

*You are*  
body.  
*breath.*  
emotion.  
thought.  
*presence.*



*Welcome to the*

UNIVERSE  
*of* YOU

# A Curated Journey of Grace & Soul

- Pema Wellness invites IMC members on a soulful journey through Visakhapatnam—rooted in naturopathy and designed to refresh mind, body, and spirit.
- We are pleased to extend a specially curated offer for the IMC group.
- **For the very first time, Pema presents an exclusive experience with a 30% special discount—not only on the retreat, but also 7% discount in the form of complimentary, custom-crafted services for your group.**
- Choose between the **3-Day Reset & Relax Track** from 15th - 18th January or the **8-Day Signature Detox** from 15th - 23rd January.
- Heritage Handloom Showcase: Experience Vizag's rich weaving legacy with the Kankatala family. Witness master artisans at work and explore a curated selection available for IMC members to purchase directly.



# Reset & Relax Experience: 3 Days

15th - 18th January 2026

Offering	Inclusion
On-site Diagnostics at Arrival (Fit 3D)	Inclusive
Individual Naturopathy Doctor Consultation	As per Reset & Relax Track
Diet	
Nutritious Michelin-worthy Culinary Experiences	Inclusive of all three Meals (including High Tea)
Prescribed Naturopathy Treatments	
Major Massages	1 per day
Minor Massages	1 per day
Detox & Cleansing Treatments	Not Inclusive
Hydrotherapies	1 per day
Acupuncture	1 Consultation + 2 Sessions
Physiotherapy	1 Consultation + 2 Sessions
Ozone Facial Cupping / Pema's Fresh Fruit Facial	1 Session

Offering	Inclusion
Guided Group Wellness Activities	
Yogic Kriyas	1 Session per day
Assisted Barefoot Walks / Reflexology Walks	1 Session per day
Yoga	1 Session per day
Mindfulness	1 Session per day
Vedanta Insights	Sessions alternate daily, 1 per day
Clinical Insights	
Surya Narayana Murthy Havan Ritual	1 Session
Evening Entertainment	1 Flutist / Karaoke / Mentalist Session per day
IMC Led Sessions	
Group Insights	120-Minute Session per day
Cultural Sessions	
Spirituality-led Sessions	Display and Purchase of Handlooms
Heritage Handloom Showcase	To and Fro Airport Transfer on sharing basis

\*Indicative programming and might change based on availability and seasons.



# Reset & Relax Experience: 3 Days

15th - 18th January 2026

Room Category	Trip Cost (Per Person)	IMC Registration Charges	
	(In INR)	(Per Person)	
Standard Room on Single Occupancy Basis	INR 97,650 with GST	Members	Non - Members
		INR 3000	INR 4000
Standard Room on Double Occupancy Basis	INR 85,050 with GST	INR 3000	INR 4000
Premium Balcony Room on Single Occupancy Basis	INR 1,20,750 with GST	INR 3000	INR 4000
Premium Balcony Room on Double Occupancy Basis	INR 1,01,850 with GST	INR 3000	INR 4000
Payment Details	<b>Beneficiary Name:</b> HEI Hospitalities Private Limited Beneficiary		<b>Account Name:</b> LADIES WING OF INDIAN MERCHANTS CHAMBER
	<b>Beneficiary Bank:</b> ICICI Bank Ltd		<b>A/c No:</b> 319502010032982
	<b>Account No:</b> 479105000060 IFSC Code: ICIC0004791		<b>IFSC Code:</b> UBIN0531952
	<b>Swift Code (international transactions):</b> ICICINBBNRI		<b>Bank:</b> Union Bank of India
	<b>MICR Code:</b> 530229027		<b>Branch:</b> Veer Nariman Road Branch Account Type: Savings Account
	<b>Address:</b> ICICI Bank Ltd, G1, My Fair Apartment, Yendada, Visakhapatnam, Andhra Pradesh 530045		

## Please Note:

- This is a one-time privileged offer, created uniquely for your group, and will not be applicable for future bookings.

- An exclusive 30% discount has been extended along with an additional 7% in the form of complimentary services worth INR 32,997.

- Trip cost includes GST

- Quote is based on 30 pax travelling.

- Airport transfers by Innova car will be on a **shared basis for two persons**.

Guests opting for a **private transfer** will incur an additional charge of **INR 3,150**.

