



Six Senses Vana, India

The first dedicated Six Senses wellness retreat offers a journey of self-discovery, health, and healing in the Himalayan foothills of India. Ayurveda, Yoga, Tibetan Medicine, and Natural Healing Therapies combine with a rich daily activity schedule, deep commitment, and personalized support. Nourishing food, including an Ayurvedic specialty restaurant, experiences for all senses, and a kind-hearted team complete the retreat.

Drawing inspiration from the forest we take refuge in and spread over 21 acres, Six Senses Vana aims to protect and nurture, providing space to discover and flourish.

Every stay includes full-board accommodation and guided nutrition; daily retreat activities such as yoga, meditation, workshops, and functional fitness; wellness consultation and screening; daily treatment; airport transfers; and attire to wear. To elevate the experience, private add-ons include Ayurvedic or Sowa Rigpa therapies, acupuncture, reflexology, realignment, or pampering Subtle Energies treatments. Intention-based programs require a minimum duration of the retreat. These include Sleep, Detox, Yoga, and Tibetan Medicine for five nights, Weight Management and Ayurveda for 14 nights, and Ayurveda Panchakarma for 21 nights.

- *Wellness spaces*
- *Arrival pavilion*
- *Two restaurants*
- *Tea and Juice Bar*
- *Sketchbook meeting space*
- *Kila library*
- *Library*
- *Boutique*
- *Earth Lab*
- *Grow With Six Senses*
- *Reflection garden and pond*
- *Walking trails*
- *Orchards and organic gardens*
- *Multi-sports arena*



THE RETREAT

There's nowhere quite like Six Senses Vana. Over the years, the outside world has crept nearer to our Retreat, and yet, just inside the boundaries, you enter a different world, which is why we ask you to stay for a minimum of three nights or more. From the moment you arrive, when your forehead is dotted with crimson, and you don your loose-fitting kurta pajamas, to the moment you leave, and your wrist is tied with a red-string blessing, this soothing space serves as a leveler, where you can come as you are and connect to each other and nature without hindrance.

Inclusions (minimum 3-night stay):

- Retreat program with yoga, meditation, cuisine lessons, functional fitness, talks, music and more
- Arrival wellness consultation and screening. Departure wellness consultation is included for guests staying 5 nights or longer
- All cuisine including breakfast, lunch, afternoon tea and dinner
- One standard private treatment/session per night per guest
- Daily use of smart Biohacks-compression therapy, pain relief and tension release
- Attire to wear within and outside Six Senses Vana, footwear, summer and winter accessories
- Return airport transfers to and from Dehradun airport

Following your arrival consultation and wellness screening, our doctors will plan a personalized itinerary suited to your goals for the stay. Over time, your guided nutrition, daily group wellness activities, and the overall design and aesthetics evoke

a sense of well-being. Our powerful add-on private treatments – including Hor Gyi Metsa to work on white channels and nerve pathways, acupuncture, Chinese Medicine, Subtle Energies facials and Abhyanga massages are performed by magical hands and work seamlessly to elevate your healing journey.

- Wellness Center
- Ayurveda Center
- Tibetan Healing Center
- Natural Therapy Center
- Yoga studios and pavilion
- Indoor heated pool
- Outdoor heated pool
- Hot tub
- Sauna and infrared sauna
- Watsu pool
- Steam room
- Ice fountain
- Fitness center
- Tennis court
- Padel court
- Badminton court
- Cricket pitch
- Meditation cave
- Bodhi Tree
- Cinema Paradiso
- GEM (Guest Experience Maker)
- Alchemy Bar





WEEKLY RETREAT PROGRAM

What sets Six Senses Vana apart is its extensive activity program, to join as you like. which runs from 7:00 am to 7:00 pm. Each activity is crafted to provide a meaningful and transformative experience, while equipping you with valuable tools and insights to take back home and incorporate into your onwards wellness journey.

