



dhārānā

HILTON SHILLIM ESTATE RETREAT & SPA

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THE STORY

The DeSouza brothers grew up visiting the Western Ghats, and from an early age understood the beauty and bounty of the region. Their interest in conservation and education led them to acquire 2,500-acres of mountainous range land, farm fields, and dense forest. In order to determine how best to conserve, restore, and develop the land, they brought together a team of designers, engineers, horticulturalists, and ecologists to help design an ecological retreat.

The planning and design went against resort conventions at the time, dispersing the program through roughly 350 acres rather than ganging program to economize on services. The team chose distinct existing landscapes in which to site the suites and villas, the spa, the club, the Institute, the riding centre, and the spiritual retreat. The architecture of each grew out of the specific landscape, from forest to village to farm field.

The team revegetated the slopes, cutting thousands of meters of contour trenches to recharge groundwater and cultivate new grasslands, shrubland and forest. A nursery was begun in 2003, to provide new plantings for the retreat, as well as additional income from sales; the nursery has grown over 100,000 plants. Organic farming practices were established in 2004.





SHILLIM INSTITUTE

The Shillim Foundation is an international arm of the Shillim Institute, which is located at the heart of the Shillim Retreat in the Western Ghats. The mission of the Shillim Institute is to generate ideas and facilitate positive action in the areas of conservation, sustainability and healing. The Institute is a platform for knowledge and action, a forum for people to share ideas and life works, a gathering place to share information and solve problems, and a site of cultural exchange, in music, art, comparative literature, beliefs, faiths, and practices. The Institute supports a range of visiting master programs, cultural exchanges, fellowships, exchange programs and residencies with a special emphasis on:

- Ecology & Environment
- Economics of Conservation and Sustainable Design
- Agriculture & Foods for the Future
- Alternative Healing & Perfect Health
- Earth Ethics & Community Connectivity
- Arts and Culture

The Shillim Institute also practices its guiding principles through the care of the 2,500 acre Shillim Estate, maintaining programs in:

Conservation: constant wildlife & forest monitoring to prevent incursions, grazing and poaching; reforestation program at the nursery; soil erosion control and prevention; landscape restoration.

Sustainability: solar energy production, low consumption lights, electric vehicles, treatment of water and waste, practical selection of all materials used on site.

Food autonomy: onsite organic vegetable garden & planting edible landscapes, composting, local contract farming, bee farming, sustainable menus in restaurants, studying and implementing forest agriculture ecosystems.

Community: encouraging local artisanal practices, employment of local villagers, training local farmers in responsible farming practices.

Arts & Culture: dance, music pottery, weaving, natural dyes, carving, local plants in medicinal use, native ornaments, edible plants, local geology, local beliefs, traditions, rituals, local social networks and economies.

Wellness: integration through the spa, outdoor, fitness & adventure activities and food

DHARANA LIFESCIENCE PROGRAMS

Picture a sanctuary for your Body, Mind & Soul. One that celebrates life to its fullest. One that realigns your health with a consultative rather than a prescriptive approach. One which allows experts to respond to and guide you. Our unique Lifesciences programs integrate the ancient philosophic, spiritual and artistic wisdom of Ayurveda with contemporary life enhancing practices and therapies.

Dharana Lifescience Programs, integrates the three Pillars of transformative wellness - physical, emotional and mental that are prerequisites for all forms of healing and offers a range of rejuvenating treatments as well as holistic programs that are derived from the following principles that form its foundation:

To conserve and amplify life's force – through bodywork and other applications. To sustain and build health – through wholesome nutritious food. To support the healing of the whole person – through yoga, and other forms of meditation, where holistic well-being and healing are integrated.

The wellness experience strives to achieve the ultimate harmony between the physical and the mental realms with redefined lifestyles to include the traditional wellness regimes enabling the union of mind, body and soul. At Shillim, we give you the opportunity to meet with specialists in holistic healing, Ayurveda, nutrition, and other wellness disciplines.



ADVANCED DIAGNOSTIS & ASSESSMENT



Fitness through nature

Mindfulness
through meditation

Develop Healthy Habits

Conserve, sustain, and
amplify your life force

Nourish with sustainable
foods and slow
cooking techniques

Heal through the
balance of 5 elements

HOW DOES THE DHARANA WAY OF LIFE TRANSLATE FOR YOU



Uses advanced diagnostics and consultation methods such as Iridology and Oligo scanning



Conserves and amplifies your life force through traditional ayurvedic and naturopathic therapies



Nourishes your health with wholesome and nutritious food (ayurvedic and Vegan diet plans)



Heals your body through the balance of 5 elements bhūmi (earth), jala (water), tejas (fire), vayu (air) and akash (ether)



Develops lifelong healthy habits by adopting traditional ayurvedic disciplines



Reconnects with your inner self through meditation and create mindfulness in everything you do



Promotes health with nature activities and cognitive stimulation in a sustainable environment.



