

# Shillim Spa

We Use Touch  
To Put You In Touch  
With You



Spa Room

Specialized treatments, Shillim Spa focuses on the customer's unique experience. It is made up of 100 tables surrounded by essential oils and natural minerals, creating the Spa, embodying the founding elements of life.

This special natural essence is infused and used to stimulate and direct energy through an energetic level inspired by the Ancient Healing Law of Axi and incorporating the latest science developments. Shillim Spa integrates the Three Pillars of Transformative Wellness (physical, emotional and mental) through and guides on their personal journey.

At its core, Shillim Spa believes with the overall vision of Shillim Retreat Resort and Spa:

- Through bodywork, life force is conserved and amplified.
- Through wholesome, organic food, health is sustained and built.



Meditation Cave

- Through different forms of yoga and meditation, the walls become an integral and sacred.
- Through peeling and beauty treatments, the joy of being fully alive is discovered.

Informed by the ancient wisdom that out of Ayurvedic medicine, through the natural healing powers of yoga and supported by the rich natural water landscape, Shillim Spa offers a daily unique

journey to individual wellness. The ritual encompasses over 80 therapies including physical forms of treatments: bodywork, massage, Ayurvedic experiences and other services like aromatherapy, facials, etc. where the aim is to create a whole where nature, food, healing, being, and organic form.

\* At Shillim, you are not just being served, you are the guest, the very presence of you. Our wish is to help

you discover the true sense of Shillim's vision of wellness. To truly immerse with the beautiful experience of our mission, the "Shillim" 3-day Immersion Course has been created.

## The Pillars of Transformative Wellness

It is made up of 100 tables where the 4 pillars of physical, mental and emotional wellness are established. Our aim is to help you to help yourself achieve your desired wellness through a guided journey.

- **Physical Wellness:** Through a variety of physical, personal, energy and bodywork, physical wellness is achieved.
- **Emotional Wellness:** Through a variety of bodywork, personal, energy and bodywork, emotional wellness is achieved.

## Therapies Offered:

- Signature Experience
- Wellness of Shillim (A la Carte from the Forest)
- Detox and Energy Balancing
- Body Treatments
- SPA (spa & skin therapies)
- Ayurveda Treatments
- Hot & Cold Treatments
- Yoga & Meditation

## Immersive Features:

**Meditation Cave:** If you want to unwind, this is the best place, relax, in a quiet place, listen to music, enjoy the view, and feel your mind at ease. This is the best place to let your worries fade.

## Spa Pool

Large heated pool to relax and enjoy your vacation.

## Wells

Swim under the stars with all the comforts and feel the natural beauty of the water and the sound of the rain for your ultimate relaxation.

## Tea Rooms

The unique tea room overlooks the waterfall and makes the spa experience even more relaxing and healthy.



Spa Pool

The unique feature of this spa is that it comes to you!



Dr. Rajneesh Kumar, Spa Director, Shillim Spa, Shillim Retreat & Spa, Pinaraj Nagar, 30000, Mysore, Karnataka, India. TEL: +91 21 247 2 464



Luxurious View

	Tantra	Yin Yoga	Vedha	Herb
Flats	Physical	Emotional	Mental	Herbal
Herb	Relax	Relax	Relax	Relax
Energy	Mindful	Grateful	Ahimsa	
Spa	Relax	Relax	Relax	Relax

