



DISCOVER WELLBEING

THROUGH THE BALANCE OF

BODY, MIND & SPIRIT



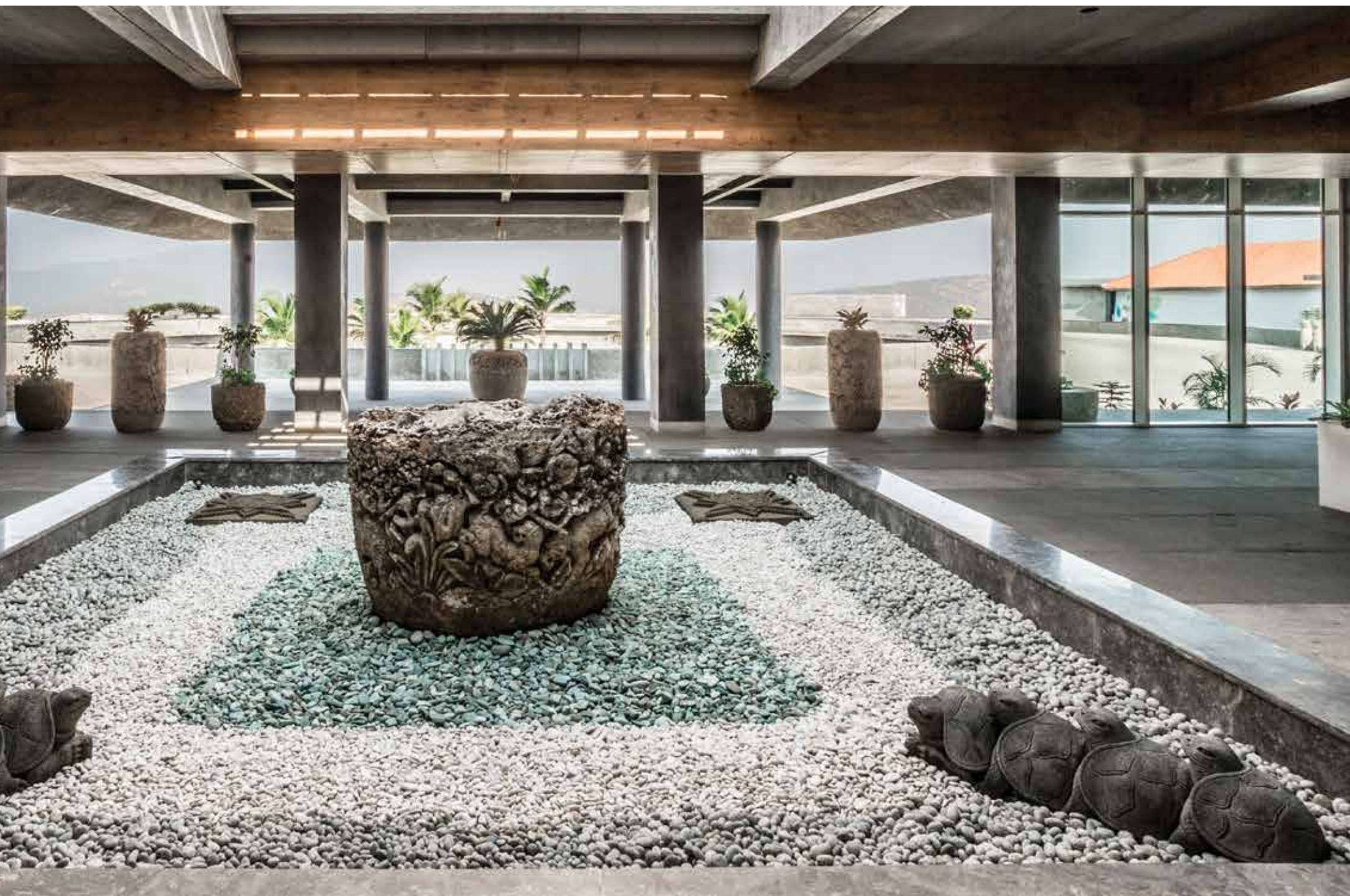
WELLNESS AT PEMA

*"Adopt the pace of nature:
her secret is patience."* - Ralph Waldo Emerson

Embracing a naturopathic vision, Pema Wellness at BayPark is driven by the rhythm and flow of nature to revive the synergy between the Physical, Mental, Emotional, Spiritual and Environmental expressions within. A bespoke program customised to suit the respective goals of each guest, our therapeutic nutrition, daily