OUR EXPERTS

Dr. Arun Pillai

Director of Spa & Wellness, has more than fifteen years of professional expertise in Health, Spa and Wellness Sciences.

He is experienced in directing and operating world-class spas across South East Asia, India, Middle East, Africa, India, and Caribbean and has implemented traditional holistic knowledge into globally renowned brands.

He specializes in following an integrative holistic approach by correcting lifestyle and preventing disease with the use of advanced diagnostics and exhaustive patient assessment.



OUR EXPERTS

Chef Shubhendu Kadam

Executive Chef, has developed an expertise in Wellness Cuisines and Spa Menus with his experience spanning over twenty years.

His journey across hospitality and wellness has been a great influence in his cooking style and is clearly a reflection of his own belief and passion towards wellness.

At Shillim, he implements the science of nutrition with super foods that detoxify and cleanse the body, quashing the notion that Wellness Cuisine is tasteless and uninteresting.

Chef Shubhendu has a profound understanding of the overall sensory experience that "Farm To Table" cuisine offers for preventing chronic disease, healthy weight loss, and eating for energy.





ABOUT SHILLIM

Set in the majestic Sahyadris and nestled in an unspoiled sylvan setting of sprawling nature and forested valley, Hilton Shillim Estate Retreat and Spa is a one-of-its-kind Eco-wellness retreat offering a sanctuary for the body, mind and spirit.

The Eco-wellness retreat will not only leave you breathless with its picturesque wilderness but aids in redefining lifestyles through ancient healing practices with the best of international sojourn experiences.

Also the retreat's mission "To Conserve. To Sustain. To Heal." permeates every experience at the property. It combines holistic practices and a comfortable retreat atmosphere in a sublime wilderness setting.

Our commitment to respecting the harmonious bio-diversity of the Shillim landscape is paramount. The objective is to create a pristinely reflective environment in which to integrate the essential philosophical, spiritual and artistic wisdom of past civilizations with contemporary life enhancing practices and knowledge.

Come, Hilton Shillim Estate Retreat and Spa, the Eco-Wellness Retreat beckons you to listen to the chirp and chatter of birds, embrace nature, behold the mighty Sahyadris, get inspired, and lose yourself, before you find yourself.



SHILLIM FOOD PHILOSOPHY

Our food philosophy has its firm roots in age-old Ayurveda traditions which restore and maintain health, vitality and wellbeing. An in-house nutritionist liaisons between you and the kitchens which helps to provide transformational culinary experiences.

The menu is inspired by fresh, seasonal produce and the slow cooking technique stresses on preserving natural flavors of the food, working with ingredients known for their curative and nourishing benefits. It encourages you to enjoy your food, relish its creation, and adopt a lifelong discipline and attitude to wholesome nutrition.

Our emphasis is on whole grains, fresh fruits and vegetables rich in enzymes, lean proteins with usage of millets, honey, stevia and whole milk produced from local dairies. What this means is that you get fresh, flavorful, wholesome food.

You get to choose from artfully created menu featuring Macrobiotic, Ayurvedic, European, Mediterranean and Asian elements that redefines wellness and a holistic healthy lifestyle.



WELLNESS ACTIVITIES

Promoting health with nature activities and cognitive stimulation in a sustainable environment.

508 bird species, 139 mammal species, 179 amphibian species. And over 5000 species of flora and fauna plants. What's more, you will be part of like-minded, nature-loving community that's committed to wellness, outdoors, conservation, healing in the Sahyadris (A UNSECO World Heritage Site).

Engage all of your senses through our activities. Explore the retreat on a bike or a horse, watching birds or simply trekking through the forest. You'll also find classes in Pottery & Painting. Visit our organic farm or join excursions to the nearby Maratha forts and Buddhist rock caves.



PROGRAMS OVERVIEW:

ELIXIR OF SHILLIM LIFE - 3 / 5 NIGHTS

Embark on a new journey of discovery to reconnect with oneself & create mindfulness in everything you do. Our wellness experts will customize this program to help you through goals of detox, lifestyle change, diet shifts, and treks to challenge your physique or yogic learnings.

