

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



poema
Wellness

Welcome to the
UNIVERSE
of YOU

Exclusive Invitation to IMC Members

A Wellness Retreat at Pema Wellness, Visakhapatnam

Pema Wellness warmly invites IMC members to experience a transformative journey rooted in naturopathy—designed to restore the mind, rejuvenate the body, and uplift the spirit.

EXCLUSIVE IMC PRIVILEGE

For the first time, we are pleased to extend:

30% Special Retreat Privilege

plus An additional INR 19000 worth of services for 5 Days and INR 30000 worth of services for 8 Days

RETREAT OPTIONS

5-Day Reset & Relax | *11th – 16th June*

A restorative programme focused on relaxation, gentle detox, yoga, and therapeutic treatments.

8-Day Signature Detox | *11th – 19th June*

A comprehensive, medically guided detox designed to cleanse, rebalance, and renew.

CULTURAL EXPERIENCE

Heritage Handloom Showcase with the Kankatala Family

Witness master artisans at work and explore a curated handloom collection available exclusively for IMC members.

We look forward to welcoming you to a refined experience of healing, culture, and conscious living at Pema Wellness.



Reset & Relax Experience: 5 Days

11th – 16th June 2026

Offering	Inclusion
On-site Diagnostics at Arrival (Fit 3D)	Doctor-prescribed testing to be done at cost
Individual Naturopathy Doctor Consultation	As per Programme
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 + 2 Sessions
Physiotherapy	1 Consultation + 2 Sessions
Ozone Facial Cupping / Pema's Fresh Fruit Facial	1 Consultation + 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	20-Minute Session per day
Cultural Sessions	
Heritage Handloom Showcase	Display and Purchase of Handlooms

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

Reset & Relax Experience: 5 Days

Category	Trip Cost per Person (Inclusive of GST)
Standard	
Double Occupancy (On Sharing Basis)	INR 1,36,500/-
Single Occupancy (Non Sharing Basis)	INR 1,57,500/-
Premium Balcony	
Double Occupancy (On Sharing Basis)	INR 1,64,500/-
Single Occupancy (Non Sharing Basis)	INR 1,96,000/-

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 Complimentary additional services worth INR 19000 (5 Sessions - Choose between Accupuncture, Physio, Ozone, Pema Fruit Facial)**
- Trip cost includes GST.
- Quote is based on 30 pax travelling. Any changes may result in a change in price.
- Airport transfers by Innova car will be on a shared basis for two persons.

Flight Details

Onwards Journey

Mumbai → Visakhapatnam | IndiGo | 11th June 2026, Thursday
Departure 17:55 • Arrival 20:00

Return Journey

Visakhapatnam → Mumbai | IndiGo | 16th June 2026, Tuesday
Departure 15:05 • Arrival 17:10

IMC Registration Charges

Member Type	Registration Charge
IMC Member	INR 3,000
Non-Member	INR 4,000

Payment Details

Retreat Payment — HEI Hospitalities Pvt Ltd

Beneficiary Name: Hei Hospitalities Pvt Ltd

Beneficiary Bank: ICICI Bank

Account No.: 479105000060

IFSC Code: ICIC0004791

Swift Code (Intl): ICICINBBNRI

MICR Code: 530229027

Address: ICICI Bank Ltd, G1, My Fair Apartment, Yendada, Visakhapatnam, AP 530045

