Taxes extra as applicable



FOCUSED RELIEF THERAPIES

Experience focused relief and relaxation with our specialized treatments designed to target specific areas of tension. Perfect for those who need immediate comfort and rejuvenation.

- ❖ Foot Reflexology - 30 min | INR 1,800/-
- ❖ Pada Abhyanga (Leg Massage) - 30 min| INR 2,400/-
- ❖ Back and Shoulder Massage - 30 min | INR 2,200/-
- ❖ Shirobhyanga (Head Massage) - 30 min| INR 2,200/-

*Taxes extra as applicable

*There is a kind of comfort only the earth
can teach. That is what we offer you*





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FOREST RESORT