Elixir of Shillim	3 N	5 N
Detox Herbal Supplement set	1	1
Nutritional Consultations	1	1
Ayurveda / Naturopathy / Yogic Consultation	1	1
Shillim Trek / Pottery / Nature Walking	1	2
Personalized Yogic / Meditation / Pranayama Sessions	3	5
Iridology Analysis	-	1
Ananda Blessing Massage	1	1
Cupping Therapy	1	1
Sahyadri Experience	1	1
Vanoushadhi Scrub	-	1
Hot Stone Massage	-	1
Take Home Advice Kit	1	1





ART OF DETOX - 5 / 7 / 14 NIGHTS

Expel oxidants that suffocate your whole system through our non-conventional detoxification process. An educative & indulging itinerary for your stay will be drawn out to include therapies such as: Open Hydro Colon Cleansing, Ku Nye Tibetan Ritual, Ayurveda Panchakarma, Chinese Cupping & Moxibustion, Hydrotherapy, Aromatherapy, Hot Stone Ritual, Yoga Kriyas & Detox Diet, to ensure the cleansing is achieved at all levels & your digestive and metabolic functions is brought back to its optimal performance to sustain immunity & health.

Art of Detox	5 N	7 N	14 N
Detox Herbal Supplement Set	1	1	1
Nutritional Consultations	2	2	3
Ayurveda / Naturopathy / Yogic Consultation	1	1	2
Hydro Colon Cleansing Session	1	2	3
Personalized Yogic / Meditation / Pranayama Sessions	5	7	14
Manual Lymphatic Drainage Therapy	1	1	2
Detoxifying Element Bio Energy Therapy	1	1	2
Bio-energy Detox Body Scrub	-	-	2
Ayurveda Sadhyo Virechana	-	-	1
Infrared Detoxifying Sauna Sessions	3	5	10
Oligo Scan Toxin Analysis	1	1	1
Acupuncture Session	1	2	3
Marma And Chakra Massage	-	1	2
Ayurveda Cooking Lesson	-	2	3
Shillim Trek / Pottery / Nature Walking	1	2	5
Take Home Advice Kit	1	1	1

SUSTAINABLE WEIGHT MANAGEMENT - 7 / 14 / 21 / 28 NIGHTS

The key to our sustainable weight management program is contrasting to the extreme adaptations, restrictions or aggressive changes to your lifestyle by combining conventional analysis with Ayurveda Shodhana procedures to eliminate Ama(toxins), correct your metabolism, promote absorption of core essential micro-macro nutrients with our unique culinary practices, dosha based diet & cherish sustainability through Yoga & Meditation therapies from a mind perspective. We shall take a scientific yet holistic balanced approach towards evaluating the pre-disposing dietary & lifestyle components of your unique body type.

Sustainable Weight Management	7 N	14 N	21 N	28 N
Weight Management Herbal Supplement Set	1	1	1	1
Master Health Check Lab Investigation	-	-	-	1
Personal Diet / Nutritional Consultations	2	3	5	7
Ayurveda / Naturopathy / Yogic Consultation	1	2	3	4
Iridology Analysis	1	1	1	1
Choice Of Weight Management Massages (1 Every Day): Mahabhuti Blessings, Vanoushadhi, Manual Lymphatic, Udwarthanam, Cellulite Therapy	7	14	21	28
Hydro Colon Cleansing Or Sadhyo Virechana Session	1	1	1	1
Chakra Cleansing Session	-	-	3	6
Classic Ayurveda Virechan	-	-	-	1
Personalized Yogic / Meditation / Pranayama Sessions	7	14	21	28
Medicated Ayurveda Vasthy	2	4	6	7
Panchkosha Balancing Reflexology	1	2	4	6
Infrared Detoxifying Sauna Sessions	5	10	20	24
Acupuncture Session	1	2	4	6
Cupping Therapy	1	2	4	6
Shillim Trek / Pottery / Nature Walking / Bird Watching / Aqua Aerobic	2	4	6	8
Ayurveda Cooking Lesson	2	4	5	6
Personalized Fitness Training	7	14	21	28
Take Home Advice Kit & Personalized Follow Up For 1 Month	1	1	1	1



AYURVEDA PANCHAKARMA - 7 / 14 / 21 NIGHTS

Panchakarma or Panchakleaving comprises techniques of detoxification toxins such as Vamana, Virechana, Nasya, Anuvasana Vasti & Kashaya Vasti from the body. It is one of the oldest healing Ayurveda dating back to about 5000 years. The therapies are designed for a wholesome cleansing, rejuvenation & healing experience. The series of these five therapies help remove deep rooted stress and illness-causing toxins from the body while balancing the doshas (energies that govern all biological functions).

