



DHAULADHAR MOUNTAINS, DHARAMSHALA

THE THE LEISURE HEALTH JOURNEYS

Prana

A 10-day Himalayan wellness and aesthetic journey

Mumbai / Dharamshala / Mumbai

Step away. Return renewed.

Prana begins in Mumbai, then moves to the Himalayan foothills for yoga, breathwork, nature and time to rest. Back in the city, individual dental, skin and aesthetic consultations shape the care that is appropriate for you. The aim is thoughtful attention to how you move, feel and present yourself - never a predetermined treatment list.

01

Mumbai

DAY 1

Arrive and settle in with your guide beside you.

02

Dharamshala

DAYS 2-6

Movement, meditation, culture and Himalayan stillness.

03

Mumbai

DAYS 7-10

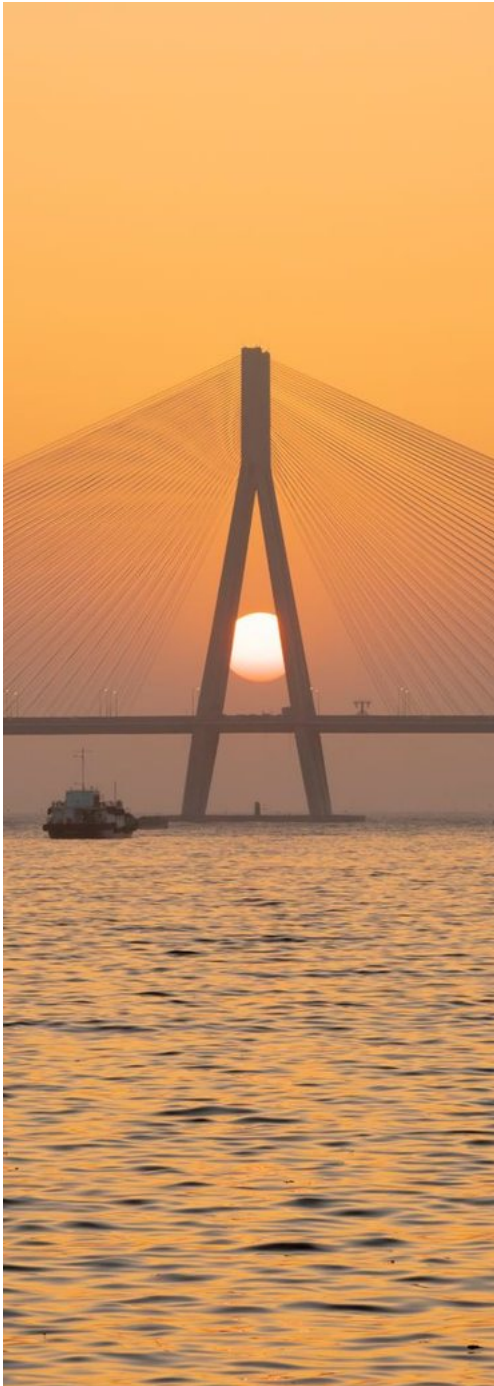
Personalised dental, skin and aesthetic care, subject to clinical advice.



Dental conversation - illustrative image

Arrive, then exhale

MUMBAI TO DHARAMSHALA | DAYS 1-2



Bandra-Worli Sea Link, Mumbai

DAY 01

Arrive in Mumbai

Your guide meets you at the international airport and accompanies you by private transfer to your hotel. The first day is easy: settle in, recover from the flight and share a welcome dinner.

