



TRANSFORMATIONAL WELLNESS STAY

"Reconnect with nature. Reconnect with yourself."

OUR FLAGSHIP WELLNESS RETREAT

Human beings are inherently nature beings. Many modern health issues stem from a deep disconnect from the natural world — the sounds we're meant to hear, the air we evolved to breathe, the food grown in healthy soil. The Lilac Farm is a space to step back, reconnect, and rediscover yourself, wherever you are on your health journey.

DETOX

& more

MOVEMENT

& more

NUTRITION

& more

HEALING

& more



YOUR HEALTH JOURNEY

A nurturing space to reconnect with nature

PERSONALIZED PROGRAM

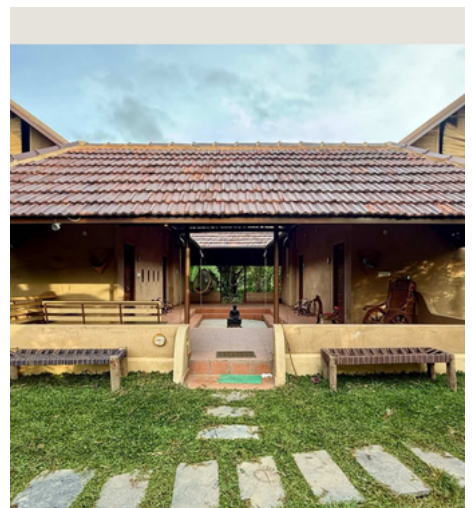
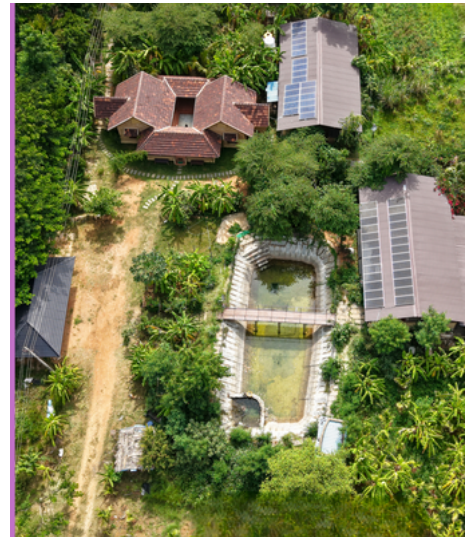
After you arrive, our team consults with you to curate your daily routines, meals, and therapies around your unique goals — whether you're seeking transformation, healing, or overall wellbeing.

WE ALSO SUPPORT

Guests dealing with lifestyle diseases such as diabetes, high blood pressure, PCOD, skin problems, chronic inflammation, obesity, insomnia, and more.

A GENTLE DISCLAIMER

We do not interfere with any medication or act as medical professionals. Instead, we guide healing naturally by introducing sustainable, healthy lifestyle changes that complement your wellbeing.



YOUR DAILY RHYTHM

What a day at The Lilac Farm looks like

7 DAILY PRACTICES

Every day blends movement, nourishment, and therapy into a gentle rhythm shaped entirely by nature.

MORNING & MEALS

- Daily Cooking Demo — Learn healthful recipes from our in-house chef and take home new skills for lasting change.
- Morning Movement & Meditation (5 AM Start) — Begin every day with exercise and guided meditation to energize body and mind.
- Alkaline Millet Based Meals — A meal plan built around millets, alkaline juices, and (where needed) ferments for optimal gut health.

BODY THERAPIES

- Herbal Oil Bathing (Outdoor Farm Bathroom) — Relax and rejuvenate with daily outdoor herbal oil baths.
- Sweating Therapy — Daily sessions to boost detoxification and vitality.



MORE THERAPIES

Closing out the day in deeper healing

- Forest Bathing — Immersive walks in nature for calm, clarity, and cellular renewal.
- Mud Therapy Massage (Weekly) — Unwind deeply with a weekly mud therapy session for holistic healing.

CUSTOMIZATION

Every detail adapted to you

- Dietary preferences & allergies
- Health goals: recovery, prevention, weight management, or energizing routines
- Therapy scheduling and exercise intensity

NEXT STEPS

- Book your customized stay
- Join us for a stay package crafted just for you
- Contact us for a personalized consultation





Let's Design Your Stay

"Reconnect with nature. Reconnect with yourself."

The Lilac Farm is a 13-acre, zero-waste, solar-powered farmstay near Someshettihalli, Bengaluru — home to our flagship Transformational Wellness Stay. Whatever stage of your health journey you're on, this program is designed to meet you there.

GET IN TOUCH

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Every stay is personalized. Speak to our team about your health goals, dietary needs, and the right length of stay for you.