guided meditation, yoga and healing practices come together to create a holistic experience of wellbeing with naturopathy at the core. Fostering an environment promoting a healthy lifestyle with sustainability thereafter, every aspect translates into an exquisite experience.









A NATURAL AWAKENING BY THE BAY

Welcome to Pema Wellness at BayPark – a place of expansive sights and intricate walks amidst lush flora, where every view points to the Bay of Bengal.

Embark on a path of self-correction, transformation and be one with nature again in the backdrop of pristine clear waters and nurturing natural environs at the Resort.



WHERE NATURE NURTURES VISUALLY AND HOLISTICALLY



Pema Wellness at BayPark is perched atop the Healing Hills in Vizag with breathtaking and stunning views of the Bay of Bengal on one side and a panoramic view of the mountains on the other side.

Spectacular sunrises and sunsets, along with fresh and soothing sea breeze form the perfect destination for a healing and rejuvenating experience.

The Resort fosters a symbiotic ambience of minimalism interspersed with exquisitely crafted artefacts collected from all over the world. The hand finished walls and flooring embody the labour of love of more than 300 skilled people.



ROOMS

Discover a personal sanctuary to begin the journey with the ideal balance of comfort, luxury and distinctive hospitality within a tranquil ambience.

Relax and refresh in a serene abode where each of the 136 rooms, 8 cottages and exclusive suites come with a soul-soothing sea view.

Be greeted by the mesmerising sea view from each of the rooms. Embrace the silence intercepted only by the sounds of nature and soulful sea waves, to pause and reconnect with oneself.

A Paradise, Pure & Peaceful



FACILITIES

Pema Wellness at BayPark is a leading naturopathic wellness resort that brings innovation, research and experience to the fore. State of the art equipment adorns its expansive facilities including – Restaurant and Juice Bar, Healing Hub, Infinity Pool, Outdoor Reflexology Track, Nature's walking trail, Kriya Rooms and Yoga Halls. A Modern Library stocked with well researched and renowned publications on wellness makes it an ideal learning resource centre.

A Private Beach is the perfect backdrop for uplifting wellness activities in the midst of the therapeutic sea breeze.

*AN OASIS FOR WELLNESS
AND HEALTHY LIVING*





INFINITY POOL

STRENGTHEN AND ENERGIZE
WHERE AQUA MEETS THE SKY

Dive into the soothing hues of blue where the glorious Sky, clear Bay waters and pristine Infinity Pool unite. Discover the magic that water brings to healing when the water itself becomes the treatment table.

Cleanse the natural way with *Jala Yoga* or move freely to the rhythm of water with *Aqua Zumba* enabling joint mobilization and pain reduction for a hydrotherapeutic and purifying experience.





OUTDOOR REFLEXOLOGY TRACK

A walk through our unique modern Outdoor Reflexology Track restores essential balance and equilibrium of the body and mind by activating the reflex points of vital organs.

ON THE RIGHT FOOT TO FITNESS



HEALING & EXPERT CARE

NURTURING HEALTH AND HEALING NATURALLY

The source of any illness at its core is the accumulation of toxins in the body. Move away from solely symptomatic cure and treat the root cause with our nature based treatments that work towards eliminating the toxins and restoring equilibrium in the body.

The healing journey begins with our expert team dedicated to serving an uncompromised wellness experience for every guest.

Beginning with diagnostics and consultations first with our naturopathic doctors and then with our Yoga therapists, a specially crafted diet and treatment program is custom designed for every guest's holistic healing.





