LuxuryWellness

Inspiring wellness, luxury and green living

Discover trē

Ancient Wisdom, Modern Science, Luxurious Care

Maha Kumbh Mela

A Spiritual confluence of Culture and Faith

Worlds Top Wellness Funds

Where
Ancient Wisdom, Modern Science & Immersive Luxury Meet

Embark on your transformative wellness journey at the newly-launched **trē Integrative Wellness Retreat, Hyderabad**

> It all started with our experiences while exploring the benefits of alternative therapy in various parts of our country. We feel that it is not necessary to forgo comfort and luxury for holistic health. Creating a space of calm, comfort and care that was primarily missing during our experiences as customers has driven us to develop a resort where everything gets addressed and nothing is compromised."
>
> **Lakshmi Reddy, Founder**

Those looking for all the conveniences of a state-of-the-art facility along with age-old Ayurvedic wellness solutions need search no longer.
If you're a wellness enthusiast looking to experience minimalist luxury with an integrative wellness regime, trē is the new destination to check out. Here holistic wellness and understated luxury converge for a truly memorable experience. The center is crafted by its founders with utmost care towards wellness consciousness, blending ancient therapies with a science-based approach. Lakshmi Reddy, Vanaja Yogini and Siddharth Reddy are the brains behind this serene sanctuary, which is tucked away in a nature-centric, 75 kms away from Hyderabad. Having experienced wellness offerings from across India and abroad, trē's founders decided to bring the best of age-old Indian wisdom and western practices together to create a truly modern retreat for the

trē Wellness, Hyderabad

Tre is managed by Trance Hotels and Resorts.

21st century guest. Born out of a vision to create a retreat that is a rare convergence of luxury and efficacy, trē is an immersive retreat nestled in the lap of nature, providing lush landscapes and calming water bodies that enhance one's wellness experience. Here patients benefit from customised therapies, bespoke nutrition plans and immersive spaces designed for relaxation and rejuvenation. The facility also offers unique leisure spaces, including walking paths, scenic gardens, yoga zones, a gym, a reflexology track and a library.

The trē Wellness Philosophy

At trē, they embrace the triad of mind, body and spirit as interconnected pillars of health. Guided by the principles of Ayurveda, Naturopathy and evidence-based therapies, their approach focuses on addressing root causes rather than symptoms, fostering sustainable habits, and nurturing overall harmony.

The trē Wellness Menu:

Ayurveda

Their Wellness menu is one of a kind, with a focus on integrative offerings. It includes Ayurveda therapies like the Shirodhara, the traditional Panchakarma, Abhyangam, Navarakkizhi, Dhanyamla dhara, Patrapindasweda Naam, Udvartana and Pizhichil. The Ayurveda practitioners at trē are traditionally experienced with a deep understanding of the healing system as a science.

Naturopathy

The Naturopathy offerings at trē harness the therapeutic power of natural elements like water and earth through therapies modelled for complete care. Stimulating the body's self-repair mechanisms, Naturopathy aims at restoring balance and activating innate healing. Mud therapy, Colon Irrigation, Hydrotherapy, Infrared sauna and compresses and packs are some of the Naturopathy treatments offered there.

Yoga & Meditation

Yoga at trē Wellness is a personalised and an immersive experience, guided by expert practitioners and supported by thoughtfully designed spaces, all contributing to the centre's commitment to holistic health. The approach to Yoga showcases how trē Wellness offers a distinctive array of wellness services that seamlessly blend traditional practices with modern innovations, all in a natural and luxurious setting.

Manipulative Therapy
Time-tested healing practices and varied techniques including hot stone massage, deep tissue massage, salt glow massage and bamboo massage along with other manipulative therapies, are among the array of deeply rejuvenating treatments provided to guests.

