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Let Nature Offer Holistic Experiences To Your Body, Mind & Soul At SUJÁN

The true art of healing comes from nature and heals you from within. And [SUJÁN](#) seems to understand this better than anyone else, as each of its properties thinks of wellness as much more than just spa therapies, and carefully curate holistic experiences for complete well-being. By Sushmita Srivastav



Allow the unmatched power of nature benefit you in the true sense as you arrive at [SUJÁN](#). Let the great natural outdoors charm you first, and connect with the local milieu of different destinations through nature and traditions as you onset your wellness journey. Then, be ready to be amazed by how nature's intrinsic gifts offer you priceless benefits and authentic experiences here.



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At every [SUJÁN](#) property, these unique experiences are built upon indigenous healing practices, native plants and herbs, culinary traditions, and historical influences. Created over the globally renowned *raison d'être* of wellness, [SUJÁN](#)'s spa facilities across the properties are highly acclaimed, and this summer, [SUJÁN – The Serai in Jaipur](#), Rajasthan, is ready with some refreshing wellness experiences.



The eclectic menu of therapies here at [The SUJÁN Spa](#) serves to every mood and demand – offering right from reflexology to cleansing scrubs and relaxing massages. Prepared from blending natural, organic ingredients with an array of healing herbs, the Ayurvedic products used during [traditional Indian therapies](#) are sure to make one feel soothed and cured. Some of the oils and creams are even hand-blended and made bespoke for [SUJÁN](#). The signature treatment of the Sand Scrub and Wrap—that includes gentle body exfoliation with sand, beeswax, tea leaves chamomile, and ginger essential oils, followed by body wrap in a mix of rose petals, rose oil, vetiver, black pepper, and sandalwood — leaves you with a refreshed self.



The spa setting at [SUJÁN The Serai](#) has a pool inspired by the traditional Indian step well design, with four treatment tents, pitched next to it in an enclosed walled garden. Wanting to try something other than the usual? Pick to go for your yoga or therapy session at the [desert](#) yoga deck, and other various locations in the wilds around the estate. Once done, sit down to gorge on some fresh [organic meal](#). Rising early for a sunrise meditation class is also revered as a must-do here.