THERAPIES

Our naturopathic doctors seek the best fit for each guest with *tailor-made therapy programs*.

With over 80 standardised naturopathic treatments, our experienced team artfully creates the winning combination that actively engages the guest in his or her health.

Achieve detoxification of the body, revitalisation of the mind and healing of the soul in the serene and sublime environs of the Healing Hub.

*REVIVE, REJUVENATE
& BEGIN ANEW*



MANIPULATIVE THERAPY

Nurture and renew the link between body, mind and soul under the expert hands of empathetic healers – where healing manifests physically and spiritually. Applied pressures, movements and techniques come together to form a healing touch pivotal to improvement of circulation, muscle function, stress reduction and mobilization of toxins.

Our Manipulative Therapies include:

- Thai Manual Therapy
- Shirodhara (Third Eye Oil Drip)
- Balinese Therapy
- Swedish Therapy
- Abhyanga (Ayurvedic Manual Therapy)
- Salt Glow Therapy
- Hot Stone Therapy
- Vibro Therapy
- Deep Tissue Therapy
- Foot Reflexology / Clinical Reflexology
- Healing Quartz Therapy



HEALING QUARTZ

WE ARE THE FIRST
WITH THE LATEST

THERAPY

Introducing for the first time in India – the quartz massage bed. Reinventing the ancient Greek practice of ‘Psammotherapy’ that enveloped the body in warm sand to alleviate pain, release muscular tension and promote healing, the Quartz Massage therapy is a remarkable new concept in the field of health & wellness. It brings alive the healing powers of Quartz crystals, with a base of alpha-quartz sand, warmed to the required temperature.



COLON THERAPY

Deep cleanse from within to feel elevation in overall health with our selection of colon therapies that remove toxins, harmful bacteria and worms from the gut for detoxification, pain reduction, improved digestion, decreased acidity and flatulence, thus promoting inner wellbeing. An added benefit is clearer skin and eyes.

RETONE AND RESHAPE THE COLON

ACUPUNCTURE

Revive inner resonance, harmony and balance of the body and mind with the ancient healing technique of Acupuncture. Pin-pointing the disharmony of yin and yang energies within the body, the use of Acupuncture's carefully addressed acupoints evoke the body's natural healing response and stimulate the flow of energy within for promoting relief and cure from a variety of critical ailments.

BALANCE THE ENERGY FLOW (QI)





OZONE CAPSULE

Ozone is nascent oxygen which is antibiotic and antiseptic. It rejuvenates the body forces when exposed to. It neutralises free radicals in the system and prevents numerous diseases including autoimmune disorders. The entire atmosphere on the seaside is charged with nascent O_2 . We also use ozone in hydrotherapies such as ozone rich steam and ozone whirlpool for the overall benefit of the guests.

ANTI-CELLULITE THERAPY

Trim, tighten and tone your way to a new avatar with specially designed non-surgical anti-cellulite therapies for body toning & reshaping at Pema Wellness. Targeting the fat and adipose cells in the body, our treatments deliver the desired results with a firm, smooth and toned body, especially the abdomen, thighs, legs and buttocks, whilst also improving the overall skin and muscular tone.





HYDROTHERAPY

"Water is the life's matter and matrix, mother and medium, there is no life without water." – Albert Szent Gyorgyi

Water provides the means to communicate with oneself and nature, regenerate vitality and inspire change. With 40 to 60 per cent of the body comprising of water, it is a stepping stone to inner detoxification. Our exclusive hydrotherapies applied at different temperatures bring out deep seated toxins from the body, giving relief from inflammation and pain while rejuvenating the vital organs. Different types of hydrotherapeutic procedures at Pema enable joint mobilization, pain relief, and the hydrotherapy transitions seamlessly from being a therapy to more like a dance amidst an environment of relaxation and peace.