- Any changes may result in a change in Price

## • Suggested Flight Details

### Onwards Journey

**Mumbai → Visakhapatnam** | IndiGo | 15 January 2026 (Thursday)

**Departure:** 05:30 AM from Mumbai

**Arrival:** 07:40 AM at Visakhapatnam

### Return Journey

**Visakhapatnam → Mumbai** | IndiGo | 18 January 2026 (Sunday)

**Departure:** 08:20 AM from Visakhapatnam

**Arrival:** 10:40 AM at Mumbai



# Reset & Relax Experience: 3 Days

15th - 18th January 2026

## Exclusions on Additional Charge

- Diagnostic Testing: Not required for guests on the Reset & Relax track.
- Airfare is not included
- Airport transfers by Innova car will be on a **shared basis for two persons**. Guests opting for a **private transfer** will incur an additional charge of **INR 3,150**.
- Laundry: Laundry charges will vary depending on the type of garment

## Please note:

- Complimentary offered Physiotherapy & Acupuncture Sessions are Non-Transferable and cannot be exchanged for any other services.
- Prior booking is required for Ozone Facial Cupping and the Pema Fresh Fruit Facial.
- Any additional requests are subject to availability.
- All prices are subject to change depending on government tax policy, without prior notice.
- All retreat terms and conditions apply.
- ***All prices are inclusive of taxes and fees.***



STANDARD



PREMIUM BALCONY

Additional services inclusive of 3 Acupuncture, 3 Physiotherapy, 1 Ozone Facial Cupping / Pema Fresh Fruit Facial sessions





# Pema Signature Detox: 8 Days

15th - 23rd January 2026

Offering	Inclusion
On-site Diagnostics at Arrival (Fit 3D)	Doctor -prescribed testing to be done at cost
Individual Naturopathy Doctor Consultation	As per Pema Signature Detox
Diet	
Doctor-Prescribed Diet	Meals as prescribed by Naturopathy Doctor
Prescribed Naturopathy Treatments	
Major Massages	All treatments as prescribed by Doctor
Minor Massages	All treatments as prescribed by Doctor
Detox & Cleansing Treatments	All treatments as prescribed by Doctor
Hydrotherapies	All treatments as prescribed by Doctor
Acupuncture	1 Consultation + 5 Sessions
Physiotherapy	1 Consultation + 5 Sessions
Ozone Facial Cupping / Pema's Fresh Fruit Facial	1 Session

Offering	Inclusion
Guided Group Wellness Activities	
Yogic Kriyas	1 Session per day
Assisted Barefoot Walks / Reflexology Walks	1 Session per day
Yoga	1 Session per day
Mindfulness	1 Session per day
Vedanta Insights	3 Sessions per week
Clinical Insights	4 Sessions per week
Surya Narayana Murthy Havan Ritual	1 Session
Evening Entertainment	1 Flutist/ Karaoke / Mentalist Session Per Day
IMC Led Sessions	
Group Insights	2 Sessions per week
Cultural Sessions	
Spirituality-led Sessions	Display and Purchase of Handlooms
Heritage Handloom Showcase	To and Fro Airport Transfer on sharing basis

\*Indicative programming and might change based on availability and seasons.

# Pema Signature Detox: 8 Days

15th - 23rd January 2026

Room Category	Trip Cost (Per Person)	IMC Registration Charges	
	(In INR)	(Per Person)	
		Members	Non - Members
Standard Room on Single Occupancy Basis	INR 2,32,750 with GST	INR 3000	INR 4000
Standard Room on Double Occupancy Basis	INR 2,01,950 with GST	INR 3000	INR 4000
Premium Balcony Room on Single Occupancy Basis	INR 2,88,750 with GST	INR 3000	INR 4000
Premium Balcony Room on Double Occupancy Basis	INR 2,41,150 with GST	INR 3000	INR 4000
Payment Details	<b>Beneficiary Name:</b> HEI Hospitalities Private Limited <b>Beneficiary Bank:</b> ICICI Bank Ltd	<b>Account Name:</b> LADIES WING OF INDIAN MERCHANTS CHAMBER	
	<b>Account No:</b> 479105000060	<b>A/c No:</b> 319502010032982	
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• **An exclusive 30% discount has been extended along with an additional 7% in the form of complimentary services worth INR 56,997.**

• Trip cost includes GST

• Quote is based on 30 pax travelling.

