Swastik Wellbeing Sanctuary joins Healing Hotels of the World

Regenerative wellbeing rooted in India's healing traditions





A lakeside sanctuary near Pune bringing together Ayurveda, naturopathy, yoga and modern diagnostics.

October 13, 2026, Germany / India -- Healing Hotels of the World is pleased to welcome Swastik Wellbeing Sanctuary to its curated international collection. Set on 51 acres above Khadakwasla Lake near Pune, against the Sahyadri hills of the Western Ghats, the sanctuary brings India's classical healing traditions and modern diagnostics together in an approach it calls Regenerative Wellbeing.

Founded by Dr Nitin Nyati and opened in November 2024, Swastik is led by wellness practitioners and follows a five-dimensional philosophy of wellbeing: Health, Wealth, Love, Bliss and Spirituality. Every stay starts with a personal consultation and diagnostics, and the treatment plan is built from the results. Ayurveda is at the centre, with naturopathy, yoga and breathwork alongside it. The team numbers more than 60 practitioners and experts.

Wellness programmes cover stress and emotional balance, digital detox, and cellular vitality and longevity. Healing programmes address specific conditions, among them diabetes, cardiac health, gut balance, sleep and women's health. Stays range from resets of five or seven nights to classical Ayurveda Panchakarma, the traditional cycle of detoxification and rejuvenation, which unfolds over 14 nights or more. Treatments include Shirodhara, where warm oil flows steadily across the forehead, physiotherapy, halotherapy, mud therapy, hydrotherapy and Cosmic Sound Therapy.

The sanctuary is made up of five Vihars, which together draw on the five elements of Indian philosophy: earth, water, fire, air and space. Guests stay in Sukh Vihar, where the Guha suites, named after the Sanskrit word for cave, are built partly into the earth. Curved walls and smooth contours enclose the room like a cocoon, and verandas open onto the hills and the backwaters of Khadakwasla.

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Swastik composts all its organic waste on site, so none goes to landfill. It harvests rainwater, recycles water through its own treatment plants and runs partly on solar power. The team has planted more than 1,000 trees, and the surrounding landscape of around 15,000 native trees is home to over 30 bird species.

"We are delighted to join Healing Hotels of the World at a time when the global understanding of wellbeing is evolving. We look forward to welcoming guests from across the world to Swastik to experience India not only through its ancient wisdom, but through a new expression of wellbeing: regenerative, conscious and deeply human," says Anushree Nyati, Director, Swastik Wellbeing Sanctuary.

"Swastik shares our belief that healing reaches body, mind and soul. It brings the depth of Ayurveda and a quiet care for the land it stands on into our collection, and we are delighted to welcome Swastik Wellbeing Sanctuary," says Anne Biging, Co-Founder of Healing Hotels of the World.

At Swastik, regeneration reaches beyond the guest, to the land it has replanted and the water it recycles. With its arrival, Healing Hotels of the World gains a sanctuary where India's healing traditions and care for the earth belong together.

About Healing Hotels of the World
Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, its curated collection of Urban and Resort member hotels is Healing Certified against the brand's Healing Excellence Standards. Through expert consulting and training, the online magazine JUST BREATHE MAG, and the annual HEALING SUMMIT, Healing Hotels of the World shares its vision of healing travel that restores body, mind, and soul.
www.healinghotelsoftheworld.com

Swastik Wellbeing Sanctuary, India
Swastik Wellbeing Sanctuary is in Khadakwasla, on the south-western edge of Pune in Maharashtra, around 25 km from Pune International Airport and about three and a half hours by road from Mumbai. It has 64 suites and villas across five Guha categories, from Aaram Guha to Raj Bhavan, and 40 treatment rooms, eight of them for Ayurveda. Dhyan Vihar, the meditation hall, covers 11,000 square feet without a supporting column. The kitchen is pure vegetarian and follows Sattvic principles. It cooks with A2 ghee, virgin coconut oil, jaggery and honey, and times meals to each guest's programme. Partners include S-VYASA and the National Institute of Naturopathy.
WEBSITE

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For further information, please contact: Elisabeth Ixmeier, e.ixmeier@healing-hotels.com

Healing Hotels of the World
Cologne, Germany
Phone: +49 221 20531175

www.healinghotelsoftheworld.com

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