SAUNA THERAPY

Detoxifying body and mind one sauna session at a time, the well-equipped sauna therapy rooms at the resort boost the eliminative, detoxifying and cleansing capacity of the skin through stimulation of the sweat glands. Experience a relaxed way to healthy skin tone, weight-loss, anti-aging, pain relief and improved blood circulation, leaving you invigorated and refreshed.





YOGA

*CENTRE THE BODY
CLEAR THE MIND
LIFT THE SPIRIT*

*With our individualised
programs.*

Open up to quiet contemplation, master the breath and let the self be in bliss with specially designed *Kriyas*. Constructive and region focused *Asanas* leave one with a calm mind, rejuvenated senses and harmony within.

Frequent *beach side Yoga* enveloped in the soulful orchestra of the sea and fresh ozone rich breeze uplifts the 'prana' – vitality.



Leave behind the disturbances that disrupt the rhythm of nature and seek a peaceful state of mind with our customised and specially designed Yoga programs.

THERAPEUTIC NUTRITION

A signature mix of panoramic views at the restaurant, exceptional service and innovation makes therapeutic nutrition at Pema a unique experience in itself.

Savour nature's goodness by thriving on the mindfully crafted vegetarian wellness cuisine at Pema.

Our Doctors and Nutritionists carefully design a custom diet plan for every guest with individual requirements in mind.

Behind the well crafted offerings is years of research into the nutritional value, healing properties and calorie composition of various super foods and herbs.

As tasty as it is nutritious, the food at Pema enables indulgence that is guilt-free and satisfies the palate. It heals, detoxifies and leaves one feeling content from within.



*FRESH FIESTA OF
FLAVOURS*

INFUSED WATER

Replenishing the body's water reserve is as essential as nourishing it with wholesome nutritious food. A staple for inner cleansing and detoxification, water elevates one's vitality. Herbs, spices and fruits are fused together with water in carefully researched versatile blends that not only enhance flavour and introduce essential

vitamins, but also boast of healing properties. With 17 varied infusions, wake up to a different flavoured water each new day to keep one thriving.

Enhancing the elixir of life with a flavourful twist





SUSTAINABILITY

A journey towards wellness must be a continuous one. When your stay with us comes to a close, it must not be seen as the culmination of the journey towards a healthier and healed you. The journey has only just begun. We ensure the sustained cultivation of a healthy

The great aim of education is not merely knowledge, but action

lifestyle that remains long after one leaves our abode. Our prescribed diet and treatment plan at the end of the retreat ensures the healing touch never fades and continues to blossom.

TESTIMONIALS

Mr. Sai C & Ruth
Germany

Beautiful place, wonderful treatment, thank you! Keep up the food. It works.

NA Sundari
Singapore

A GREAT TEAM OF BAYPARK HEALTH & WELLNESS. FANTASTIC!
All the service staff is very kind, good, humble, hardworking and polite. Food is great and hospitality is excellent.

NayanaCoulagi
Mumbai

A great and wonderful experience, so glad I came! There has been a great sense of physical and spiritual wellness. The courtesy and attention of the staff has been endearing, the treatments good and ambience great. More power to you. All good wishes always!

Mrs. Kumud Advani
Switzerland

The place, the ambience, the food, and the treatments were all excellent. We will be back again soon!

Reenaa Chandok
Mumbai

It feels like coming back home. Everything is so special for me. A place where my body, mind & soul celebrate and dance with joy! Look forth to coming back soon. The place for me is not a wellness spa, it's a temple of healing. A vortex of abundance.

TESTIMONIALS

Justice Mukul Mudgal
Delhi

A place full of serenity and peace. The staff is extremely well trained and courteous. I have greatly benefitted from my stay at Pema and have recharged myself. Rooms and all services are five star. Many thanks to Dr Murthy and his team.

Mr Harsh Goenka
Businessman, Mumbai

Thank you for all that you have done for us at Pema, we have had a wonderful experience and hope to come back soon. Very good and delicious food. Excellent facilities and treatments. Very courteous and helpful staff.