For example, each day includes four yoga classes (Pratah, Madhyan, Nidra, Sandhya), at least one form of meditation (some seated, some walking), Raag therapy (a different theme each day), fitness sessions (aqua, body balance, weights, circuits), chanting, and music offerings. The week also includes our Alchemy Bar, cuisine and apothecary lessons, movie screening, and talks on the benefits of Traditional Chinese Medicine, Natural Alignment, Reflexology and more.

WELLNESS PROGRAMS

Minimum five-night stay:

These include Sleep, Detox, Tibetan and Yoga for five nights, Weight Management and Ayurveda for 14 nights, and Ayurveda Panchakarma for 21 nights.

Sleep: tracking sleep patterns and helping guests to reset through treatments and therapies that will include yoga Nidra, holistic massages, night-time soporific drinks, and more.

Detox: with a curated meal plan, Ayurvedic treatments, therapies to slow the fight-or-flight response, and digital detox, energy levels will reset, bringing newfound clarity.

Yoga: for beginners and improvers in the motherland of mantras, delivered by a unique team of instructors, with private sessions, guided meditation, and breathwork with signature massages and energy treatments.

Tibetan Medicine: Six Senses Vana is one of the few places in the world where Sowa Rigpa is formally offered in its complete avatar to reset your fight-or-flight mode, soothe trauma and balance emotions.

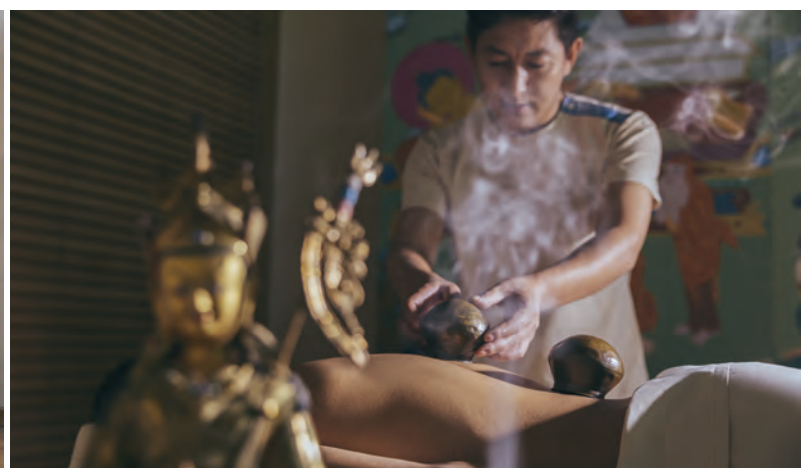
Minimum 14-night stay:

Weight management: a mindset reset helping guests achieve gradual weight loss, or gain, through fitness activities, stimulating body treatments, meditation, biohacking, and a personalized meal plan.

Ayurveda: Treatments are delivered by doctors and therapists to heal imbalances in the body's doshas.

Minimum 21-night stay:

Ayurveda Panchakarma: we are one of the few places in the world where Panchakarma is made equally comfortable and fruitful, through our unique cuisine, complementary therapies, healing spaces, caring team, and beautiful environment.





ACCOMMODATIONS

The 66 rooms, 16 suites, and four casasa are comfortably appointed to evoke a sense of harmony. As a mindful oasis, accommodations feature balconies or terraces and wall-to-ceiling windows, and look over the tall, slender trunks of the Sal forest, the gardens, or the mango orchards, making for meditative views.

- Choice of pillows
- Attire (kurta pajama) with accessories
- Cloth tote bag
- Footwear
- Bathrobes
- Bedroom slippers
- Sustainable bathroom amenities
- Personal safe
- Six Senses bottled mineral water
- Hair dryer
- Wellness teas and snack
- Flat screen TV with satellite channels
- Sound Bar
- High-speed WiFi
- Bathroom scale
- Laundry and pressing services (chargeable)
- Emergency torch
- Yoga mat on request
- Mini bar with health drinks
- Casa facilities (as outlined below)

GARDEN KING OR TWIN

49 sq.m. | 530 sq.ft. | 2 adults

A cozy and comfortable space to rest with a neutral palette of colors featuring a king-size bed or twin configuration for guest on their own, or two guests together. The room leads to a balcony overlooking the gardens and heart of the retreat.

