

# RAASA<sup>TM</sup> WELLNESS

By Dt. Poonam Duneja



RITUAL | AYURVEDA  
SPA | ALIGNMENT

Powered by  
NurifybyPoonam

## »» Exhale, Align, Thrive »»

India's first premium, clinical-luxury wellness program for individuals, couples, and families of four, CEOs, health professionals, entrepreneurs, and soulful achievers, Trendsetter, and Jetgoers.

Designed by Dt. Poonam Duneja,  
a renowned Clinical Dietitian & Wellness Strategist, Commonwealth Medalist  
In collaboration with Dr. Himika Chawla (Endocrinologist, PSRI Hospital)





# Luxury Unleashed Here

The RAASA™ Luxe Preview Week is a clinical-meets-luxury mini-retreat designed to reset your nervous system, nourish your body, and renew emotional clarity. It is held under expert care inside a 5-star spa sanctuary.

## Your first step toward healing.

Whether you're recovering from burnout, hormonal imbalance, post-Mounjaro fatigue, or simply seeking peace, this is your space to begin again.

- ✓ Mini Spa Ritual (30 mins)
- ✓ Emotional Reset Session (30 mins)
- ✓ 3-Day Nutrition Plan
- ✓ Doctor Consultation in Super Specialty Hospital
- ✓ Premium GYM with Certified fitness professionals (30 Mins)
- ✓ Clinical Nutrition (by Dt. Poonam Duneja)
- ✓ Ayurvedic Rituals at 5-Star Spa
- ✓ Premium Spa Treatments
- ✓ Urban Sanctuary Experience

Call us for more info



+91 844 844 5715





RAASA™

# RESERVE YOUR LUXE RESET PREMIUM WEEK

₹6,250  
+TAXES

T&C apply

## What makes RAASA™ different?

Through NutrifbyPoonam™ and RAASA™, you're invited into a sanctuary where **modern medicine, ancient wisdom, and high-performance living converge.**

It's time to rise from exhaustion into **radiance with intention, integrity, and inner strength.**

RAASA™ luxe reset **premium week for a mini immersion journey into an elevated experience.**





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By Dt. Poonam Duneja

Clinical Dietitian | Certified Diabetes Educator  
| Oncology Nutritionist

## Difference Between Temporary Retreats and RAASA ?

Deep Personalization

Luxury Wellness Venues

Multimodal Immersion

Seamless Travel Support



A high-performing  
professional  
facing burnout or  
anxiety



A woman  
juggling  
hormones,  
motherhood, and  
healing



A post-mounjaro or  
chronic condition  
client needing clinical  
care

