

CORPORATE COMPANY PROFILE

India's integrated holistic wellness platform

THE USHMAYA
LIFESTYLE
WELENESS RESORT

Heal with Nature | Live 100+ Happily and Naturally

Inspired by Blue Zones

Rooted in India's Wisdom

Powered by Hydrotherapy Innovation

OUR PHILOSOPHY

Wellness as a way of life

An integrated approach to longevity, natural healing and mindful living.

Wellness at The Ushmaya is a lifelong journey rather than an occasional spa treatment or holiday.

We bring together the lifestyle principles of the world's Blue Zones, India's ancient healing wisdom, contemporary hydrotherapy technology and nature-inspired hospitality.

> Live 100+ happily and naturally.



Yoga at The Ushmaya, Haridwar

ABOUT US

01 Who we are

The Ushmaya is an Indian wellness hospitality and natural wellbeing enterprise aspiring to establish India's first integrated holistic wellness platform.

We bring together the lifestyle principles of the world's Blue Zones, India's ancient healing wisdom, contemporary hydrotherapy technology and nature-inspired hospitality.

Our objective is to redefine wellness as a lifelong journey rather than an occasional spa treatment or holiday.

Our integrated ecosystem

Wellness hospitality	Hydrotherapy	Ayurveda	Panchakarma	Naturopathy
Yoga	Meditation	Mindful nutrition	Corporate wellness	Digital education



The sauna at our Haridwar flagship

WHERE WE ARE GOING

02 Our vision

TO CONNECT

1,000,000 lives

to The Ushmaya Wellness Platform, inspiring individuals and families to live longer, healthier and happier lives.

HOW WE GET THERE

03 Our mission

To make holistic wellness accessible, experiential and sustainable through the integration of:

01
Blue Zones-inspired longevity principles

02
India's traditional healing knowledge

03
Hydrotherapy and wellness technology

04
Yoga, meditation and spiritual wellbeing

05
Mindful nutrition and natural living

06
Professional guidance and personalised wellness journeys



Rest is part of the journey · guest room at the Haridwar flagship

FOUNDATION

04 Our three strategic pillars



BLUE ZONES

Longevity lifestyle

Natural nutrition, daily movement, purposeful living, stress management, meaningful relationships and community.



INDIAN WISDOM

Traditional wellness

Ayurveda, Panchakarma, naturopathy, yoga, pranayama, meditation and satvik nutrition.



HYDROTHERAPY

Wellness technology

Hydrothermal circuits, hydrotherapy pools, hot and cold plunges, steam, sauna and Kneipp-inspired water applications.

Together, these pillars form the foundation of our integrated holistic wellness proposition.

WHAT WE DO

05 Our business verticals

Seven verticals, each serving a different part of a guest's or organisation's wellness journey.

01

Wellness Hospitality

Boutique resorts, nature retreats and Wellness Journey Memberships.

02

Hydrotherapy Technology

Design, development and operation of hydrothermal facilities.

03

Natural Healing

Ayurveda, Panchakarma, naturopathy and complementary therapies.

04

Mind-Body-Spirit

Yoga, pranayama, meditation and mindfulness.

05

Corporate Wellness

Employee wellbeing, leadership retreats and institutional programmes.

06

Digital Wellness

Online education, consultations and wellness communities.

07

Nutrition & Healthy Living

Mindful vegetarian cuisine and lifestyle guidance.





Our flagship at Haripur Kalan

OUR FLAGSHIP DESTINATION

06 Haridwar

Our first operating destination is situated at Haripur Kalan, near Haridwar and Rishikesh, Uttarakhand.

Located in the Himalayan foothills, close to the sacred Ganges and Rajaji National Park, it offers an environment for natural rejuvenation and holistic wellbeing.

DEMONSTRATION CENTRE

Haridwar is our first operating platform and demonstration centre for the Ushmaya wellness philosophy.

Current infrastructure

01	14-room boutique hospitality property
02	Hydrothermal wellness circuit
03	Hydrotherapy pool and hot/cold plunge
04	Steam and sauna
05	Ayurveda and Panchakarma facilities
06	Yoga and meditation
07	Nature walks and forest experiences
08	Gourmet vegetarian cuisine

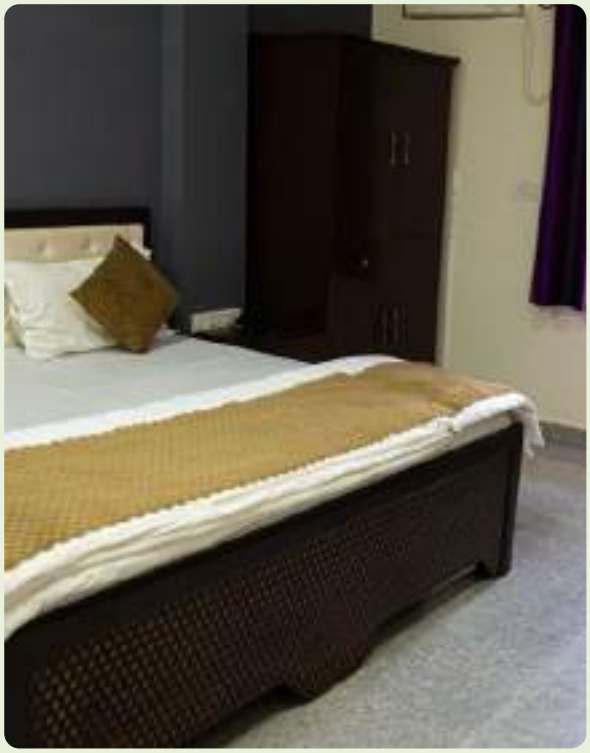
LIFE AT THE FLAGSHIP

A day at The Ushmaya

Movement in the morning, the water circuit by day, the Ganges at dusk, and quiet rooms to return to.



Evening Ganga Aarti



Guest room



Room with sitting area

FOR ORGANISATIONS

07 Corporate & institutional wellness

We offer organisations opportunities to integrate wellness into their workplace culture.

Our programmes include

01 Employee wellness awareness workshops

02 Stress management and mindfulness

03 Yoga and pranayama

04 Healthy nutrition and lifestyle education

05 Leadership wellness retreats

06 Residential rejuvenation programmes

07 Corporate wellness memberships

08 Nature-based team engagement

TAILORED

Programmes are customised to organisational requirements.



Yoga and pranayama



Healthy vegetarian nutrition

The founder behind the vision



Rajesh Chadha

Promoter, The Ushmaya

An entrepreneur with almost five decades of business experience and approximately 35 years dedicated to wellness research and technology development. His journey includes electrical heating elements, steam generators, hydrothermal wellness systems and international exposure to spa technology.

~50 years
Business experience

~35 years
Wellness research and technology development

> "My dream is simple: to help people live 100+ years, happily and naturally."
>
> Rajesh Chadha



Hydrothermal technology in use at the Haridwar flagship

WORK WITH US

08 Partnership opportunities

We welcome collaborations with:

01
Hospitality groups and hotel owners

02
Resort and property developers

03
Corporate organisations

04
Healthcare and wellness institutions

05
Ayurveda and naturopathy professionals

06
Educational institutions

07
Wellness technology providers

YOUR ORGANISATION
Let's build wellness together



Evening Ganga Aarti near our Haridwar flagship

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GET IN TOUCH

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