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Six Senses Vana

Mindful Menopause – 10N

The 10-night Mindful Menopause Journey at Six Senses Vana is a personalised wellness programme designed to support women during the transition of menopause. It focuses on managing common menopausal concerns such as hot flashes, mood fluctuations, sleep disturbances, stress and changes in physical well-being.

The programme combines traditional Ayurveda, Tibetan Sowa Rigpa medicine, natural healing therapies, yoga, meditation and personalised fitness sessions. Through individual consultations, specialised treatments and guided lifestyle practices, it aims to support hormonal well-being, emotional balance, physical vitality and better sleep. The approach also encourages women to develop sustainable wellness habits that can be continued beyond their stay.

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

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Cost:

Single – USD 10723.

Double – USD 17940.

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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