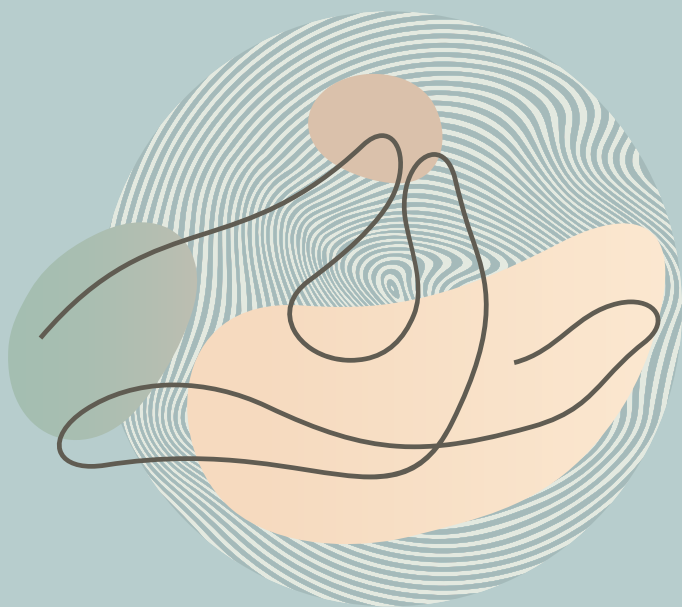


RESONANCE

Retreats





Our retreats are thoughtfully curated to offer an immersive experience of holistic wellness in breathtaking surroundings, drawing on the rich culture, cuisine, and traditions of the region. Each retreat is designed to rejuvenate your mind, body, and spirit, while connecting you with the healing powers of nature.

All our retreats include:

- Accommodation
- Wellness Consultation: A personalized consultation to align the retreat with your wellness goals.
- Wellness Cuisine: Daily wholesome meals crafted to nourish both body and mind.
- A choice of daily fresh juice and healthy gourmet snacks



RESONANCE SIGNATURE RETREAT



The Resonance Signature Retreat at Ambiance Resort Hunza is thoughtfully designed to refresh your mind, body, and spirit. This retreat allows you to reconnect with nature and yourself through holistic wellness practices, nourishing cuisine, and personalized treatments, leaving you revitalized and deeply restored.

Guests may opt for a 3-day, 5-day, or 7-day retreat.

What's Included	3 Days and 4 Nights	5 Days and 6 Nights	7 Days and 8 Nights
Resonance Harmony: A signature full-body massage combining therapeutic techniques with warm compresses to restore balance and ease tension.	2 sessions	3 sessions	5 sessions
Hunza Vitality: A revitalizing treatment that blends deep tissue massage with techniques designed to restore energy and promote circulation.	-	1 session	1 session
Gut Harmony Massage: A specialized abdominal massage that focuses on improving digestive health and promoting overall wellness.	-	-	1 session
Super Stretch: A guided stretching session designed to improve flexibility, release muscle tension, and enhance mobility.	1 session	1 session	2 sessions
Facial: A revitalizing facial treatment tailored to your skin's needs.	1 session	1 session	1 session
Fitness Activity: A customized fitness session that can include yoga, strength training, or other wellness exercises.	1 session	2 sessions	3 sessions

The Resonance Signature Retreat offers flexibility in duration, with each version carefully designed to provide a restorative and refreshing escape. Whether you choose a short, energizing break or a full week of holistic care, you'll leave feeling balanced, renewed, and deeply connected to both nature and yourself.

FIT AND LEAN RETREAT



The Fit and Lean Retreat at Ambiance Resort Hunza empowers you to achieve balance, strength, and sustainable fitness while building a deep connection with your inner self. Combining dynamic physical activities with holistic wellness practices, this retreat offers a comprehensive approach to wellbeing, leaving you feeling stronger, healthier, and more energized.

Guests may opt for a 5-day or 7-day retreat.

What's Included	5 Days and 6 Nights	7 Days and 8 Nights
Nutritional Consultation: A personalized session to create a nutrition plan aligned with your fitness goals.	1 session	1 session
Resonance Harmony: A signature full-body massage combining therapeutic techniques with warm compresses to restore balance and ease tension.	3 sessions	5 sessions
Deep Tissue Massage: A focused massage that targets deep muscle layers to relieve tension and enhance recovery.	1 session	1 session
Gut Harmony Massage: A specialized abdominal massage that focuses on improving digestive health and promoting overall wellness.	1 session	1 session
Manual Lymphatic Drainage (MLD): A gentle massage technique designed to stimulate the lymphatic system and detoxify the body.	1 session	1 session

What's Included	5 Days and 6 Nights	7 Days and 8 Nights
Super Stretch: A guided stretching session designed to improve flexibility, release muscle tension, and enhance mobility.	1 session	1 session
Fitness Activity: A customized fitness session that can include yoga, strength training, or other wellness exercises.	4 sessions	6 sessions
Gym Stretching: A customized stretching session to enhance your workout recovery.	1 session	3 sessions
Post-retreat Follow-up (nutrition and fitness)	1 session	2 sessions

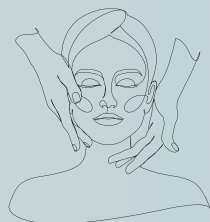
The Fit and Lean Retreat is designed to help you achieve your fitness goals while also focusing on overall wellness. Whether you choose the 5-day or 7-day option, this retreat provides a balanced and holistic approach to physical wellbeing, leaving you feeling fit, energized, and reconnected with yourself.

