







About Us

Between France and India, Yoga Tree Retreat philosophy is embodied in various events and venues. In Pondicherry, South India, we are delighted to share our expertise at Dune Eco Village and Spa, where the Dune Healing Center was one of Deepak Chopra's Ayurvedic medicine centres for many years.

In the heart of the ecovillage, the Dune Healing Center offers a wide range of wellness treatments: 10 treatment rooms to discover Ayurveda, a large and a small Shala where you can practise yoga and meditation every day. Here, Ayurveda reveals its healing power through authentic treatments and detoxification cures, including Panchakarma (a 5-treatment therapy to eliminate stagnant toxins and purify the body).

The hotel's resident Ayurvedic doctor will provide ongoing monitoring to guarantee you the best results. Doctor, Sandeep Purushothaman hails from a family of doctors in Kannur Kerala. He graduated BAMS from Kottakkal Ayurveda College, Kerala in 1995.

Dr. Sandeep has worked in India at Greens Ayurveda Hospital (2014-2022) and abroad in Maldives (2004-2007) and Russia, Moscow City (2010 -2014).

He is a well-versed specialist in the field of ancient Ayurvedic knowledge and he is very experienced in treating a wide range of diseases, such as arthritis, spinal disorders, skin problems, stress-related diseases and disorders of the genitourinary system.

He has good knowledge in the fabrication of Ayurvedic medicines.

He is also a practitioner of Therapeutic Yoga. He has done his Post Graduate Diploma in Yoga from Annamalai University, Tamil Nadu. He combines his knowledge in Ayurveda with yogic skills to yield better results for his patients.





Welcome To Dune Healing Center !

The team of healers at Dune Healing Center are delighted to receive you in their unique Healing Space.

Transmitting the essence of Ayurveda and guiding you towards profoundly transformative experiences for body and mind is our mission. Let the ancient Divine Sciences of Yoga and Ayurveda rejuvenate your body and nourish your cells with “Amrit” the nectar of immortality from the gods.

The various treatments and cures offered at the Dune Healing Center, ranging from 1 to 21 days, includes the following elements:

- Consultation with Doctor to define the constitution, its imbalances and personalised cure plan.
- Accommodation in nature cool bungalows or air-conditioned rooms.
- Daily personalised Ayurvedic meals cooked with fresh vegetables and fruit from the garden.
- Daily Ayurvedic massages or treatments with medicated oils carefully chosen by the Ayurvedic doctor according to each person's needs.
- Cooking session with recipes and advice
- Ayurvedic herbal shower and or medicated steam bath
- Every day, 1 hour of yoga in the morning and 1 hour of meditation in the evening
- Natural Ayurvedic remedies based on organic plants
- Consultations throughout the cure to monitor progress and adjust the programme if necessary

Our beauty treatments will finally take care of your physical outer glow letting your new vitality shine through your hair and skin.

To experience all these we recommend you use this place to the maximum, try our unique package programs and let us restore you to a state of Balance and Unity.

Enjoy !



Yoga

Please register
for Yoga class

Monday to Friday

7.00-8.00 AM

Dr Sandeep. P (BAMS. PGDY)
Principles of Therapeutic Yoga

Saturday and Sunday

7.00-8.00 AM

Mr. Neelakandan
Diploma in Ashtanga yoga
Won 2nd price in International yoga festival,
Won 3 times first price in National yoga festival,
Won 4 times first price Tamil Nadu State yoga festival.

Pranayama and Meditation:

6.00-7.00 PM

Private lesson on request

Multigym

Free For All.