Ayurveda Panchkarma	7 N	14 N	21 N
Panchakarma Herbal Supplement Set	1	1	1
Ayurveda Diet / Nutritional Consultations	2	3	4
Ayurveda /Yogic Consultation	1	2	3
Choice of Restorative / Rejuvenative Therapies (1 Every Day): Shirodhara, Choorna Swedam, Kati Vasthy, Patra Kizhi, Navara Kizhi	7	14	21
Choices of Panchkarma Session as per your requirement (1 Every Day): Vamana, Virechana, Nasyam, Anuvasana Vasty or Kashaya Vasty	7	14	21
Ayurveda 5 Elemental Facial / Gemology Facial	1	2	4
Yogic / Meditation / Pranayama Sessions	7	14	21
Karashubhari & Padashubhakari	-	1	1
Shillim Trek / Pottery / Nature Walking / Bird Watching / Aqua Aerobic	2	2	2
Ayurveda Cooking Lesson	2	3	4
Take Home Advice Kit & Personalized Follow up for 1 Month	1	1	1





THE SHILLIM ENDURANCE - 5 / 7 / 14 NIGHTS

With a detailed personalized fitness and endurance consultation a sustainable fitness program & postural corrections is drawn out which includes but not limited to Aerobics, Power Yoga, Ashtanga Yoga, Zumba, Pilates, Aqua Aerobics, Nature Fitness Trails, Trekking, TRX trainings, Tai Chi.

The Trainings emphasize, yourself to use your own bodyweight & train the muscles to retain postures for longer timings thus enhancing your muscles endurance & strength. The Wellness therapies thereafter will allow you to relax and shape up your body at a desired level.

The Shillim Endurance	5 N	7 N	14 N
Fitness Herbal Supplement Set	1	1	1
Nutritional Consultation	1	2	3
Fitness Appraisal	1	1	2
Yogic Consultation	1	1	2
Ashtanga Yoga / Power Yoga Sessions	5	7	14
Thai Massage	1	2	2
Elemental Chakra Massage	-	-	1
Sports Massage	2	2	3
Acupuncture Sessions	2	2	3
Karuna Kaya Massage	1	2	3
Shillim Trek / Pottery / Nature Walking	1	2	3
Take Home Advice Kit	1	1	1



DHARANA-EGA: THE AGE REVERSAL - 5 / 7 NIGHTS

Trust in Ayurveda for radiating and glowing skin. Our unique program will enhance your beauty through carefully chosen beauty treatments while cleansing the mind and spirit through Pranayam & meditation.

A complete holistic approach, it prevents the effects of ageing and gives the radiating glow to you that lasts longer.

Dharana – EGA : The Age Reversal	5 N	7 N
Rejuvenative Herbal Supplement Set	1	1
Nutrition and Yogic Consultation	1	1
Iridology Analysis	1	1
Yoga / Meditation / Pranayama Sessions	5	7
Gemology Diamond - Orchid Anti-ageing Face Therapy	1	1
Panchakosha Balancing Reflexology	-	1
Vanoushadhi Tan Lepa	-	1
Prema Blessings – Healing Waters	1	1
Acupuncture Session	1	2
Amethyst Gel Wrap	1	1
Ksheeradhara	2	2
Karashubhakari / Padashubhakari	1	1
Shillim Trek / Pottery / Nature Walking	1	1
Take Home Advice Kit	1	1

DHARANA - MINBOS:

THE DE-STRESS PROGRAM - 3 / 5 / 7 / 14 NIGHTS

Shillim MINBOS (Mind Body & Soul) is a comprehensive program for busy executives who are always under stress and under high risk of major illnesses.

The program renders preventive practices to help fight stress and its effects and eliminates it through wellness therapies and lifestyle changes.

The De-stress Program	3 N	5 N	7 N	14 N
Anti-stress Herbal Supplement	1	1	1	1
Nutritional Consultation	1	1	1	1
Ayurveda / Naturopathy / Yogic Consultation	1	1	1	2
Yogic / Meditation / Pranayama Sessions	3	5	7	14
Shillim Trek/ Bird Watching / Pottery	1	2	2	7
Ananda Blessing Massage	1	1	1	1
Elemental Chakra Massage	1	1	1	1
Gemology Amethyst Facial	-	-	1	1
Energizing & Detoxifying Scrub	-	1	1	1
Cupping Therapy	1	1	1	2
Pizhivil	-	-	-	1
Elakhichi	-	-	-	1
Panchakosha Balancing Reflexology	-	-	-	1
Tibetan Ku Nye Massage	-	-	-	1
Shirodhara	1	1	2	2
Acupuncture	1	1	1	2
Bliss Exfoliation	-	-	1	1
Take Home Advice Kit	1	1	1	1





SHILLIM YOGIC LIFE - 5 / 7 / 14 NIGHTS

Delve into your consciousness, your true self & discover higher purposes of life. A unique combination of Yogic practices, Ayurveda & Sattvic Diet right at the foothills of Sahyadri will leave you with an experience like never before. Healthy body leads to a healthy mind and healthy mind can lead to a healthy spirit.