NATURAL LONGEVITY RETREAT



The Natural Longevity Retreat at Ambiance Resort Hunza is designed to promote anti-aging and long-term vitality. Through a blend of ancient healing traditions and modern wellness techniques, this retreat focuses on restoring youthful energy, enhancing skin health, and supporting overall longevity. Guests will experience treatments aimed at revitalizing the body, mind, and spirit, helping you feel rejuvenated and balanced.

Guests may opt for a 3-day, 5-day, or 7-day retreat.



What's Included	3 Days and 4 Nights	5 Days and 6 Nights	7 Days and 8 Nights
Resonance Harmony: A signature full-body massage combining therapeutic techniques with warm compresses to restore balance and ease tension.	2 sessions	3 sessions	5 sessions
Hot Stone Massage: A soothing massage using warm stones to relax muscles and release deep tension.	1 session	1 session	1 session
Gut Harmony Massage: A specialized abdominal massage that focuses on improving digestive health and promoting overall wellness.	-	-	1 session
Sacred Cleansing: A holistic body treatment that promotes circulation, detoxification, and deep relaxation, supporting skin health and overall vitality.	-	1 session	1 session
Resonance MLD Facial: A gentle massage technique designed to stimulate the lymphatic system and detoxify the body.	1 session	-	-
Firming Facial: A rejuvenating facial designed to lift and firm the skin, leaving it radiant and youthful.	1 session	1 session	1 session
Fitness Activity: A customized fitness session that can include yoga, strength training, or other wellness exercises.	-	1 session	2 sessions
Hunza Herbal Tinctures: Herbal remedies designed to support digestion and overall wellbeing.	3	6	8

What's Included	3 Days and 4 Nights	5 Days and 6 Nights	7 Days and 8 Nights
Post-retreat Follow-up (nutrition and fitness)	-	1 session	2 sessions

The Natural Longevity Retreat focuses on anti-aging practices and long-term vitality. With treatments that nourish the body and rejuvenate the mind, this retreat provides a holistic approach to maintaining youthfulness and wellbeing.

RESTORATIVE SLEEP RETREAT



The Restorative Sleep Retreat at Resonance is designed to help you achieve deep, restful sleep while reducing stress and tension. This retreat uses a blend of therapeutic treatments, mindfulness practices, and relaxation techniques to calm the mind, soothe the body, and promote lasting wellbeing.

Guests may opt for a 3-day, 5-day, or 7-day retreat.



What's Included	3 Days and 4 Nights	5 Days and 6 Nights	7 Days and 8 Nights
Resonance Harmony: A signature full-body massage combining therapeutic techniques with warm compresses to restore balance and ease tension.	2 sessions	3 sessions	5 sessions
Hot Stone Massage: A soothing massage using warm stones to relax muscles and release deep tension.	-	-	1 session
Serenity Fusion Massage: A deeply relaxing massage designed to calm the nervous system and enhance sleep.	1 session	1 session	1 session

What's Included	3 Days and 4 Nights	5 Days and 6 Nights	7 Days and 8 Nights
Body Wrap: A detoxifying and hydrating treatment designed to soothe the skin and promote relaxation.	-	-	1 session
Facial: A rejuvenating facial treatment tailored to relax and refresh the skin	-	-	1 session
Sound Bath: A soothing sound therapy session that promotes mental clarity and deep relaxation.	1 session	1 session	1 session
Breathwork : Guided breathing techniques to help reduce stress and prepare the body for restful sleep.	1 session	3 sessions	3 sessions
Hunza Herbal Tinctures: Herbal remedies designed to support digestion and overall wellbeing.	3	6	8
Post-retreat Follow-up (nutrition and fitness)	-	1 session	1 session

The Restorative Sleep Retreat is carefully designed to help you manage stress and improve sleep quality through a combination of soothing treatments and mindfulness practices. Whether you select a short retreat or an extended stay, you'll leave feeling deeply relaxed, refreshed, and rejuvenated.



DIGESTIVE WELLNESS RETREAT



The Digestive Wellness Retreat at Resonance is designed to enhance digestive health, which serves as the cornerstone of overall wellness and longevity. This retreat focuses on cleansing, detoxifying, and revitalizing your digestive system through a combination of therapeutic treatments, mindful practices, and nourishing cuisine.

Guests may opt for a 5-day or 7-day retreat.

What's Included	5 Days and 6 Nights	7 Days and 8 Nights
Resonance Harmony: A signature full-body massage combining therapeutic techniques with warm compresses to restore balance and ease tension.	3 sessions	5 sessions
Serenity Fusion Massage: A deeply relaxing massage designed to calm the nervous system and enhance sleep.	-	1 session
Gut Harmony Massage: A specialized abdominal massage that focuses on improving digestive health and promoting overall wellness.	2 sessions	3 sessions
Sacred Cleansing: A holistic body treatment that promotes circulation, detoxification, and deep relaxation, supporting skin health and overall vitality.	1 session	1 session
Resonance MLD Facial: A facial treatment to stimulate lymphatic drainage and improve skin clarity.	-	1 session
Fitness Activity: A customized fitness session that can include yoga, strength training, or other wellness exercises.	2 sessions	2 sessions

What's Included	5 Days and 6 Nights	7 Days and 8 Nights
Detoxifying Vegetable Juice & Hunza Herbal Tinctures	6	8

The Digestive Wellness Retreat offers both 5-day and 7-day options, each designed to cleanse and restore your digestive system while promoting long-term vitality. Through personalized treatments and mindful practices, this retreat helps you build a foundation of wellness, leaving you feeling lighter, revitalized, and reconnected to your body's natural rhythms.



RESONANCE

the spa and wellness space at

ambiance
RESORT • HUNZA



+92 332 3334987



[ambiancehotels.net](https://www.ambiancehotels.net)



resonance@ambiancehotels.net

