

MASONROSE

Atmantan, Pune

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### KEY FACTS

Nestled on a crystal hill amongst 42 acres of lush green valley, Atmantan is situated in the Majestic Sahyadris, with spectacular views of the pristine Mulshi Lake. The minimalist and unique design of the building offers guests magnificent views from all rooms.

Atmantan offers guests a plethora of wellness retreats and packages that can be tailored and personalised by wellness doctors to achieve each guests' individual requirements.

The luxurious amenity-rich guest rooms and villas feature plush king or twin size beds, comfortable loungers, floor-to-ceiling windows and spacious private balconies or gardens, which open to the surrounding landscape.

Committed to healing, the Atmantan Spa features spacious treatments rooms where guests can experience a variety of traditional therapies using entirely natural and aromatherapy-based products. The spa uses technologies supported by medical and scientific research and also embraces the principles of Pranic healing and bioenergy transfer to the body via water, air and sound.

Atmantan's spa cuisine philosophy stems from traditional beliefs that locally grown food maintains and restores health, vitality and well-being. Only farm fresh plant and meat produce, as well as aromatic herbs and spices are used in the healthy dishes served, maximising the nutritional benefits of the ingredients. Guests can enjoy a fusion of international gourmet cuisine, from macrobiotic and Ayurveda to Mediterranean and Asian at Atmantan's three restaurants.

### LOCATION AND ACCESS

Mumbai's Chhatrapati Shivaji International Airport: 3.5 hour drive to Atmantan

Pune International Airport: 90 minute drive to Atmantan

Pune City: 45 minute drive from Atmantan

45 minute helicopter ride from Mumbai (take off point Juhu aerodrome, Vile Parle West) to the Mulshi Helipad (10 minutes from Atmantan). Helicopters are also available from Pune.

Flight time from the UK: 14 hr 10 min

Airlines flying from the UK: JetAirways, Air India

### ACCOMMODATION

106 luxurious guest rooms and villas including:

Asoka & Arjuna Garden Groves: 80 garden facing rooms, 370 to 418 sq.ft

Acacia & Almatas Lake Groves: 24 lake facing rooms, 440 to 650 sq.ft

The Mango Tree Villa: 1500 sq.ft, one majestic bedroom, en-suite marble bathroom with a walk-in wardrobe at one end and a refreshing 'open-air' shower, glass walled living room, private infinity pool overlooking the lake, gymnasium, couple's spa, sauna and steam room, butler's pantry, sweeping views of the valley and lake The floor to ceiling glass walls here encourage you to walk out onto its horizon-touch porch and this villa even has its own gravity

defying pagoda which brings breathless splendour to in-room dining. The gorgeous sun-kissed garden encompasses the rich landscape of the land and complements the utmost privacy of the villa.

The Rain Tree Villa: 2500 sq.ft, two suites, private infinity pool overlooking the lake, glass walled living room, sweeping views of the valley and lake

All bedrooms feature King or Twin sized beds and sink-in loungers. The en-suite marble bathrooms have a glass windowed bathtub overlooking breathtaking scenery. All the rooms further extend into spacious private balconies or gardens. Each of these amenity-rich guest rooms have been designed for supreme guest comfort and luxury and are equipped with satellite TV, central air-conditioning, exquisite aromatherapy bath products (free of harmful-preservatives) and more.

## FACILITIES

Vistara - Atmantan's main restaurant offering an indoor or outdoor holistic dining experience for breakfast, lunch and dinner; Te'-Jus - a juice bar and bistro serving healthy epicurean delights and featuring breathtaking 360 degree views of the lake, valley and mountains; and Chantara - an alfresco barbecue lounge, serving innovative grills in the evenings, with a relaxed ambience and music. Every dish on the menu displays calories and vegan, gluten, dairy and sugar free options.

The Atmantan Spa features 23 spacious therapy rooms and offers a splendid array of therapies, ranging from the traditional Ayurveda, oriental acupuncture and aromatherapy massages to the detoxifying Chi Nei Tsang, body polishes, cocoon wraps and Pranic chakra cleansing.

Specialist hydro-treatments are also available including the Hammam, Vichy showers, open-colonics and soothing balneotherapy. Only pure essential oils and scrubs are used for all treatments.

Fitness facility: an expansive 6,525 sq.ft facility comprising a 3,500 sq.ft high-tech gymnasium, an aerobics fitness studio, an expansive yoga studio, a multi-functional Pilates and dance studio, and a unique enclosed temperature-controlled environmentally friendly, chemical-free salt water swimming pool. Complementing these facilities is a spacious outdoor recreational sports complex - the Prana amphitheatre and a sports pavilion. Private physiotherapy sessions and restorative workouts are also offered.

Salon and Sanduk souvenir shop

## PRIVATE ROOMS

For private functions or meetings, Atmantan has the Nirvana conference room seating up to 120 people and Ajna Boardroom for up to 12 people, with banqueting facilities for corporate gatherings.

## DID YOU KNOW?

'Atmantan' is the amalgamation of the atma {soul}, mana {mind} and tann {body}. The team at Atmantan recognise that deep and lasting change can only be made when these three components of our existence are ceremoniously and scientifically healed in unison. While being an international, integrated wellness resort, they serve and care for guests with the warm Indian values of hospitality

The Sahyadri Hills are a UNESCO World Heritage Site and one of most sought after bio-diversity hotspots in the world. This picturesque landscape in its crystalline abode makes Atmantan an exquisite nature-inspired resort

Atmantan is a proposed 'Gold Leed' certified project, with stellar green initiatives. It is the largest resort in the country to use solar energy as the primary source for heating water

Atmantan was founded by Sharmilee Agrawal Kapur, a

Pranic healing practitioner and Nikhil Kapur, a fitness enthusiast and ironman tri-athlete

Atmantan offers guests nine customised and result-oriented wellness packages to choose from including Spa Life and Journey through Yoga - for individuals seeking to combat the negative and accumulative effects of stress, poor lifestyle and exhaustion, Holistic Health, Weight Balance, Master Cleanse and Ayurveda Panchakarma - for those looking for deep healing through therapeutic methods, Fitness Challenge and Restorative Physiotherapy - for body conditioning and raising one's physical endurance, and lastly Atmantan Living for those who are embarking on their first wellness journey

Atmantan was recognised as a 'Favourite Destination Spa' by Conde Nast Traveller India Readers Travel Awards 2017





Mango Tree Villa pool and view



Dining pavilion and view



Bedroom



Spa Cuisine cooking classes



Outdoor Spa



Vistara restaurant



Salt water pool



Meditation at Prana amphitheatre