IMC Registration — Ladies Wing of IMC

Account Name: Ladies Wing of Indian Merchants Chamber

A/C No.: 319502010032982

IFSC Code: UBIN0531952

Bank: Union Bank of India

Branch: Veer Nariman Road Branch

Account Type: Savings Account

Reset & Relax Experience: 5 Days

Exclusions on Additional Charge

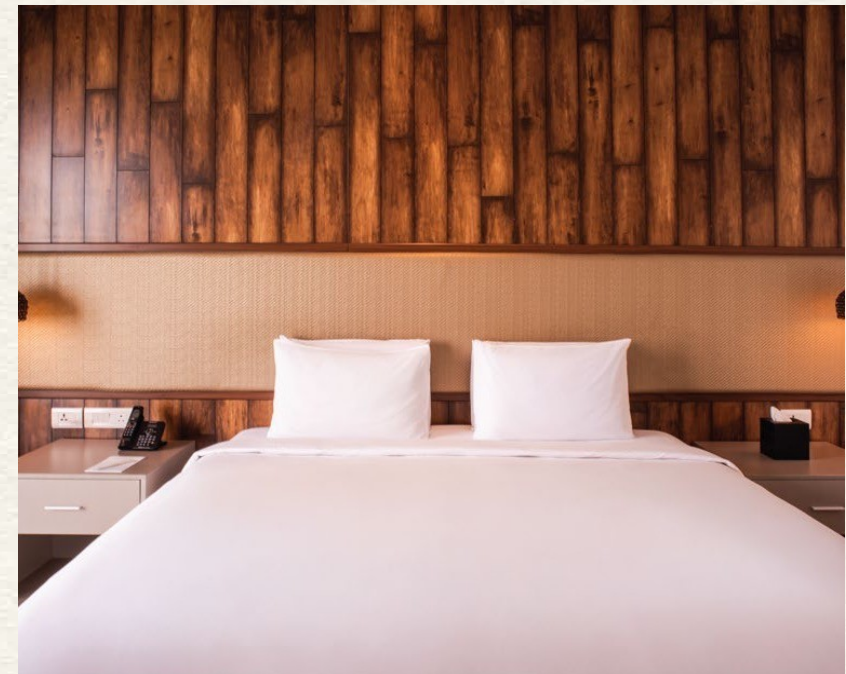
- Diagnostic Testing: Not required for guests on the Reset & Relax track.
- Airport Transfers (round trip): Private transfer at INR 6,300 per person
- Airport Transfers (round trip): Premium coach at INR 1,500 per person (min. group of 30 guests)
- 4-Hour Simhachalam Temple Visit (to and fro): INR 5,775 per person
- VIP Assisted Darshan: INR 1,000 per person
- Laundry: Laundry charges will vary depending on the type of garment
- Return-trip transfer costs are not included. These charges will depend on the final number of participants and will be updated once the group is finalized.

Please note:

- Airport-transfers are charged separately, basis your preference of premium coach or private vehicle.
- 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

Pema Signature Detox: 8 Days

11th June - 19th June 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
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Acupuncture	1 Consultation + 3 Sessions
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Ozone Facial Cupping / Pema's Fresh Fruit Facial	1 Consultation + 2 Sessions

Offering	Inclusion
Guided Group Wellness Activities	
Yogic Kriyas	1 Session per day
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Yoga	1 Session per day
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Vedanta Insights	3 Sessions per week
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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	
Heritage Handloom Showcase	Display and Purchase of Handlooms

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

Pema Signature Detox: 8 Days

Category	Trip Cost per Person (Inclusive of GST)
Standard	
Double Occupancy (On Sharing Basis)	INR 1,98,800/-
Single Occupancy (Non Sharing Basis)	INR 2,29,600/-
Premium Balcony	
Double Occupancy (On Sharing Basis)	INR 2,38,000/-
Single Occupancy (Non Sharing Basis)	INR 2,85,600/-

IMC Registration Charges

Member Type	Registration Charge
IMC Member	INR 3,000
Non-Member	INR 4,000

Payment Details

Retreat Payment — HEI Hospitalities Pvt Ltd

Beneficiary Name: Hei Hospitalities Pvt Ltd

Beneficiary Bank: ICICI Bank

Account No.: 479105000060

IFSC Code: ICIC0004791

Swift Code (Intl): ICICINBBNRI

MICR Code: 530229027

Address: ICICI Bank Ltd, G1, My Fair Apartment, Yendada, Visakhapatnam, AP 530045

IMC Registration — Ladies Wing of IMC

Account Name: Ladies Wing of Indian Merchants Chamber

A/C No.: 319502010032982

IFSC Code: UBIN0531952

Bank: Union Bank of India

Branch: Veer Nariman Road Branch

Account Type: Savings Account

Please note:

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Flight Details

Onwards Journey

Mumbai → Visakhapatnam | IndiGo | 11th June 2026, Thursday

Departure 17:55 • Arrival 20:00

Return Journey

Visakhapatnam → Mumbai | IndiGo | 19th June 2026, Friday

Departure 15:05 • Arrival 17:10

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.
- Airport Transfers (round trip): Private transfer at INR 6,300 per person.
- Airport Transfers (round trip): Premium coach at INR 1,500 per person (min. group of 30 guests).
- 4-Hour Simhachalam Temple Visit (to and fro): INR 5,775 per person.
- VIP Assisted Darshan: INR 1,000 per person.
- Laundry: Laundry charges will vary depending on the type of garment.
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- **All prices are inclusive of taxes and fees.**



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PREMIUM BALCONY

Enter the

UNIVERSE *of YOU*

Healing Hills, Visakhapatnam, India

IMC Concierge: +91 92814 14818 | chandrakiran@pemawellness.com

 [@pemawellnessretreat](https://www.instagram.com/pemawellnessretreat)



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