FOREST KING OR TWIN

49 sq.m. | 530 sq.ft. | 2 adults

Front row for the forest and birdsong all around with a private balcony and outdoor furniture. Inside, there's a writing table, walk-in wardrobe, and ensuite with bathtub, vanity counter, and walk-in shower.

BODHI SUITE

98 sq.m. | 1,060 sq.ft. | 2 adults

Named after the sacred fig tree, this suite offers a generous living area with desk separate dining and lounge area, two private balconies and – like nowhere else – an ensuite meditation room featuring paintings of the Medicine Buddha to promote health and healing.

- Meditation room





FOREST SUITE

98 sq.m. | 1,060 sq.ft. | 2 adults

With a generous living room and private balcony, this suite feels ethereal and almost part of the dense Sal forest thanks to the huge windows that embrace the natural light. There's a bedroom, separate living room with dining table, and balcony with outdoor furniture.

ESTEVA SUITE

145 sq.m. | 1,560 sq.ft. | 2 adults

A nod to our architects Bartomeu and Antonio Esteva, this suite is the epitome of our design philosophy: contemporary aesthetics, bespoke and natural materials, exceptional comfort, thoughtful lighting and design, and simplicity. Located on the top floor of the highest residence, it has scenic view of the nearby mountains.

TWO BEDROOM CASA

163 sq.m. | 1,750 sq.ft. | 2 adults

The three standalone duplex style living spaces feature two sun-lit bedrooms – ideal for a family or friends – are interconnected yet are large enough to serve as private spaces of their own. There's a large living room, stocked pantry, and private terrace with swing.

- Kitchenette
- Semi-private orchards
- Dining and living room

THREE BEDROOM CASA

209 sq.m. | 2,250 sq.ft. | 4 adults

The largest of our home-style accommodations, there's a large living space with separate pantry opening onto a terrace with swing overlooking the orchard. This duplex style layout offers three bedrooms.

- Kitchenette
- Semi-private orchards
- Huge terrace
- Dining and living room

VANA SUITE

292 sq.m. | 3,140 sq.ft. | 2 adults

Located on the top floor, generous on space and with a possible connection to a second bedroom, inside, this suite offers a kitchenette, dining room, and separate meditation room. Outside, there's a sundeck with a plunge pool and 180-degree view of the surrounding hills.

- Kitchenette
- Service pantry
- Private pool with deck
- Meditation room





DINING

Food at Six Senses Vana is guided by our Eat With Six Senses philosophy, artistically displayed, medicinal, and delicious – based on your body type and the objectives of your retreat. All ingredients, of course, are locally sourced, seasonal, fresh, and organic. After all, in India, food has always been seen as an offering to the divine. Nutritional information is available on all menus to help you make informed choices but we're not prescriptive unless it is essential for a particular retreat objective.

Salana

The main restaurant and meeting space, with menus that change with the seasons. Menus are à la carte and accompanied by a carefully chosen buffet at breakfast and lunch. Expect beautifully presented, delicate, pure, uncomplicated flavors and fragrant yet not overly spiced curries, savory and naturally sweet dishes. We include allergy-friendly, vegetarian, and vegan options as well as mindfully sourced meat, fish, and poultry.

Añayu

Our cuisine is also a vital contributor to the preservation and revival of our culture and traditions. Bringing together Indian-inspired recipes and Ayurvedic principles, Añayu's menu is crafted to serve each of the three body types – Vata, Pitta, and Kapha.

