

# Experience Holistic Health at Swastik Wellbeing Sanctuary

The luxury wellbeing sanctuary near Pune, India, offers holistic well being based on five pillars of health, wealth, love, bliss, and spirituality

Words | Bindu Gopal Rao



Spread over 51 acres on the outskirts of Pune, Swastik is a new well being getaway that has the wellness centre 'Ayu Vihar' that offers a unique blend of ancient traditions and modern wellness practices in a serene and thoughtfully designed environment. Aimed at helping guests embark on a transformative journey of holistic health and inner harmony, it is envisioned as a sanctuary of holistic healing, where the mind, body, and spirit unite in harmony through a blend of ancient wisdom and innovative therapies.

## Ancient Wisdom

This tranquil haven is dedicated to delivering holistic healing at its core, with a focus on natural and traditional therapies like Naturopathy and Ayurveda. These therapies work in harmony to restore balance, promote well-being, and rejuvenate the body. "A distinctive feature of Ayu Vihar is the

incorporation of Halotherapy, a rare and effective treatment not commonly found elsewhere, which utilises the therapeutic benefits of salt therapy to enhance respiratory health and promote detoxification. With its serene ambiance and a blend of ancient wisdom and modern wellness techniques, Ayu Vihar offers a sanctuary for those seeking profound healing and relaxation," says Dr.



**Rajesh Srinivas, General Manager, Swastik Wellbeing Sanctuary.**

## Décor Details

Ayu Vihar features over 40 dedicated healing spaces, thoughtfully divided into separate male and female sections to ensure privacy and comfort. The architecture of Ayu Vihar embodies the essence of healing and hospitality, designed



as a welcoming embrace that invites guests to embark on a transformative journey of well-being. "The common spaces are naturally ventilated with analogue hay ceilings, VOC free paints, leaf patterns running on the floors and indirect lighting in therapy areas to augment the healing process. A large reception lounging area equipped with a healing tea bar and overlooking beautifully landscaped areas and consultation rooms that set the tone for the entire experience," says Dr. Srinivas. The Naturopathy based hydrotherapy sections take water based healing a notch higher with state of the art Vichy showers. The decor at Ayu Vihar reflects the tranquil essence of nature, with earthy finishes and handmade pottery accentuating the therapy rooms. These design elements create a calming and organic ambiance, promoting a deep connection with the healing environment.

## Product Profile

The spa treatments utilize high-quality, effective products from renowned brands to enhance the therapeutic experience. Tia provides premium massage oils and scrubs for nourishment and relaxation, while Kottakkal and Sri Sri offer authentic Ayurvedic oils known for their healing properties, balancing the body and mind. Additionally, the Swastik Signature Ultra-Lite Aroma Oils from Tia are used for international therapies, promoting relaxation and emotional balance. These carefully selected products ensure each treatment is both luxurious and effective, tailored to provide a holistic wellness experience.

## Train Right

At the onboarding level, the retreat hires experienced professionals who are already proficient in international therapies, Ayurvedic therapies, and naturopathic treatments, ensuring they bring a high level of expertise. "Once

onboard, staff undergo training on our Standard Operating Procedures (SOPs) to ensure consistency in therapy delivery and adherence to quality standards. Additionally, regular systematic training is provided to maintain and enhance their skills, ensuring that they stay updated with the latest techniques and best practices, which helps in delivering top-notch services and maintaining consistent quality over time," says Dr. Srinivas.

## Wellness Features

The Wellness Menu includes over 100 therapies, blending traditional and international techniques. I was recommended the Aromatherapy massage by the inhouse doctor after a long consultation. It was a deeply relaxing session where the therapist worked her way through all the muscles, easing the tension in my body. The hour-long session is tailored for my body needs and leaves me feeling rejuvenated and refreshed. As promised, a getaway to Swastik is all about reconnecting and rebalancing yourself. **SS**



## FACT FILE

**Name of The Spa:** Ayu Vihar at Swastik Wellbeing Sanctuary

**Established:** November 2024

**Founder:** Dr. Nitin Nyati

**General Manager:** Dr. Rajesh Srinivas

**Architect:** Ar. Manish Banker, Head of Architecture at Swastik Wellbeing Sanctuary.

**Area/Size:** Swastik Wellbeing Sanctuary is spread across 91 acres and Ayu Vihar is spread across 30000 square feet.

**Treatment rooms:** 40

**Number of estheticians:** Ayurveda Physicians- 02, Naturopaths - 03, Yoga Experts-04, and Therapists- 20

**Signature Treatment:** "Swastik Signature Treatment" (Dry cupping therapy followed by a relaxing signature massage)

**Timings:** 7:00 AM to 7:00 PM

**Contact:** 8956927174

**Address:** Swastik Wellbeing Sanctuary, Peacock Valley, NDA Road, Khadakwasla, Kудje, Pune, Maharashtra - 411023

**Website:** <https://swastikwellbeing.com/>