DAY 02

Leave the city behind

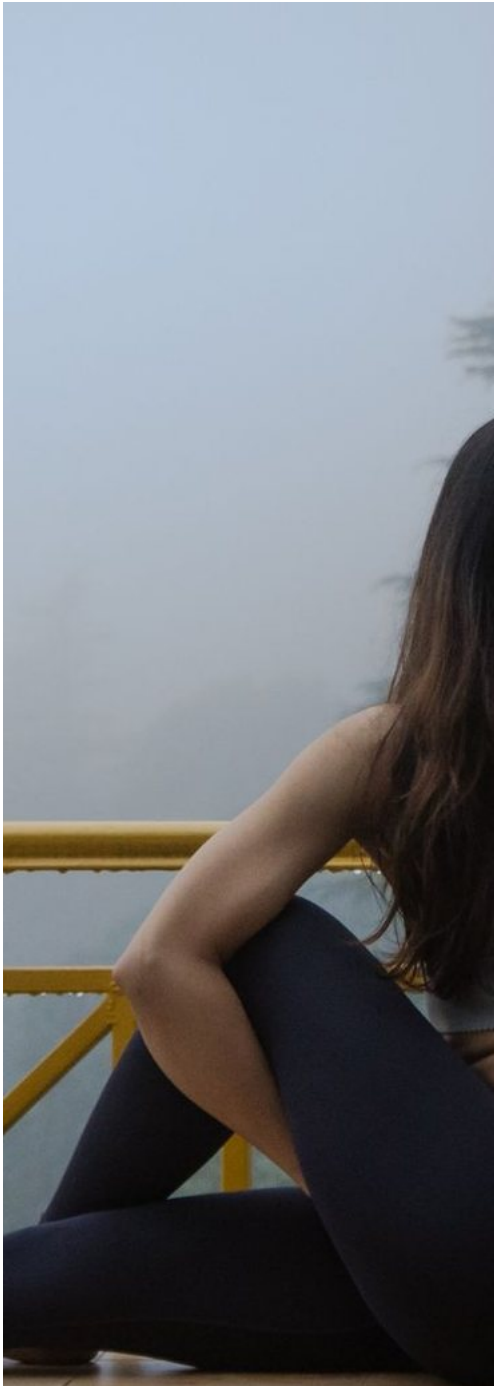
Fly north with your guide towards Dharamshala. Check into your Himalayan retreat, take a gentle walk or sit outside with tea as the pace of the journey changes.

A CHANGE OF PACE

From Mumbai's energy to the quieter pace of the Kangra Valley.

The mountain reset

DHARAMSHALA | DAYS 3-6



Yoga practice in Dharamshala

DAY 03

Move well

Begin with yoga shaped around mobility, balance, posture and breath. Add meditation and a scheduled wellness experience, leaving the afternoon for nature or rest.

DAY 04

Slow the mind

After morning practice, explore Dharamshala's Tibetan and Buddhist cultural setting with your guide. Return to the retreat for a quiet afternoon and evening.

DAY 05

Reset

Move and breathe in the morning, then walk among Kangra Valley landscapes, tea gardens and mountain paths. A scheduled massage or wellness session follows.

DAY 06

Restore

Keep the final Himalayan day unhurried. Yoga and meditation open the morning; the rest of the day is yours for the retreat, a walk, reading or stillness.

Personal care in Mumbai

MUMBAI | DAYS 7-10



Skin consultation - illustrative image

DAY 07

Return and refresh

Fly back to Mumbai. Meet a dental professional for an assessment, then scheduled cleaning and whitening where clinically suitable. Keep the evening relaxed.

DAY 08

Understand your face

A dermatologist or aesthetic physician considers your skin, facial structure and goals. Any scheduled skin or facial treatment follows individual assessment and recovery advice.

DAY 09

Refine

Continue only with procedures your treating physician recommends. Depending on suitability, these may include skin rejuvenation, non-surgical tightening or injectables; leave the afternoon for recovery.

DAY 10

Review and return

Attend a follow-up review where required, with guidance for aftercare. Your guide accompanies you by private transfer to Mumbai International Airport.

The freedom to be looked after.

Your dedicated English-speaking The Leisure Health guide travels with you throughout Prana, coordinating flights, stays, appointments, transfers and the details that make India easier to navigate.

STAYS

Five-star stays

CARE

Scheduled experiences

GUIDANCE

One guide throughout

What the journey includes

- Five-star accommodation in Mumbai and Dharamshala
- Scheduled domestic flights, private ground travel and airport transfers
- Dedicated English-speaking guide and on-ground coordination
- Yoga, meditation, breathwork and scheduled wellness experiences
- Dental assessment and cleaning; whitening where suitable
- Dermatology or aesthetic consultation and agreed, physician-recommended care
- Planned experiences, entry fees and meals as outlined

BEYOND THE PROGRAMME

Additional spa or aesthetic treatments beyond the agreed programme, alcoholic drinks, shopping and personal expenses are paid separately.

The named hotels and practitioners, final treatment plan, inclusions and price are confirmed in your written proposal. Procedures depend on clinical suitability and recovery advice. Clinician images are illustrative, not confirmed providers.