



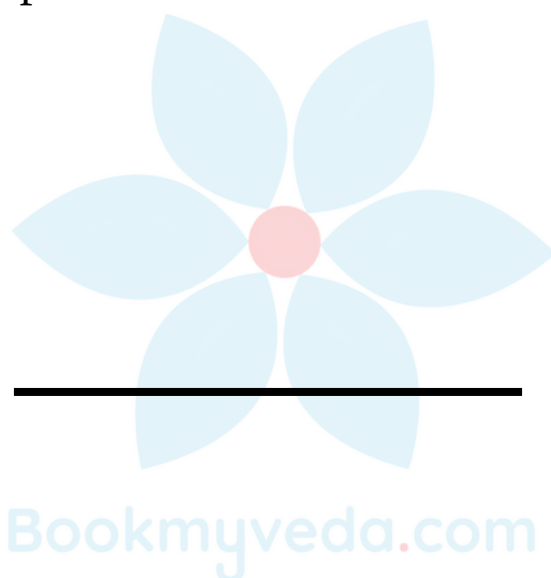
Six Senses Vana

Mindful Menopause – 10N

We will prepare you to manage symptoms like hot flashes, mood swings, and sleep disturbances. With the help of this program, you will learn how to incorporate mindfulness practices and stress reduction techniques into your daily life.

Single – USD 10723.

Double – USD 17940.



**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



Six Senses Vana

Mindful Menopause – 10N

Package includes :

Arrival Wellness and departure consultation.

10 Personalized Fitness / Yoga / Meditation sessions.

8 Ayurvedic treatments.

2 Sowa Rigpa treatments.

2 Natural Healing Therapy.

2 Snehana Vasthi treatment.

1 Niruha Vasthi treatment.

Attire to wear within and outside Six Senses Vana, footwear, summer and winter accessories

Access to daily well-being activities from retreat program.

Return airport transfers to and from Dehradun airport.

Achieve the best physical, mental, emotional, and spiritual potential.

Symptom management.

Hormonal balance.

Physical health and fitness.

Emotional and mental well-being.

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