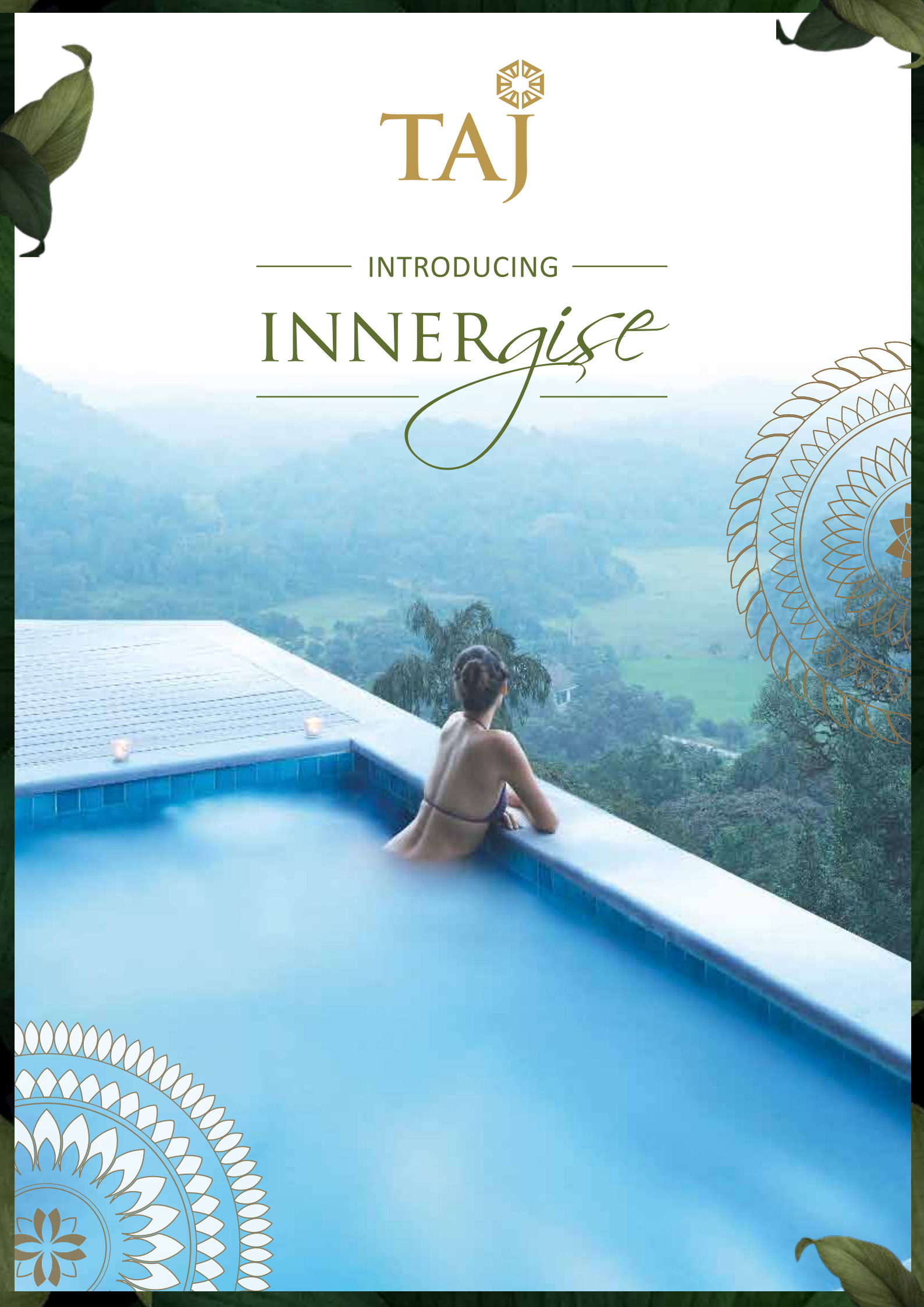




TAJ

— INTRODUCING —

INNERgise



IMMUNISE.
INVIGORATE.
INDULGE.





Innergise stay experiences are designed to enhance your inner energy by taking you on a sublime wellness odyssey that offers nourishing cuisine, holistic spa treatments and immersive experiences. Soak in tranquillity and stimulate all your senses as we take you on a blissful journey of well-being.



SERENE DESTINATIONS

From sun-kissed beaches to urban sanctuaries, from snow-capped mountains to peaceful backwaters, elements of nature surround every destination. With an inherent calming effect, each of these Taj destinations draws one into a state of deep serenity and greater harmony with self.





NOURISHING CUISINE

Strengthen your immune system with our curated cuisine made with fresh and home-grown ingredients, packed with antioxidants and immunity boosting superfoods, herbs and spices, designed in consultation with Arya Vaidya Sala, Kottakkal. Be it the detoxifying juices in the morning or the sleep-enabling turmeric milk in the evening, what one consumes has a profound effect on the mind, body and soul.





IMMERSIVE EXPERIENCES

With Innergise, each day rejuvenates and awakens the mind, body and spirit. Conscious Cooking enables greater concentration of energy and attention, Mindful Painting has the ability to relax the fear centre of the brain and therefore assists in reducing stress and anxiety levels. Experience many more immersive experiences at our retreats which allow you to become fully present to all that is happening in and around you.



JIVA THERAPIES

When the body, mind and spirit are aligned the feeling of oneness begins. Positive energies flow in a harmonious balance to give you the perfect start. Inspired from the rich ancient heritage of India, our therapies bring to you a perfect combination of energizing techniques and calming oils to rejuvenate you.





CURATED FOR YOU

- ◆ 3, 5 and 7 night itineraries
- ◆ Consultation with wellness coach
- ◆ Immunity boosting menu
- ◆ Daily therapies at Jiva
- ◆ Nature trails, mindful painting and more





INNERGISE DESTINATIONS

Taj Aravali Resort & Spa, Udaipur ◆ Taj Bekal Resort & Spa, Kerala
Taj Exotica Resort & Spa, Goa ◆ Taj Fisherman's Cove Resort & Spa, Chennai
Taj Madikeri Resort & Spa, Coorg ◆ Taj Malabar Resort & Spa, Kerala
Taj Rishikesh Resort & Spa, Rishikesh ◆ Taj Theog Resort & Spa, Shimla
Taj Falaknuma Palace, Hyderabad ◆ Jai Mahal Palace, Jaipur
The Taj Mahal Palace, Mumbai ◆ Taj Mahal Tower, Mumbai
Taj Connemara, Chennai ◆ Taj Palace, New Delhi ◆ Taj West End, Bengaluru



Tajness

A COMMITMENT RESTRENGTHENED



For reservations contact 1800 111 825 | write to reservations@tajhotels.com