

TAKWE – NEAR LONAVALA, MAHARASTHRA



Takwe is located between Pune and Mumbai. Fazlani Natures Nest – a luxury retreat, is nestled amidst 68 acres of lush greens overlooking the azure waters of the Mawal taluka. Overlooking the majestic mountains of Western Ghats, surrounded by dense forests and home to many species of flora and fauna, the retreat offers a breath-taking view. A Luxury Wellness Retreat – Fazlani Natures Nest offers guests a holistic wellness experience and is an abode where nature resides. Every experience at Fazlani Natures Nest endeavours to be an intimate introduction to the world of conscious well-being. Coupled with the expertise of integrated healing treatments, every guest is provided with an in-depth consultation to align their lifestyle towards a balanced state of wellness.

The resort is designed as a rich ecosystem complimented with modern architecture and facilities, organic farms, meditative corners, a bird park, an expansive rose garden and a horse ranch, creating an idyllic setting to evoke a feeling of oneness with nature

- **Accommodation** – Stylishly modern in decor and finished with opulent detailing, the premium guest rooms and suites feature spacious layouts and luxury. The premium suites feature marble-accented bathrooms, a waterfall shower, and mesmerising lake views. An added attraction with the suites is a personal butler.
- **Organic Farming** – Fazlani Natures Nest ensures that every meal provided undergoes a farm-to-table process because the origins of specific ingredients keeps one connected to the food on some emotional level. It gives the food personality and helps consumers cultivate appreciation. There’s nothing better for one’s health and taste buds than organic cooking. ‘Eating Organic’ means going back to nature for the meals and avoiding over-processed ingredients while cooking. Thus ensuring, easily digested meals that taste wonderful and makes one feel fantastic.
- **Ayurveda** – The healing practise of Ayurveda is established on the five elements of life: Earth, Fire, Air, Water, and Ether. Ayurveda not only cures your ailments, but it also crafts out a chart translating a complete lifestyle for health and disease-free living. Fazlani Natures Nest is proud to have entered a strategic alliance with PNNM to impart the wealth of India’s most prestigious heritage, through expert Ayurveda consultations, authentic integrated Ayurveda therapies and authentic Ayurveda products. In association with PNNM Ayurveda medical college (with more than 120 year old legacy of Keraleeya Ayurveda Samajam, Shoranur).

The college emphasise sensible lifestyle and the institution is leading towards the centre of excellence with NAAC (National Assessment and Accreditation Council) accreditation. The medical college hospital offers traditional Kerala Ayurvedic therapies like Abhyanga, Udwarthana, Pizhichil, Dhara, Kizhi, Navarkizhi, Chavitti Uzhichil, Marma Chikitsa and Panchakarma therapies like Vamana, Virechana, Vasthi, Nasya and Rakthamoksha in all the medical specialities with best talents in the field of Ayurveda.

- Nature Cure – An art, science, philosophy, and practice of diagnosis and treatment, Nature Cure is a comprehensive combination of traditional therapies, healing remedies and healthy habits. Naturopathy helps enable the body to heal by curing the source, not the symptom. The expert Naturopaths at Fazlani Natures Nest, curate bespoke retreats as per the individual’s health objectives. Let nature heal you.
- Healing through Yoga – Yoga is a synergy between mental, physical and spiritual well-being and helps in attaining and sustaining overall well-being. Yoga maintains and improves vigour and vitality. If practised regularly, yoga can prove to be the most magnificent source to unify your mind, body and soul.
- Physiotherapy - Physiotherapy is a designed treatment that encompasses rehabilitation, injury prevention, healing and fitness. This restoration course nurtures your body to manage a range of physical conditions through evidence-based natural methods like exercises and a range of massages.
- Animal Assisted Therapies – Animal-assisted therapies (AAT) are approaches that incorporate animals into the psycho-therapy process. Emotional recovery and positive psychological transformation often occur when the relationship between humans and animals grow, thus improving the patient’s consciousness through specific therapeutic goals and outcome measures. Restorative experiences include walking, brushing, petting an animal. AAT has been proven beneficial because animals are accepting, nonthreatening and non-judgmental, making it easier for people to open and heal from within. Healing by Affection.

FAZLANI NATURES NEST

Rooms	76	Restaurants & Facilities	
Room Category	No. of units	Restaurants	Cuisine
Garden View Deluxe Rooms	32	The Hive	Multicuisine Wellness
Premium Garden View Rooms	32	Pathya	Vegetarian Wellness Cuisine
Lake View Suites	6	The Lake View Boutique & Lounge	Boutique and Tea Lounge
Premium Lake View Suites	6		

Facilities: Ayurveda, Nature Cure, Yoga, Physiotherapy, Animal Assisted Therapies, Art of Cleansing Therapy, Healthy Natural Living Retreat, Immune Resilience Retreat, Natural Relaxation Retreat, Optimal Weight Management Retreat, Spa, Stallion Castle, Hobby studio for art & craft workshops, Pottery Classes, Swimming and Aqua Yoga, Meditation, Horse Riding Sessions, Cycling, Trekking paths, Guided tours to Rose & Agro Farms, Cooking demo classes, Fishing by the lake, Kayaking, Fitness & Strength Conditioning, Outdoor mud therapy, Wellness Capsules like cleansing bonfire & walking meditation, guest lectures

Escape to Fazlani Natures Nest with **TATTVA!**

Access

- About 90 minutes drive from Pune Airport
- About 2 hours 45 mins drive from Mumbai Airport

Important – No Smoking and No Alcohol policy



To plan your getaway, write to us at – mili@tattva-ts.com

For more information visit – www.tattva-ts.com / <http://www.fazlaninaturesnest.com>