Time for Tea

Situated within Kila, the nerve center of the Retreat, our tea bar brews traditional remedies like Bramhi and dosha-balancing blends that favor Vata, Pitta, or Kapha. You can explore exotic infusions with homegrown lavender, tulsi, chamomile, cinnamon, fennel, and carom seeds while relaxing in serene surroundings or while listening to occasional traditional Indian live music performances.

Apothecary

Prescribed by our doctors and based on the principles of Ayurveda, Tibetan Medicine, and naturopathy, our apothecary creates decoctions, infusions, herb mixtures, and tropical applications that are grown in, not flown in, indigenous, and intentional.



OUT-OF-THE-ORDINARY EXPERIENCES

Many guests travel to the Retreat alone. There is so much to do - with multiple group activities each day and personal wellness sessions and treatments, but you can always carve out time to read a book, meditate, deepen your practices or catch up on sleep.

Wellness starts young at Six Senses Vana. The Retreat welcomes guests of six years and above to stay and take part in our dedicated Grow With Six Senses activities based on the six dimensions of wellness (social, environmental, physical, spiritual, emotional, and intellectual). Children aged under six years can stay in a Casa and Vana Suite only, at no extra charge, and access the sports arena, indoor pool, yoga orchard, upcoming Earth Lab and Grow With Six Senses when accompanied by a responsible adult.

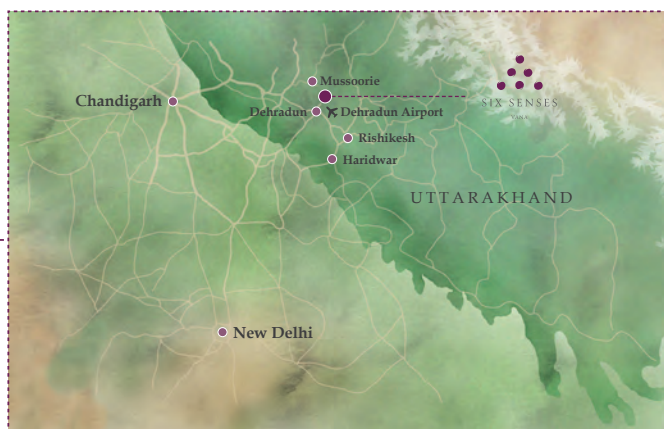
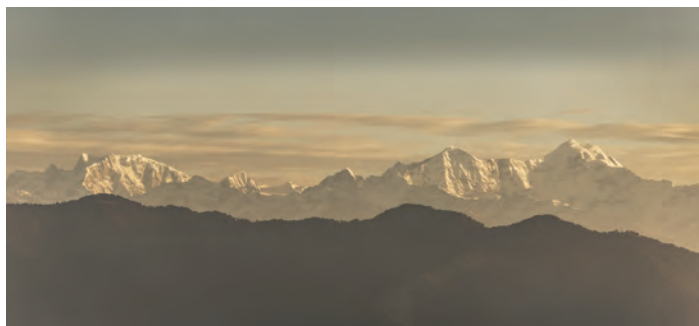
Excursions

If you are staying at the Retreat for seven days or more, we recommend stepping out on an excursion. Led by our experts, venture out to experience the Rishikesh Aarti, nature trails, and hikes in the beautiful Mussoorie and Uttarakhand foothills, including Santala Devi Temple, Barlow Ganj, and Jabarkhet Nature Reserve.

HOW TO GET HERE

Transfers from Dehradun's Jolly Grant airport take around 60 minutes via a scenic route and Dehradun railway station is a 30-minute drive, with two daily trains and two overnight trains from New Delhi Railway Station, both taking six hours.

The drive from Delhi to Dehradun takes approximately five to six hours depending on traffic: we can assist in arranging a vehicle with a driver.



RESERVATIONS AND FURTHER INQUIRIES

Six Senses Vana

E reservations-vana@sixsenses.com T +91 135 351 1111

sixsenses.com