Ms. Rakul Preet Singh
Film Actor

Loved the entire experience. Extremely welcoming and helpful staff. Completely satisfied with the hospitality, food, treatments and the services. Looking forward to coming back soon. Will miss the food!!!

Mr. Venkatesh Daggubati
Film Actor

Thank you Pema Wellness for giving me a truly blissful experience. The hospitality & treatments are excellent The food is outstanding. Heading home, I feel really good and look forward to returning back. I thank the entire staff and the doctors from the core of my heart- "You all have been wonderful". I would highly recommend Pema as one's problems are treated here, both effectively & efficiently.

Mr. Prakash Raj
Film Actor

I was here, by the sea at Pema Wellness resort -Vizag. It was a wonderful 7-day treatment programme. Very very well equipped, reasonable, sensible treatments, staff, therapists and great food. It sort of instilled a discipline in me. I am feeling invigorated and activated now. I have been searching for this and I am sure I will keep coming back. It's going to be another holiday home. I love the ambiance and the international standard of rooms and other facilities. I am sure you all will love it. I thought of sharing my experiences with you all as I usually share all good things. I think everybody should give it a try.

TESTIMONIALS

Dr. Rishma Pai
Gynaecologist Mumbai

I am Dr. Rishma Pai, a Gynaecologist and this is my first trip to any wellness retreat. It has been a life changing and attitude changing experience for me. I suffer from various allergies and sinusitis and have to take a lot of medication. However, since I have come here except for the first day, I have taken no medicine. I feel, sometimes for chronic issues alternate therapies like massages yogic kriyas, yoga, therapeutic diet in fact going back to nature does help a lot. So it has been a wonderful, relaxing experience. I could manage to get time to myself to eat healthy and introspect as to how we are going to lead our lives in a healthy manner. So I am very very happy and look forward to coming back again in the future.

Ms. Poonam Dhillon
Film Actor

Had the most relaxing time, pampered by the trained and very pleasant therapists. The whole staff is excellent. Wish you all the best. Special thanks to Dr. Murthy and Dr. Varsha.

Ms Ramola Bachchan
Actor & Designer, Delhi

We had a fabulous stay. The place, the ambiance, the food, the treatments were all excellent. Will come back again for sure.

Mr. Harshad R Mehta
Diamond Merchant, Dubai

One of the best wellness centres I have visited. I stayed here for 9 days. I can't describe the feeling. Great place, good food & great therapies. Overall a great experience and a wonderful team. Everything is more than 100%.

Mr. Tarun Tahiliani
Designer, Delhi

Pema was recommended to me by my cousin Ms Ramola Bachahan and I must say I have got some amazing results at Pema. I have had a record breaking weight loss and plan to come here every year. The chef really knows his food which is beautifully served in courses. With its mind altering array of treatments, it reinforces a way of living.

TESTIMONIALS

Mrs. Bina Ramani
Designer Delhi

I have thoroughly enjoyed every moment of my healing stay here. Dr.Murthy is a true master of his art. The staff is very courteous and the therapists are superb. It's a great package of perfection. The food, the food, saying it twice is par excellence. Little genie Dr. Varsha and Yoga master Puneet are excellent. I will definitely be back with friends soon.

Mr. Naresh Gujral
Member of Parliament, Delhi

I was extremely impressed with the professionalism, attention to detail and the commitment of the entire team of doctors and staff.

Mr Mohan Goenka
Businessman, Mumbai

A v well maintained property. Best compliments to Dr. Murthy and wish him all the best.

Mr. Mukesh Jagitiani
Businessman, Dubai

Perfect place for rejuvenation The philosophy/ culture/ ethos is outstanding. The ambiance added to it. Too good, would love to come back again All my wishes to Pema.

Mr. Manna Lal Agarwal
Businessman, Mumbai

V well managed and maintained. Good food with doctors taking great care. Keep it up!!

AWARD



LEADING WELLNESS
AND SPA
RESORT & BRAND

AWARD



BEST HOLISTIC WELLNESS RETREAT

ARTICLES & PRESS NOTE





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