7.00 AM to 7.00 PM

Ayurvedic Massages

General Massage • Abhyangam (1h)	Inr 2.200
Head Massage • Shiroabhyangam (30 mn)	Inr 990
Face Massage • Mukhabhyangam (30 mn)	Inr 990
Kerala Rejuvenation Massage • Ayur Abhyangam (2h00) Includes medicated steam bath and herbal shower	Inr 3800
Medicated Steam Bath (20mn)	Inr 750
Ayurveda Doctor consultation (1h)	Inr 3500
Ayurveda Discovery 1 day	Inr 11.500

Ayurvedic Cure

Detoxification Program • Panchakarma Chikitsa

	In AC Room	In Eco Cottage
7 days	Inr 137.200	Inr 123.500
14 days	Inr 268.800	Inr 242.900
21 days	Inr 394.800	Inr 358.000

Rejuvenation Program • Rasayana Chikitsa

	In AC Room	In Eco Cottage
7 days	Inr 140.700	Inr 127.000
14 days	Inr 275.800	Inr 249.900
21 days	Inr 405.300	Inr 368.500

Anti Stress Program • Manashanti

	In AC Room	In Eco Cottage
7 days	Inr 130.200	Inr 116.500
14 days	Inr 254.800	Inr 228.900
21 days	Inr 373.800	Inr 337.000

Slimming Program • Lekhaneeyam Chikitsa

	In AC Room	In Eco Cottage
21 days	Inr 394.800	Inr 358.000
28 days	Inr 526.400	Inr 477.400
35 days	Inr 658.000	Inr 596.700

Above packages includes doctor consultation, treatments, ayurvedic meal and accomodation for single occupancy.
Rate valid till 31st March 24 and not valid from 20th Dec to 31st Dec.





Beauty Treatments

Facial

Shashtika Facial • 1 Hour

Inr 1900

Cleansing with curd, scrubbing with Shashtika rice and milk. Steaming to remove dead skin. Massage with honey and aloe vera gel. Face pack (Shashtika powder and Multani mitti with milk and honey). Toner with rose water. **Benefits:** Nourishes the skin deeply, brings a lasting glow, for hyperpigmentation, for dull complexion and Acne vulgaris.

Kumkumadi Facial • 2 Hours

Inr 2900

Cleansing with curd, scrubbing with Shashtika rice and milk. Steaming to remove dead skin. Massage with Kumkumadi oil. Mask with Kumkumadi powder. **Benefits:** For dull complexion, scars, wrinkles, hyperpigmentation, blemishes, pimples and sun taints.

Vegetable Facial • 1 Hour

Inr 1750

Cleansing with potato slice, scrubbing with carrot juice + sugar. Steaming to remove dead skin. Massage with Aloe Vera. Face pack with mashed potatoes with 1 teaspoon of yoghurt mixed with green gram powder. Toner with rose water. **Benefits:** Provide ultimate hydration and moisturization, brightens the skin tone, repair dry skin, shields from sun damage.

Fruit Facial • 1 Hour

Inr 1900

Cleansing with potato slice, tomato slice and banana peel. Scrubbing with carrot juice and sugar. Steaming to remove blackheads and whiteheads. Massage with aloe vera. Face pack with papaya, banana, milk and honey. Toner with rose water. **Benefits:** Improves the skin tone, deep cleansing of the skin, reduce dark spot.

Anti-Wrinkle Facial • 1 Hour

Inr 1850

Cleansing with curd, scrubbing with sugar and milk. Sweating the face with steamer. Massage with honey and milk, face pack with 1 egg-white mixed with honey, white rice powder, milk and few drops of olive oil. Toner with Rose water. **Benefits:** Tighten the skin, restore its elasticity, reduce the prominence of wrinkles.

Hair Treatments

Hot Oil Treatment • 1 Hour

Inr 1900

Oil application; all over the head, head massage. Sweating face with steamer. Hair wash with herbal shampoo and dry the hair. Hair mask with two egg white mixed with lemon juice 2/3 drops and vitamin E capsule. **Benefits:** Increase blood flow to the scalp, promotes the growth of healthier hair and prevention of premature hair loss. Also help with hair breakage.

