

A collaborated initiative by



**KONCEPT INFRA**  
STUDIOS



**YOGSATHI**

# Redefine Wellness



Bold choices. Better life



# The Modern Health Crisis

01

73% of urban population experiences chronic stress

02

1 in 3 adults lack sufficient physical activity

03

Mental health is neglected in daily routines

04

Conventional solutions fail to address modern lifestyle needs





# Wellness Reimagined

We deliver a holistic health & wellness ecosystem that is

Sustainable

Personalized

Technology-driven

Accessible





# 4 pillars of Transformation



## Mind

Mental wellness & stress management Guided meditation, accessible therapy, and support community



## Body

Fitness & nutrition optimization Digital personal training, AI meal planning, real-time tracking



## Soul

Holistic lifestyle balance Sleep optimization, mindfulness practice, life coaching



## Community

Connected wellness ecosystem Peer support, expert network, accountability partners



# What We Offer



Fully Equipped  
Wellness Studios

Pan-India



NOT JUST  
INFRASTRUCTURE

But Operational  
Excellence

\$156 billion

India Market Size



# Services that can be availed at out Retreat

**1. Longevity & Anti-Aging (Core Medical)**

**2. Detox & Reset**

**3. Performance & Recovery**

**4. Ayurveda & Traditional**

**5. Movement & Fitness**

**6. Nutrition & Gut Health**

**7. Mind & Sleep**

**8. Tech & Diagnostics**

**9. Luxury Experiences**

**10. Corporate Programs**



# 1. Longevity & Anti-Aging (Core Medical)

- NAD+ IV infusions (500mg/1g doses)

- Peptide therapies (BPC-157, CJC-1295)

- Stem cell consults + exosome drips


- Telomere length testing + protocols

- Epigenetic age reversal programs

- Hormone optimization (TRT, HGH microdosing)

- Senolytic therapies (Fisetin/Quercetin)

- Mitochondrial optimization (CoQ10 + PQQ IVs)



ITEM	INFRASTRUCTURE	MANPOWER
<b>IV THERAPY LAB (500 SQ FT)</b>	4x IV stations, compounding fridge, biosafety hood, NAD/peptides stock	2 RNs (24/7), 1 Doctor (consults)
<b>CONSULT ROOMS (300 SQ FT)</b>	2x exam rooms, ultrasound, blood analyzer	2 Specialists (endocrinologist/anti-aging MD)
<b>TOTAL</b>	<b>800 SQ FT</b>	<b>8 FTEs</b>





## 2. Detox & Reset

- Medical-grade colonics + liver flushes
  - Heavy metal chelation (EDTA/DMSA)
  - Ozone therapy (major autohemotherapy)
  - Hyperbaric oxygen (2.0 ATA sessions)
  - Infrared sauna detox (60-90°C)
  - Coffee enemas + castor oil packs
  - Lymphatic drainage (manual + vibration)
  - Digital detox (no screens + blue light blocking)
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ITEM	INFRASTRUCTURE	MANPOWER
<b>DETOX WING (600 SQ FT)</b>	3x colonic stations, ozone generator, hyperbaric chamber (1.5ATA)	3 Therapists (certified), 1 MD oversight
<b>SAUNA SUITE (400 SQ FT)</b>	4x IR saunas, steam room	2 Attendants
<b>TOTAL</b>	<b>1000 SQ FT</b>	<b>7.55 FTEs</b>





# 3. Performance & Recovery

- Cryotherapy (-110°C whole body)

- PEMF mats (full body magnetic therapy)

- Red/NIR light panels (full spectrum)

- Compression boots + normatec

- Contrast therapy pools (hot/cold plunge)

- Neurofeedback (EEG brain training)

- HRV biofeedback + breathwork

- Oxygen concentrators (93% O2 bars)




ITEM	INFRASTRUCTURE	MANPOWER
<b>Cryo Suite (400 SQ FT)</b>	2x cryo chambers (-110°C), LN2 tanks	2 Certified Techs (safety trained)
<b>Recovery Lab (500 SQ FT)</b>	6x PEMF beds, 4x red light panels, 8x normatec boots	3 Therapists
<b>TOTAL</b>	<b>900 SQ FT</b>	<b>5 FTEs</b>