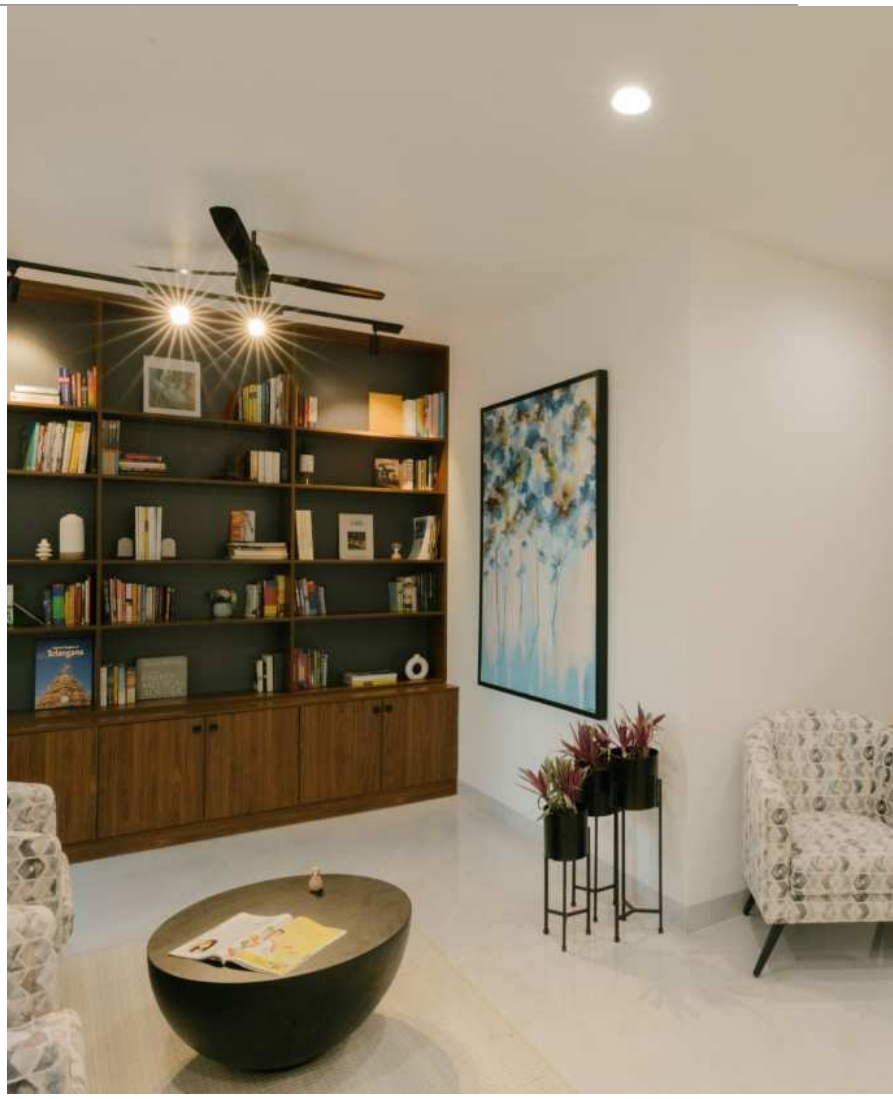
The trē Experience:

Customised Holistic Therapies
Each guest receives a personalised wellness-plan tailored to their specific goals, concerns and preferences. This individualised approach ensures that therapies are both effective and aligned with the guest's unique journey.

Preventive Health Focus
Emphasising on preventive care and long-term wellness, trē Wellness utilises nutrition, yoga and various therapies to prevent illnesses, strengthen the body's self-healing capabilities and promote sustainable health practices.

Clinical Care With Root Cause Analysis
Through comprehensive consultations and assessments of lifestyle, stress, genetics and diet, trē addresses the root causes of health issues, integrating therapies, nutrition and detoxification for effective healing.

Fusion Of Tradition & Innovation
By combining the wisdom of Naturopathy and Ayurveda with medically backed therapies, trē Wellness creates a harmonious fusion of science and spirituality, offering a wide-ranging approach to wellness.



Bespoke Nutrition

Recognising the essential role of nutrition in healing, the centre provides personalised meal plans that are both satisfying and nourishing, enhancing the overall wellness experience.

Expert Guidance

A diverse team of experts, including doctors and alternative practitioners, ensures that each guest's journey is guided by knowledgeable professionals dedicated to holistic health.

Luxurious Accommodations

Designed for deep relaxation and renewal, the accommodations feature thoughtfully crafted interiors, lush views and comfort-driven amenities, providing a serene environment for guests. These unique offerings position trē Wellness as a sanctuary where luxury and efficacy converge, providing guests with transformative care tailored to their individual needs.

These experiential offerings at trē are carefully crafted to provide a sanctuary to escape from the hustle and bustle of modern life, supporting each guest's unique journey toward holistic health. A nouvelle product on the country's wellness-scape, trē is a center that is a must-visit destination for the wellness connoisseur looking to experience a whole new approach to holistic health, while taking a much-needed break from the mundane.

PREVENTION | REJUVENATION | TRANSFORMATION
trē
An Integrative Wellness Retreat
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Located just 75km from Hyderabad