



SIX SENSES VANA

A tranquil haven of wellness and luxury in northern India.

BY MONICA KAPILA

Six Senses Vana - a wellness retreat, nestled in the tranquil landscapes of Uttarakhand Northern India, offers a luxurious escape into a wholly healing experience.

Located just a 45-minute drive away from Dehradun's Jolly Grant airport, travelers flying from Dubai can opt for a connecting flight via Delhi or consider a direct flight to Chandigarh, followed by a scenic road trip arranged by Vana—a longer but potentially more convenient route.

CULINARY WONDERS AT SIX SENSES VANA

Food is fabulous at Six Senses Vana. Expect carefully cooked, perfectly balanced tasty meals encompassing both vegetarian and non-vegetarian food that includes locally sourced river fish and naturally reared poultry and lamb. Chef Naveen's culinary finesse, especially in crafting Indian vegetarian cuisine, stands out amidst the gastronomic offerings.

IMMERSIVE ACTIVITIES: ON-SITE AND BEYOND

Six Senses Vana presents an array of activities and treatments that celebrate self-discovery and relaxation. From Ayurvedic therapies to Tibetan healing practices, the in-house offerings are a gateway to authenticity and accessibility. The meticulously curated schedule encompasses pottery classes, yoga sessions, insightful talks, and serene walks around the sprawling 21-acre estate.

For the adventurous souls, off-site excursions to locales like the Shantala Devi shrine and the nearby Tibetan monastery add cultural depth and immersive experiences to the retreat.

ATTIRE AND ATMOSPHERE: EMBRACING SIMPLICITY AND UNITY

At Six Senses Vana, simplicity takes center stage as guests are provided with a subtle ensemble of white tunics and trousers, fostering an environment of equality and simplicity.

ACCOMMODATION AND SOLO TRAVELLERS

Accommodation options at Vana cater to ▶



Living in harmony: Ayurveda, Yoga, Tibetan Medicine, and natural healing therapies combine with a kind-hearted team and personalised support.



► varying preferences, offering suites, rooms, and villa-style arrangements. The décor harmonises natural elements with elegance, ensuring a luxurious yet serene ambiance. Solo travelers find solace here, encouraged by the communal dining and the retreat's ethos of fostering connections among guests.

IDEAL SEASONS TO VISIT

The optimal time to visit Six Senses Vana hinges on individual preferences. Late November, with its blend of crisp mornings, warm days, and cool evenings, provides an idyllic setting for relaxation.

In essence, Six Senses Vana stands as a sanctuary that seamlessly weaves luxury with wellness, inviting guests on a transformative journey of self-discovery and tranquility amid Northern India's breathtaking vistas. Its diverse offerings, commitment to inclusivity, and dedication to fostering holistic well-being make it an enticing destination for those seeking genuine peace and healing but no hunger pangs! 🍽️

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Think, feel and eat better:
Every stay at the Six Senses retreat in Dehradun includes full-board accommodation with all meals provided and prepared with guided nutrition.

