Maharashtra’s Largest Ayurvedic Destination
Disconnect from the world and connect with yourself

Some journeys are life-awakening. Especially the ones which involve body, mind and soul. We are inviting you for one such life-changing journey. A journey back 5000 years. A journey through the art of wellness and knowledge of life. A journey in which you are the destination. You are the discovery.

Agni, from the house of Ayurvedic Village is a welcome stopover for you. Over 18 years of Ayurvedic legacy, to give you an exhilarating feeling of wellness. Tucked away in the breathtaking greenscape of Panvel, Navi Mumbai. Built in trademark Kerala style featuring elaborate wood work, exquisite masonry, intricate carvings, stately furnishings, winding verandas and the signature open central courtyards. Yet, complete with well-appointed rooms, luxurious amenities and contemporary finishes. A home of authentic Ayurveda where a team of skilled doctors and therapists, nutritionists and physicians guide you towards holistic healing. Wonder herbs, medicated oils and time-tested practices revive, transform and pamper you. Come, unwind, rewind and reinvent.

Luxury is the buzzword at Agni. Excitedly, it comes with choices.

• **Aakash**
  The deluxe room comes with LCD TV, attached bathrooms, satellite connection and two large cozy beds.

• **Vaayu**
  Two-beded, luxury rooms feature modern amenities like TV, electric kettle and shower panel in a fully fitted bathroom and a balcony offering scenic view.

• **Jalam**
  Boasting bright and airy decor, the suite has a living and dining area, TV, a separate bedroom with TV, a sit-out and much more.

• **Prithvi**
  Perfect for those who live life king-size. Warm, elegant and indulgent. You can relish the panoramic view from every corner of the room.

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<table>
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<tr>
<th>Room Name</th>
<th>Types of accommodation</th>
<th>3 Nights</th>
<th>7 Nights</th>
<th>14 Nights</th>
<th>21 nights</th>
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* The above prices will change according to room preferences and therapy preferences
* Oral medicines are charged extra
Wake up to a new state of well being

We follow a holistic approach to bring equilibrium to your mind, body and soul. It begins with a consultation with chief physician to determine your current physical health and state of well-being, and then initiating a therapy that wakes you up to a new state of well-being.

Unlock the hidden treasures of you

The Panchakarma is a series of therapeutic treatments to detoxify, rejuvenate and revitalise your body. The 5 therapies such as Vamana, Virechana, Nasya, Vasti and Raktadhavanam open the subtle channels of the body, flushes out impurities and balances Tridoshas, the three vital forces namely Vatah, Pitta and Kapha to make you radiate energy like a polished stone.

Packages available for 7, 14 and 21 days – Single and double occupancy.
The elimination round

Time for the cleaning drive. Time for detoxification which helps eliminate toxic substances from your body. Treatment includes Abhyangam, a full body massage with warm oil to improve blood circulation, energise lymphatic system, and aid in detoxification. Along with therapies, yoga and meditation, an Ayurvedic diet is prescribed for a more holistic experience.

Packages available for 7, 14 and 21 days – Single and double occupancy.

The repair mode. Upgrade the senses.

It’s about undoing the damage and refurbishing your mind and body through Shirodhara, massaging with medicated oil and cream, intake of medicines, medicated steam bath and herbal face mask. Massages focus on lymphatic drainage, acupressure, restoring the nervous system and stimulating a free flow of energy through the body. You are at your best, by the end of this wellness workshop ranging from 7 to 14 to 21 days.
From stress to bliss

An action plan for troubleshooting which involves restoring physical and mental equilibrium. Ayurveda recommends Panchakarma for beating the blues and to address all stress related problems. The five therapies, Abhyangam, Shirodhara, Pichu, Thalam and Shiro Vasti help remove stress by balancing the Tridoshas.

Packages available for 7, 14 and 21 days – Single and double occupancy.

Shedding the excess baggage

‘Losing is gaining’ is the mantra. The weight management treatments not only reduce weight but also help gain stamina, restore confidence and reduce stress, apart from grooming for a healthy lifestyle and leaving you slimmer, trimmer and smarter.

Treatments:
- Abhyangam
- Udvartanam
- Swedanam
- Choornakizhi
- Kashaya Vasti
- Elakizhi
Lighting up your skin

Trendiest clothes and stylish accessories are of no use if your skin looks pale, tired and dehydrated. Ayurveda considers skin as an Upadhatu (secondary tissue product) of the Rakta Dhatu (Blood) as the latter influences the tone and texture of the skin. We offer some time-proven remedies to make your skin clear, soft, and radiant without loading up on chemicals. Let the world see you in a new light.

Therapies: • Abhyangam • Snehapanam • Swedanam

Packages available for 7, 14 and 21 days – Single and double occupancy.

A facelift for your looks

A total revamp for you, from head to toe. Dedicated Ayurvedic skin, hair and beauty therapies by the experts to restore confidence and help exude charm. From personalised programs that tackle acne, hyper pigmentation, ageing, dandruff, hair loss and damaged hair to general skin and hair care services that help you maintain your gorgeous self.
Take positions, and aim at inner peace

Strike a pose, not for a selfie, but for self discovery. We offer yoga sessions which supercharges you. Session after session, you will feel more relaxed, healthier, stronger and above all a focused person with perfect posture and confident body language.

A diet plan by nature

You are what you eat. So be wise menu wise, as the right diet is the foundation of healing. The Ayurvedic diet not only nourishes the body, but also restores the balance of ‘Tridoshas’ which is very much essential for maintaining health. While certain foods can be beneficial and others can have the opposite effect on another Dosha. We work out a diet depending on the Dosha, or constitutional type to balance out the Doshas.

Explore the outdoors, whilst you take time out for your soul

During your stay at Agni, there’s plenty to explore and engage the nature enthusiast in you.

- **NATURE TRAILS**
  A walk through the verdant surroundings of Agni can be truly sense soothing.

- **HAJI MALANG**
  Sitting atop the hill, Haji Malang Shrine has been drawing pilgrims and trekkers alike.

- **MORBE DAM**
  Morbe Dam is a perfect spot to go boating, freshen up and soak in some breathtaking scenery.

- **HERBAL GARDEN**
  What can be more revitalising than being in the company of herbs?