



"Water to Wellness"

The Ushmaya Wellness Resort

Boutique sanctuaries for discerning families and seekers of whole-being transformation. Where ancient wisdom meets modern refinement.

LIMITED PRE-OPENING OFFER • 50% OFF

Single Experience Access

₹12,499

3 DAYS / 2 NIGHTS ~~₹25,000~~



Retreat Calendar

The Longevity & Age-Reversal Retreat is thoughtfully curated for cellular rejuvenation, graceful aging, and holistic support for chronic conditions.



Limited to 30 participants per season for personalized care

16 – 18 Feb 2025

➡ Check-out on 18th February

19 – 21 Feb 2025

➡ Check-out on 21st / 22nd February

23 – 25 Feb 2025

➡ Check-out on 25th February

26 – 28 Feb 2025

➡ Check-out on 28th February

Secure Your Preferred Dates

Spaces fill quickly due to limited capacity.

WhatsApp 8826178235



FOUNDING MESSAGE

A Legacy Inspired by Nature, Perfected by Science



Sebastian Kneipp (1821-1897)

The priest of Wörishofen, Germany, who pioneered one of the earliest hydro-therapeutic infirmaries.

"Water can heal when used with intention, rhythm, and scientific understanding."



Rajesh Chadha Founder

For the past 40 years, carrying this lineage forward—advancing Kneipp's principles with modern engineering to create a curated wellness ecosystem.

Born from the Elements. Designed for Generations.

"The Ushmaya is not a resort company.
It is a *curated wellness ecosystem*."

Built at the intersection of ancient wisdom and modern refinement.

"My purpose in creating The Ushmaya is to help people reclaim their well-being naturally and meaningfully."



The Five Elements Framework

Every ritual, architecture, and therapy is aligned with these elemental forces for whole-being transformation.



Earth

PRITHVI

Stability & Grounding



Water

APA

Healing & Rejuvenation



Fire

TEJAS

Vitality & Activation



Air

VAYU

Purity & Flow



Ether

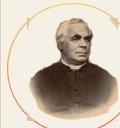
AKASHA

Consciousness & Expansion



SCIENTIFIC METHODOLOGY

Perfected by Science: Precision Hydrotherapy



Kneipp's Principles THE FOUNDATION

Grounded in the 19th-century infirmary protocols of Sebastian Kneipp, our treatments use water not just for relaxation, but as a therapeutic tool for physiological change.

"Water can heal when used with intention, rhythm, and scientific understanding."

Modern Engineering THE ADVANCEMENT

Founder Rajesh Chadha has advanced historical wisdom with modern engineering. Every Ushmaya environment is calibrated for specific biological responses.

- Thermal Contrast for Circulation
- Rhythmic Immersion for Nervous System Balance
- Elemental Alignment for Recovery

Evidence-Aligned Wellness. Engineered for Results.

Premium Wellness Experiences



Signature Hydrotherapy *01*

Restorative water rituals inspired by Kneipp. Experience contrast therapy, rhythmic immersion, and circulation activation designed to heal with intention.

Holistic Treatments *02*

Element-aligned therapies and mindful practices. From deep tissue restoration to energy balancing, every touch is perfected by science.

Elemental Programs *03*

Curated wellness programmes structured on the Five Elements Framework. Whole-being transformation journeys tailored to your personal needs.

THE USHMAYA

RETREAT SERIES

Longevity & Age Reversal

February 2025

EXCLUSIVELY CURATED

PROGRAM THEME

Longevity & Age Reversal

A thoughtfully curated wellness experience focused on cellular rejuvenation, graceful aging, and holistic support for chronic conditions.



Intimate Group Experience: Limited to 30 Participants

Retreat Calendar

16 – 18 Feb

CHECK-OUT: 18TH FEB

19 – 21 Feb

CHECK-OUT: 21/22 FEB

23 – 25 Feb

CHECK-OUT: 25TH FEB

26 – 28 Feb

SEASONAL CLOSING

Daily Wellness Rhythm

Retreat Schedule: 6:00 AM – 9:00 PM

Arrival & Orientation

DAY 01

- 09:00 AM – 12:00 PM
Arrival & Check-in (Rest until 1 PM)
- 01:00 PM – 02:00 PM
Wholesome Lunch
- 02:30 PM – 03:00 PM
Program Introduction
- 03:00 PM – 03:30 PM
Wellness Consultation
- 03:30 PM – 06:30 PM
Therapeutic Sessions
- 06:30 PM – 07:00 PM
Spiritual Session
- 07:00 PM – 08:00 PM
Dinner
- 08:00 PM – 09:00 PM
Bonfire & Spiritual Music

IMMERSION & HEALING

DAY 02

- 06:00 AM – 06:30 AM
Jal Kriya (Water Cleansing)
- 06:30 AM – 07:30 AM
Yoga & Pranayama
- 08:00 AM – 09:00 AM
Breakfast
- 09:00 AM – 01:00 PM
Personalized Therapy Sessions
- 01:00 PM – 02:00 PM
Lunch
- 02:00 PM – 04:00 PM
Mind Therapy, Jungle Walk & Ganga Yoga
- 05:00 PM – 06:30 PM
Puja & Ganga Aarti
- 07:00 PM – 09:00 PM
Dinner, Bonfire & Music

Integration & Departure

DAY 03

- 06:00 AM – 06:30 AM
Jal Kriya
- 06:30 AM – 07:00 AM
Morning Yoga & Pranayama
- 07:00 AM – 09:00 AM
Rajaji Park Nature Walk & Sacred Ganga Dip
- 09:00 AM – 10:00 AM
Farewell Breakfast
- 10:00 AM – 12:00 PM
Check-out & Departure

EXCLUSIVE LAUNCH PRIVILEGE

Single Experience Access

Reclaim your well-being naturally

- ✓ Premium accommodation with all meals included for one adult on a twin-sharing basis.
- ✓ Access to Signature Hydrotherapy Circuit and restorative water rituals.
- ✓ One premium voucher redeemable for select Ushmaya holistic treatments.
- ✓ Curated wellness consultation upon arrival.

LIMITED

50% DISCOUNT APPLIED

₹24,998

₹
12,499

3 DAYS / 2 NIGHTS

RESERVE ACCESS

*Valid for new openings. Limited availability.

Begin Your Journey

Where ancient wisdom meets modern refinement

OPENING EXPERIENCE OFFER

Book Now at ₹12,499

Limited Time Offer



ENQUIRIES

reservation@ushmayaresorts.com



CALL US

+91 62903 72258 |
96507 05502



VISIT

www.ushmayaresorts.com