

# A Spa Getaway in the Jungle that is Rooted in Nature

Head to Aaste, a Forest Spa by Tattva at Tipai by Luxury Wildlife

Words | Bindu Gopal Rao



Nestled within the lush embrace of the Tipeswar wildlife sanctuary in Maharashtra, Aaste, a Forest Spa by Tattva at Tipai by Luxury Wildlife, offers a sanctuary for those seeking a nature-infused escape. This tranquil haven, rooted in Ayurvedic traditions, provides a unique spa experience where the serenity of the jungle harmonizes with holistic wellness practices.

## Décor Detail

Housed in two villas, the carefully curated spa menu features a range of therapies deeply rooted in Ayurvedic traditions.

“The spa’s architecture features natural materials like stone, wood, and bamboo, with curved lines and organic shapes that evoke a sense of fluidity and harmony. Inside, earth tones, textured fabrics, and natural light create a soothing ambiance, while private treatment rooms offer customized aromatherapy and comfortable sanctuaries for relaxation,” says **Hetal Chauhan, COO Tipai by Wildlife Luxuries**. The inviting relaxation lounge encourages guests to unwind

with herbal teas and healthy snacks. Meanwhile, the retail boutique showcases artisanal products like handmade soaps and candles. With a commitment to eco-friendly practices, energy-efficient systems, and sustainable sourcing, the Aaste Spa at Tipai is a serene and inviting space that embodies the essence of wellness and self-care.



## Sharpening Skills

“Our therapists are trained in various massage techniques, including Champi (head massage) and Akhara Maalish (intense body massage), as well as specialized therapies like foot reflexology. They are also educated on our signature oil blends, Vishram and Vimukti, and learn how to expertly combine these oils with massage techniques to promote relaxation, calmness, and rejuvenation. Furthermore, our staff receive training on providing exceptional customer service, ensuring that every guest feels welcome, comfortable, and cared for throughout their wellness journey. This includes effective communication, active listening, and attention to detail, allowing our staff to tailor each treatment to meet the unique needs and preferences of every guest,” explains Chauhan.

Looking ahead, Aaste at Tipai envisions expanding its offerings with distinct zones. These include a welcoming Arrival Reception, a state-of-the-art Gym for fitness enthusiasts, an Express Massage area for quick and convenient treatments, Hydrothermal Wet Areas featuring sauna, steam room, and whirlpool, and Outdoor Treatments spaces for serene massages and yoga amidst nature.

## The Experience

The spa begins with a welcome drink – Kokum Sharbat made with the Kokum fruit, locally grown in the region. I decided to take one of the signature therapies called Vishram, a relaxation massage. There is a blend of five different oils that you can choose from. Vishram - helps to relax the mind and body, Pavitra -detoxify the body and calm the mind, Pranati - helps to energize and rejuvenate the body, Dhyana - helps to induce sleep and a meditative state of mind and Vimukti - relieves sore muscles and alleviates aches and pains. All the oils are enriched with natural flower extracts and vitamin E enriched olive oil blends of the finest quality to offer you the perfect milieu of relaxation.

Sotsula, my therapist from Nagaland, commenced my session with a relaxing foot ritual. Following this calming prelude, I was guided to the spa room to prepare for the 60-minute Vishram massage. The session began with a dry massage, designed to activate my muscles and prepare them for the subsequent treatment. As the massage progressed,



the rhythmic strokes, starting with my legs, gently lulled me into a state of profound relaxation. The expert use of palms and fingers, applying synchronized pressure, effectively released the strain in my muscles. The shoulder massage provided much-needed relief, and as I turned over, the therapist continued to work on my hands and legs.

I also opted for a Champi, or head massage, and the skilled strokes effectively eased the pain. Concluding the treatment, I enjoyed a warm glass of green tea, a perfect ending to the rejuvenating experience.

The sense of bliss achieved amidst the jungle’s tranquility solidifies Aaste as an ideal retreat for those seeking a unique and restorative wilderness getaway. **SS**

## FACT FILE

**Name of The Spa:** Aaste  
**Established:** October 2023  
**Founders:** Keyur Joshi  
**Architect:** Ariane Thakore Ginwalla  
**Area/Size:** 2000 sq. ft.  
**Treatment rooms:** 3  
**Number of estheticians:** 3  
**Signature Treatment:** Akhara Maalish  
**Timings:** 10am to 5pm  
**Contact:** 8779819701  
**Address:** Gondwakadi, Maharashtra 445302  
**Website:** <https://www.wildlifeluxuries.com>