Henna Treatment • 1 Hour

Inr 1800

Preparation of Henna powder with amala powder, curd, lemon juice, (2-3 drops) and tea powder. Head massage, apply hair mask all over the hair, wash after 2-3 hours, Dry the hair, Apply some coconut oil/hair serum. **Benefits:** Anti-fungal and antimicrobial properties, dandruff, eczema, fungal infections and wounds.

Pedicure And Manicure • 1 Hour

Inr 1750

Soak with warm water and tea tree oil. Clean the feet. Apply cuticle cream, clean the nails then cut and shape them. Massage the feet with turmeric and coconut oil, scrub with herbal powder. Massage with honey and lemon juice, Pack – Few drops of lemon juice, milk, honey and Multani mitti.

Benefits of Pedicure: Good in dryness of feet, brittle nails of legs, relaxation, cracked heels.

Benefits of Manicure: Dry hands, brittleness of finger nails, roughness of palm.



How and when should I make my appointments?

Reservations may be made online with our reservation team booking@dunewellnessgroup.com (this is for a request only and should be done at least 24 hours prior to your visit) or by calling the Dune Healing Center directly at 9345139083. We encourage you to schedule your services well in advance of your visit to ensure the widest selection of treatments and appointment times.

What is the Dune Healing Center cancellation policy?

We respectfully ask that you give the center a minimum of 6 hours notice if you must cancel an appointment. The full service(s) cost will be charged for any late cancellation or no-show appointment. For Cure packages: 1 night retention if cancellation between 30 days to 14 days from arrival. No refund in case of cancellation 14 days prior to arrival.

How should I tip my therapist?

A 10% gratuity would be recommended. Please drop it in the Tip box at the Spa reception. It will be shared equally for all.

What time should I arrive for my appointment?

We ask that you arrive at least 15 minutes prior to the start time of your first scheduled service. This will allow you time to check in at the desk, and complete a Health History Questionnaire.

What if I'm late?

Arriving late will limit the time for your treatment, lessening its effectiveness and your enjoyment. As your service was reserved at a specific time, your treatment will end at its set time so that the next guest is not inconvenienced and the full treatment price will apply.

We shall not be responsible for lost or damaged items, so may we request that you leave any valuables behind in your room safe and not bring to the Spa.

What should I wear during my massage?

During your service, you will be professionally draped at all times. You are not obliged to wear anything under your robe or during your service. Some guests prefer to leave their undergarments on or wear a bathing suit during massage services. Please feel free to do what feels most comfortable to you

What should I wear into the steam box?

Some guests wear their robes or wrap up in towels. Please feel free to do what feels most comfortable to you.

What amenities are available at the Healing Center ?

Spa guests are welcome to relax in lobby or the spa garden and enjoy the light refreshments (tea, welcome drink, water).

What are the operating hours?

We operate from 7.30 AM for Yoga and 8.30 AM for Treatments to 6 Pm.

Should I shave before my services?

We recommend allowing several hours between shaving and receiving any service that involves an exfoliation (body services, scrubs, gentlemen's facial) to decrease the risk of skin irritation or discomfort.

What are my responsibilities as a guest?

Please advise our staff of any special requests, sensitivities or allergies, if you are pregnant, nursing or taking any medications. We will use this information to keep you comfortable and safe throughout your experience. Please notify us of any discomfort or preferences regarding room temperature, music volume or massage pressure.

If I'm pregnant, what services can I receive?

Expectant guests may kindly check with the doctor for services that they can receive.

What if I have special medical conditions?

We recommend that you check with your physician before visiting the us. Please notify us of any special needs or concerns when you book your services. Your therapist will also briefly review your health history with you before beginning your service. If (s)he believes that the service you are scheduled for is unsafe based on any information given, (s) he may recommend canceling the service, booking another service or modifying the service to make it safe for you. As we are most concerned about your safety and comfort, the Healing Center reserves the right to refuse service to any guest at any time

Enjoy!!!

For booking

Please call: +91 9345139083 or +91 9487810298