## 4. Ayurveda & Traditional

- Panchakarma (5-21 day cleanse)
  - Abhyanga + Shirodhara oil treatments
  - Nasya + Netra tarpana eye therapies
  - Pinda sweda herbal steam
  - Marma point therapy
  - Rasayana rejuvenation herbs
  - Dosha-specific diets (Vata/Pitta/Kapha)
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ITEM	INFRASTRUCTURE	MANPOWER
<b>Panchakarma Center (1,200 SQ FT)</b>	6x treatment rooms, steam boxes, oil storage, kitchenette	6 Ayurvedic Therapists (BSAM), 1 Vaidya
<b>Herb Pharmacy (200 SQ FT)</b>	Dispensing counters, herb grinder	1 Pharmacist
<b>TOTAL</b>	<b>1400 SQ FT</b>	<b>10 FTEs</b>





# 5. Movement & Fitness

- Himalayan sunrise yoga (Hatha/Vinyasa)

- Aerial yoga + acro-yoga


- Breathwork circles (Wim Hof/Tummo)

- Forest bathing + earthing walks

- Pilates reformers + gyrotonic


- TRX suspension + battle ropes

- Ice baths + breath holds





## 6. Nutrition & Gut Health

- Longevity menu (keto/Ayurvedic)
  - Personalized blood panel analysis
  - Microbiome stool testing + FMT consults
  - Ketone/glucose monitoring kits
  - Intermittent fasting coaching
  - Collagen + bone broth bars
  - Functional mushroom elixirs
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# 7. Mind & Sleep



3Hz binaural sleep pods



Magnesium IVs + GABA baths



Psilocybin microdosing consults (legal retreats)



Meditation domes (float tanks + sound healing)



Hypnotherapy for burnout/anxiety



Journaling + shadow work sessions





# 8. Tech & Diagnostics

- DEXA body comp scans
  - VO2 max + lactate threshold testing
  - Continuous glucose monitors (CGM rentals)
  - Oura/Whoop integration + coaching
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# 9. Luxury Experiences & 10. Corporate Programs

- Private chefs (3-7 day immersions)

- Stargazing + sound baths

- Assisted therapy trails

- Treetop spa cabins

- Private jet helipad transfers

- Executive 5-day resets (groups 10-50)

- Leadership breathwork retreats

- Team cryotherapy challenges



ITEM	INFRASTRUCTURE	MANPOWER
<b>Yoga Pavilion + Gym (2,000sqft)</b>	Outdoor shalas, reformers, aerial rigs	6 Instructors (yoga/Pilates)
<b>Diagnostics Lab (400sqft)</b>	DEXA scanner, VO2 bike, CGM kits	2 Techs, 1 Nutritionist
<b>Guest Villas (20x 800sqft)</b>	Biohacking beds, O2 bars	Housekeeping (integrated)
<b>TOTAL</b>	<b>12800 SQ FT</b>	<b>20 FTEs</b>



# Overall Statistics

On working the entire construction that is required to built this retreat the overall Area specifications are as follows:

Overall Constructed Area: 39100 SQ FT roughly 0.9 Acres

As per Gov. bylaws and permissible FAR

Land required in plains - 3 Acres (14520 sq yds)

Land required in Hills - 5 Acres (24200 sq yds)

## **At Full Scale:**

**CapEx: ₹52.61Cr / ₹54.51Cr (Plain & Hills)**

**Opex: ₹131L/mo**

**Y1 Revnue: 35Cr**

**Y1 EBIDTA: 15.96Cr**

**Payback Period: 30 months**

**ROI: 3.06x capex return in 5 years.**



Hassle-free space optimised plans and stretch to delivery projects

01

Pre-Planned concept based approach for seamless integration

02

Extensive networks of wellness professionals across india

03

Competitors sell products or services. We deliver turnkey operational setups integrated to the core.



# Why we're Different

# Unstoppable Momentum of Industry

12%- 17% ROI

high occupancy rates of 80–90%, often outperforming traditional hospitality models

6.12% of global  
GDP

7.6% Annual Growth

The global wellness economy hit a record \$6.8 trillion in 2024

Top Growth Sector

Wellness real estate  
(+19.5% annually)



## Revenue Streams

- D2C Client Conversions
- Corporate B2B contracts
- Memberships
- Partnership



Scale smart. Impact bigger

# Sustainable Growth



Let's build the future of wellness together

# Join the Wellness Revolution



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