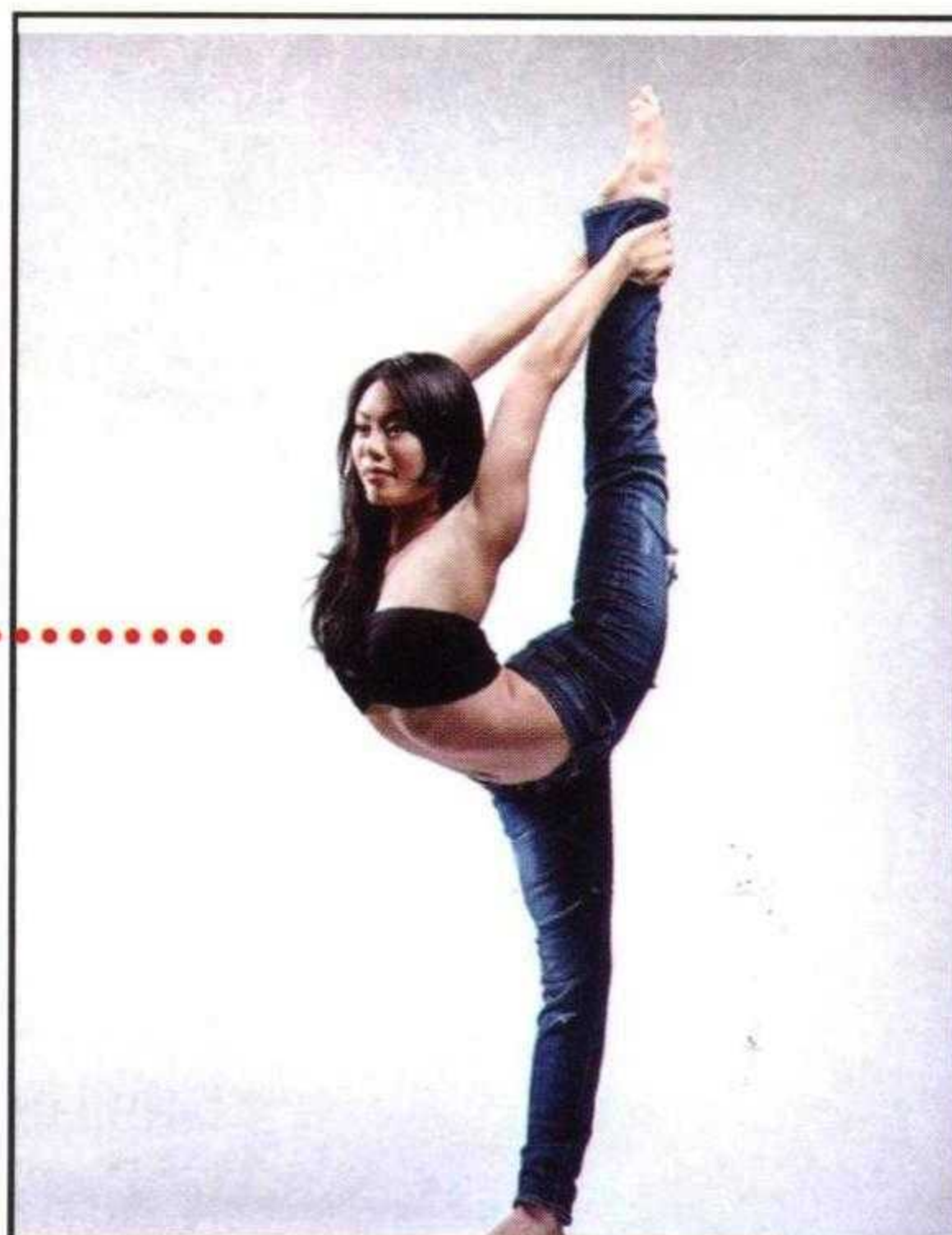


Ultra Modern Rooms

# Contents:

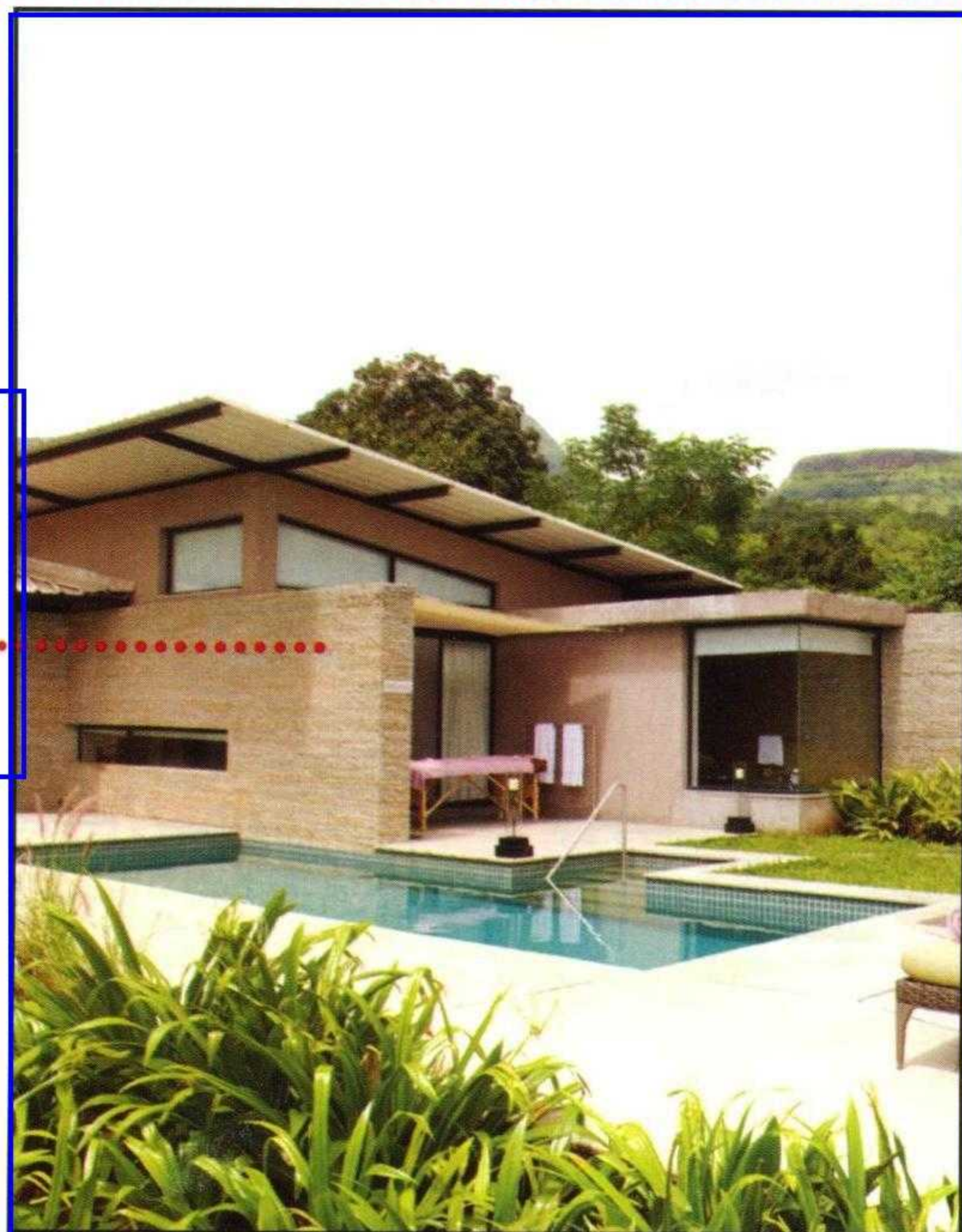
## Well Being

- 16 Steam Power
- 18 Regain Optimisation
- 36 Resume Your Breath
- 45 Home Remedies
- 46 Natrajasana



## Therapies

- 06 Aqua Wonders
- 12 Rebalance Your Injury
- 21 Rub To cure
- 24 The Salty Breath
- 26 Comforting the Discomfort
- 30 Induce Relaxation
- 33 Normalize Thy Tissues