Shillim Yogic Life	5 N	7 N	14 N
Herbal Supplement Set	1	1	1
Yogic Appraisal	1	1	2
Prakruthi Analysis	1	1	1
Forest Meditation Indulgence	1	2	3
Yogic / Meditation / Pranayama Sessions	5	7	14
Yogic Kriyas	5	7	14
Holistic Wellness Therapies	5	7	14
Shillim Trek / Pottery / Nature Walking	1	2	4
Take Home Advice Kit	1	1	1

HEALING HOLIDAY - 7 / 14 NIGHTS

A corrective life style coaching with an indigenous & traditional approach from Ayurveda, Yoga, Naturopathy and holistic sciences makes the Healing Holiday program a perfect wellness indulgence for your next holiday. With an integrative approach to your ailment may it be Diabetes, Arthritis, Asthma, Hypertension etc., the program focuses on specific disorders and prevention of the future imbalances.

Healing Holidays	7 N	14 N
Healing Specific Herbal Supplement Set	1	1
Diet / Nutritional Consultation	2	2
Ayurveda / Naturopathy / Yogic Consultation	1	2
Iridology Analysis	1	1
Customized Healing Therapies (Ayurveda / Naturopathy)	7	14
Hydro Colon Cleansing	1	1
Yogic / Meditation / Pranayama Sessions	7	14
Shillim Trek / Pottery / Nature Walking / Bird Watching / Aqua Aerobic	2	4
Ayurveda Cooking Lesson	1	3
Take Home Advice Kit & follow up for 1 month	1	1



TERMS AND CONDITIONS:

- Rates do not include taxes, gratuities and incidental charges
- Rates may vary based on specific dates of stay, and are subject to availability
- Children below the age of 13 years are not permitted in the Wellness Zone or for the wellness programs
- Minimum length of stay is 03 nights. Programs ply on national holidays and festivals
- Offer components are not transferable or redeemable for cash, and cannot be applied toward future stays. Credit card guarantee is required at the time of making the reservation
- Offer is not applicable on existing reservations or group bookings and may not be combined with other select promotions, discounts, offers, ongoing or existing stays
- Cancellation policy: Cancel 72 hours prior to arrival to avoid 01 night retention Blackout dates may apply





LOCATION & TRANSPORTATION

Hilton Shillim Estate Retreat & Spa is a 2.5h drive from Mumbai and a 1.5h drive from Pune. We can provide airport shuttles on chargeable basis. Please let us know shuttle requirements 72 hours in advance. Inside the retreat, guests are welcome to use complimentary cycle services at the retreat.

PACKAGES

All package charges are rendered and due weekly. Accounts must be paid in full at check-out. Hilton Shillim Estate Retreat & Spa accepts payment by major credit cards (MasterCard, Visa, American Express) and cash (PAN card required).

CELL PHONES

Kindly do not use phone during your wellness classes / sessions. Please keep all mobile devices on "silent" and be mindful of others when using them.

CHILDREN

Young guests must be accompanied with their parents and will have access to all areas of the retreat except the Wellness Zone.

SMOKING

Smoking cigarettes or electronic cigarettes is permitted only in designated outdoor, non-public areas. If you smoke in your room, you will be assessed a cleaning and deodorizing charge.

PET POLICY

Pets are not permitted at the retreat.

CANCELLATION POLICY

Deposits are non-refundable in the event of early departure. However, deposits may be refunded if cancellation is received no later than 72 hours prior to scheduled arrival date(when booked direct). Deposits may be held one year for a future stay if cancellation is made within 30 to 3 days prior to scheduled arrival. If cancellation is made two days or less prior to scheduled arrival, the deposit is forfeited.

HOW TO DRESS

All you really need at Shillim is comfortable workout wear, outdoor and casual clothes, practical footwear and a hat. In the winter months it is advisable to carry a pull-over.

Shillim is mostly sunny during summer months and also most winter months. Monsoon months have heavy rainfall. Nights are generally 08 to 12 degrees cooler than days. When packing, you might also consider that you may be hiking and biking at altitudes well above the sea level. Don't forget your swimsuit and hiking boots!



We look forward to welcoming you to the retreat