• Airport transfers by Innova car will be on a **shared basis for two persons.**

Guests opting for a **private transfer** will incur an additional charge of **INR 3,150.**

• Any changes may result in a change in price.

## • Suggested Flight Details

### Onwards Journey

**Mumbai → Visakhapatnam** | IndiGo | 15 January 2026 (Thursday)

**Departure:** 05:30 AM from Mumbai **Arrival:** 07:40 AM at Visakhapatnam

### Return Journey

**Visakhapatnam → Mumbai** | IndiGo | 23 January 2026 (Friday)

**Departure:** 08:20 AM from Visakhapatnam **Arrival:** 10:40 AM at Mumbai



# Pema Signature Detox: 8 Days

## Exclusions on Additional Charge

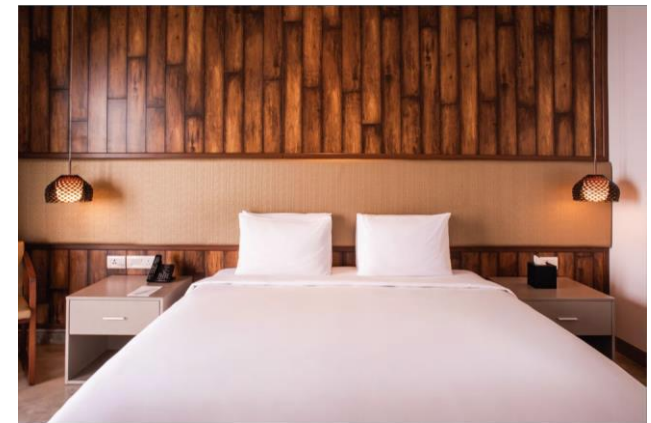
- Diagnostic Testing: Guests can carry latest medical reports (within 3 months). If unavailable, we can arrange a comprehensive blood test at INR 10,790 per person.
- Airfare is not included
- Airport transfers by Innova car will be on a **shared basis for two persons**. Guests opting for a **private transfer** will incur an additional charge of **INR 3,150**.
- Laundry: Laundry charges will vary depending on the type of garment



STANDARD

## Please note:

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- ***All prices are inclusive of taxes and fees.***



PREMIUM BALCONY



# Sankranti at Pema: A Celebration of Light, Colour & Renewal

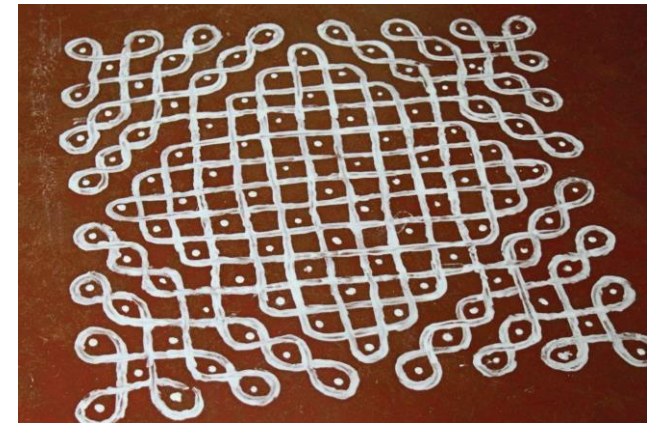
## Celebrate Sankranti the Pema Way

Experience the joy of Andhra's harvest festival amidst the tranquil beauty of the Healing Hills. At Pema, we honour the season of gratitude and renewal with soulful, community-led experiences that bring together tradition, wellness, and joy.

### Highlights include:

- **Kite Flying:** Take to the open skies with colourful kites — a symbol of freedom and new beginnings.
- **Rangoli Creation:** Express artistry through vibrant patterns crafted from natural ingredients.
- **Bhogi Fire Ritual:** Gather around the ceremonial fire for a purifying ritual to let go of the old and welcome the new.
- **Dhimsa Folk Dance:** Witness the rhythmic grace of this tribal dance from the Araku hills, celebrating unity and movement.

Each moment is designed to immerse you in the festive spirit while aligning with Pema's ethos of mindful celebration — connecting body, emotion, and presence.



*Enter the*  
**UNIVERSE**  
*of YOU*

Healing Hills, Visakhapatnam, India

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