## Review

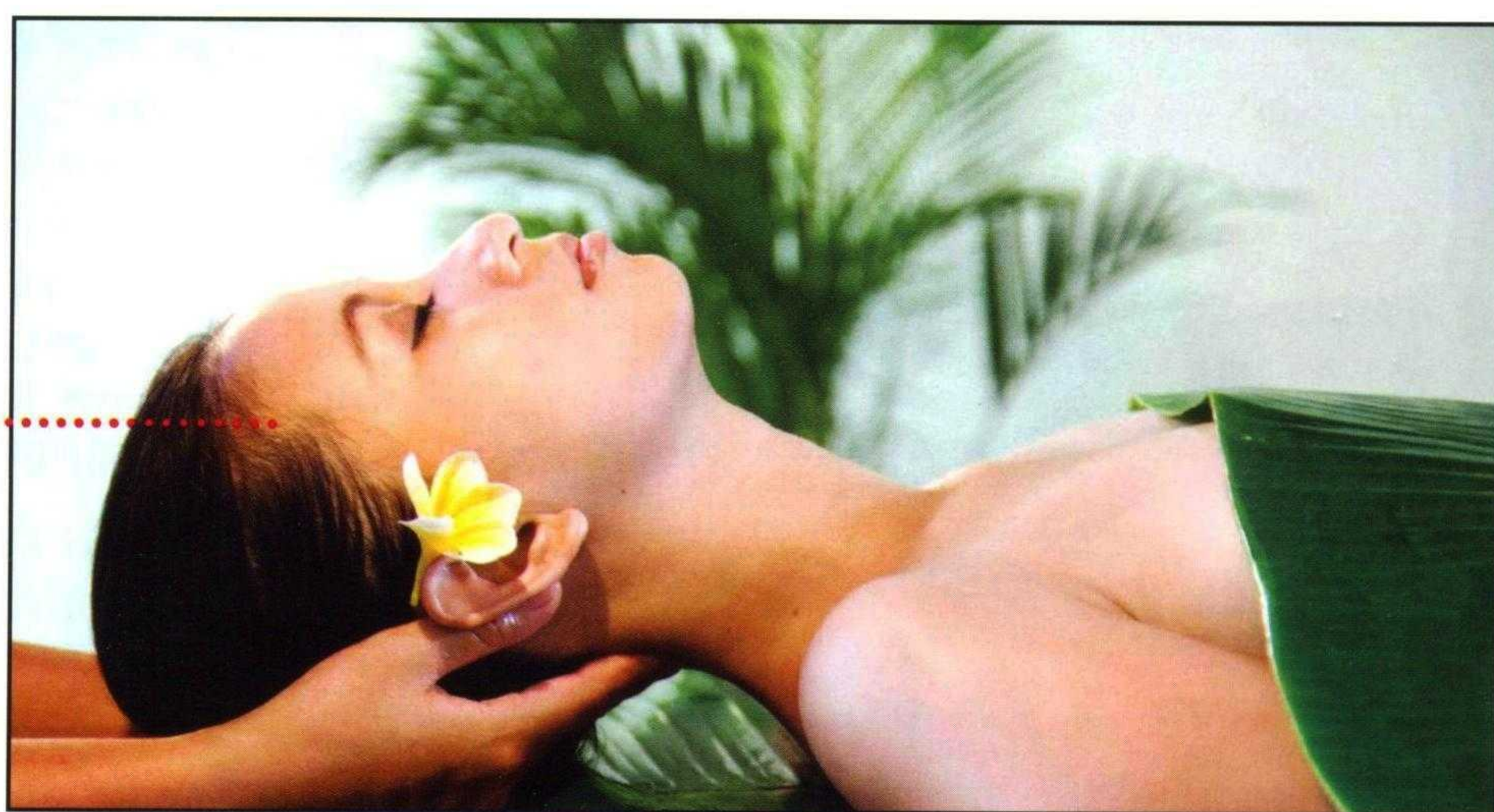
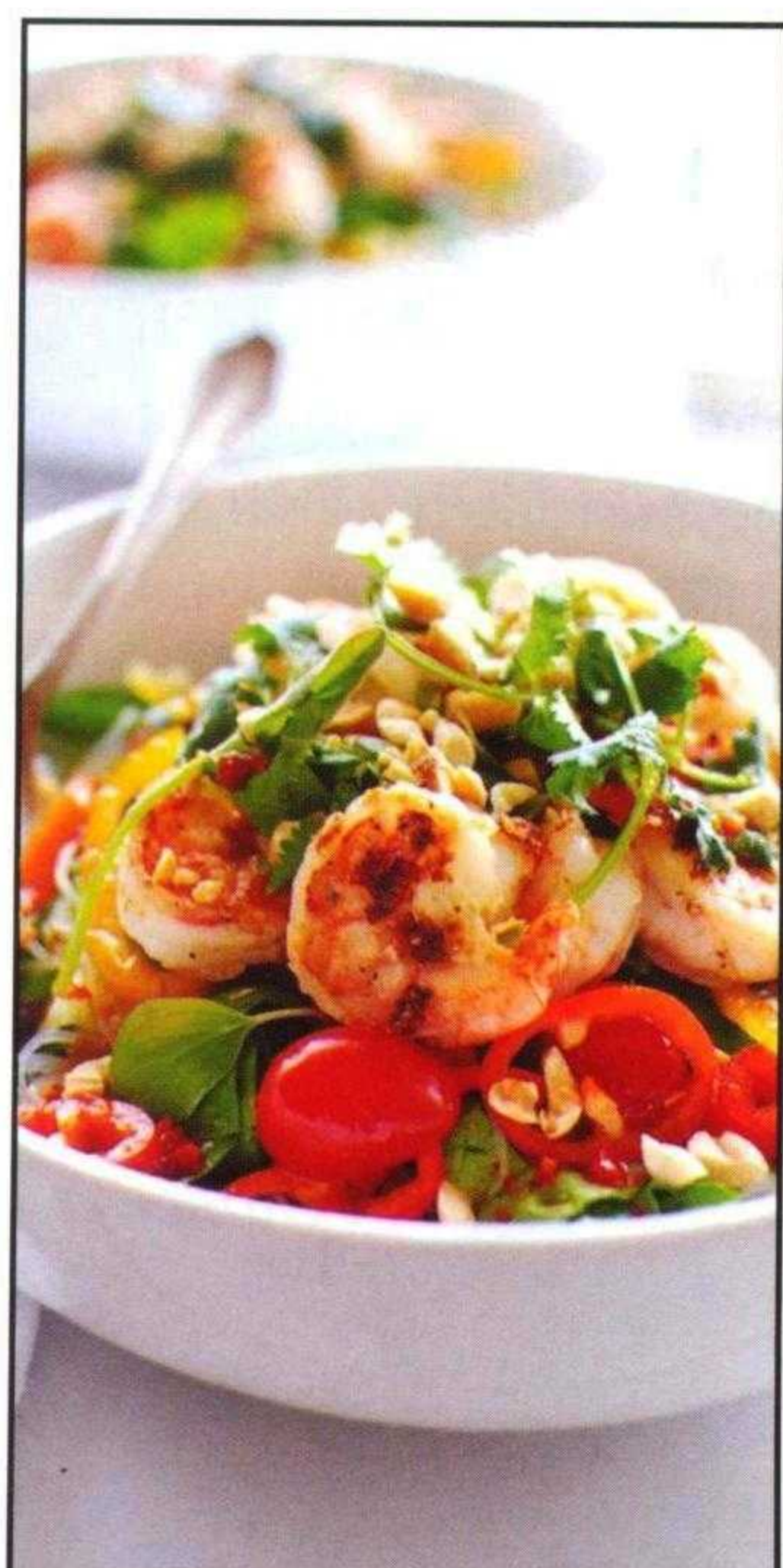
- 42 Shilim Spa

## Education

- 40 Prepare to be Pampered

## Devour

- 48 Prawns Salad



# SPAveda



Total Pages : 52  
November 2013  
VOL 3\* ISSUE 6  
₹:100

## AQUA WONDERS

*Speedy Healing From Injuries  
And Illness*

## INDUCE RELAXATION

*The Hands-On Approach*

## STEAM POWER

*Stay Healthy With Steam Therapy*

## PREPARE TO BE PAMPERED

*Your First Spa Visit*

*Shillim Spa*  
**The New Era  
Of Spas**

