

THE  
**ONE**  
WELLNESS

Find your calm, everyday.

# Your Pause, Perfected.

Before you begin, take a moment to breathe.

Each experience at The ONE Wellness has been designed to help you reconnect with your body, your rhythm and your calm. Whether you seek rest, renewal or realignment, this is your space to simply be.





## Our Philosophy

We believe wellness isn't a luxury, it's the foundation of a life well-lived.

Our philosophy blends modern science with timeless wellness wisdom, creating experiences that are indulgent yet intentional. Here, care feels personal, gentle and beautifully human.

The ONE Wellness exists to help people treat their stresses before they become illnesses. We believe preventive care is not a luxury but a necessity in today's lifestyle and we create sanctuaries within the city that feel like a personal retreat that is comforting, safe and rejuvenating.



# Preventive Wellness

Our preventive wellness experiences focus on understanding your body's rhythm, easing stress before it takes root, and follow habits that keep you centered every day.

## Services

Abhyangam with Head | Valuka Sweda (Manal Kizhi) | Nasyam  
Seka & Aschothana (Eye Wash) | Dry Podi Kizhi | Udwartanam  
Karna Dhupana (Ear Cleansing) | Gandusha & Kabala (Oral Cavity Cleansing)  
Jala Dhaara

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# Restorative Therapy



Each ritual is designed to soothe tension, awaken the senses, and leave the body deeply renewed. From aromatic blends to slow, sensory movements, it's calm, rejuvenating.

## Services

Hot Stone | Deep Tissue | The One Signature Therapy  
Stress Reset Therapy | Gentle Recovery Therapy  
**Add-On:** Dry Cupping | Potli





# Lifestyle Wellbeing

Our lifestyle wellbeing offerings help you weave stillness into your routine through mindful movement, nourishing habits and gentle self-connection.

## Services

Foot Therapy | Back Ritual | Head Ritual

Back & Head Ritual

**Add-on:** Seasonal Sheet Masks



# Holistic Healing

Healing isn't about fixing, it's about returning to harmony. These sessions blend modern techniques with traditional practices to bring gentle alignment and lasting calm.

## Services

Scrubs | Wraps



# Signature Rituals

Our signature rituals bring together the best of what we offer , creating immersive experiences that feel like an escape within the city.

## **Services**

Sleep Circuit | Radiance Circuit | Detox Circuit  
Recovery Circuit | One Foot Ritual

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# Functional Therapy

A holistic approach to physical wellness designed to optimize how your body moves and recovers. Rather than focusing solely on isolated symptoms, it utilizes a combination of advanced recovery modalities to improve systemic health, performance and longevity.

## **Services**

Steam | Cold Plunge | Red Light | Compression Boot

# The Journey to WELLNESS

Wellness is not a single act. It's a series of choices quiet, intentional and deeply personal.

At The ONE Wellness, every service has been designed to guide you through a journey that balances body, mind and spirit. Whether you come seeking relief, restoration or renewal, our therapies follow a natural rhythm:

1. Rebalance – To calm and align.
2. Restore – To repair and strengthen.
3. Renew – To energize and transform.

Each step works in harmony to bring you closer to your best self, centred, serene and whole. Because true wellness isn't about escaping your life. It's about returning to it, with clarity, calm and grace.





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THE ONE WELLNESS

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