



**A DESERT WELLNESS RETREAT
BAKED IN STILLNESS AND THE SCIENCE OF SCENT.**



**AN EXPERIENCE CURATED BY
ESHA TIWARI, FOUNDER - KASTOOR
A MASTER PERFUMER & AN OLFACTORY ALCHEMIST**

**THE BARLI CHAPTER
DATE: 26-28th SEPTEMBER 2025
VENUE: FORT BARLI, RAJASTHAN**



AN EXPERIENCE DESIGNED FOR YOUR SENSORIAL AWAKENING

"Perfume, at its highest expression, is an invisible alchemy -subtle yet profound. At the retreat, I invite you to witness each scent become an experience: a quiet communion between skin, senses and spirit, designed to restore, awaken, and transform."

- Esha Tiwari, Perfumer, Olfactory Alchemist & your Host



WELCOME TO THE FRAGRANT THRESHOLD

(You will arrive at 11:00am)



THE THRESHOLD OF FORT BARLI

The journey begins at Hotel Fort Barli, a restored 16th-century fortress nestled near Ajmer. With over 350 years of history, this majestic fort welcomes you into a world where Rajput grandeur meets rural tranquility.

Unwind in frescoed suites, dine under the stars on royal recipes, explore village life through bullock cart safaris, or greet the sunrise with yoga by the lake. From ancestral therapies to heartfelt hospitality by the royal family of Barli, every moment invites you to reconnect—mind, body, and soul.

Your journey begins the moment you land in Jaipur, India. At the Jaipur International Airport, you'll be met by our private hosts and escorted in comfort to Hotel Fort Barli.

Upon arrival, you'll be received with a sensorial welcome:

- Fragrant welcome drinks - chilled Khus and Sandalwood sherbets, each rooted in Indian botanical tradition
- Infused towels - cool compresses scented with vetiver and sandalwood, to refresh and realign after travel

This is your first breath into a slower world - where scent leads, and every detail has intention.

BOOK YOUR STAY

Booking experience made easy, simply choose an accommodation of your choice by clicking the “**Book Now**”, tab. For any queries & assistance, please feel free to connect with us at esha@kastoor.co or call us at +91 9958038469.

DAY 1: SCHEDULE

Your Room: A Private Scent Escape

(11.30am-12.30pm)

You'll be guided to your suite - each one individually curated with a fragrance theme that draws from India's rich botanical palette. From Marigold to Mitti, Raat ki Rani to Sandalwood Smoke, every room is its own olfactory story.

- Softly layered scent profiles - diffused into linens, corners, and air
- Textural design - local crafts, handwoven textiles, curated stillness
- Fragrant turn-down rituals - subtly preparing you for rest



The space is quietly immersive

Waiting for you is a personal welcome gift, composed to introduce your senses to the retreat - a small curation of scent, flavour, and touch. Join us for an exceptional sensory journey.

DAY 1: SCHEDULE

Welcome Lunch & Introductions (1pm-3pm)

A Table Set for Fragrance, Flavour & Connection

After settling into your scented suite, join us for a slow, sunlit lunch - a sensorial welcome that brings together our hosts, your fellow retreat guests, and the beginning of this journey.

Set in the courtyard or dining veranda, depending on the day's mood, this is where you'll meet:

- **Kunwar Divyraj Singh and Royal Family of Barli**, custodians of this 16th-generation royal residence, whose stories and presence offer a rare window into Rajasthani heritage and quiet hospitality.
- **Esha Tiwari**, your scent guide and founder of Kastoor, whose curatorial vision threads through each layer of the retreat.
- **Shereen**, your co-host and grounding presence throughout the experience - guiding flow, space, and ease.

The meal itself is an introduction:

- Quiet storytelling woven through the courses - a preview of the days to come

No formalities, no rush - just time to arrive, connect, and begin.

DAY 1: SCHEDULE

Invocation of the glorious Barli Village

(4pm-6pm)



A FRAGRANT BARLI VILLAGE TOUR

After lunch on Day 1, step beyond the walls of the retreat and into the living, breathing landscape of Barli village.

Led by your retreat hosts and local guides, this slow, meditative walk invites you to experience Barli through scent - from the earthy perfume of the local soil to the heady sweetness of fresh marigold garlands, hand-tied by the village women.

As you move through lanes, courtyards, and temple thresholds, you'll encounter:

- The scent of Mitti (Petrichor) rising from sun-warmed mud walls
- Charred firewood, used in daily cooking
- Fresh herbs and local grains, drying in family courtyards
- Temple incense, soft florals, and cow dung cakes
- Fragments of desert wind perfumed with dust, milk, metal, and flower oil

You'll be encouraged to journal freely as you walk, gather impressions, scent notes, and sensory fragments that become your personal map of Barli. At the end of the walk, gather for a slow creative ritual:

Craft your own Barli Bouquet - a tactile, fragrant arrangement using foraged petals, dried herbs, and symbolic materials you've encountered. A keepsake of your first sensory connection with this place.

DAY 1: SCHEDULE

A Royal Dinner with the House of Barli (7pm-10pm)



DINNER WITH THE BARLI ROYAL FAMILY

On your first evening in Barli, you are invited to dine in true royal tradition within the historic residence of the **Barli royal family**, whose lineage has lived and preserved this land for over 16 generations.

This intimate dinner is a **culinary encounter with Barli's royal heritage**, hosted by the family themselves.

Seated on **elegant silver platters** and under softly glowing lamps, you'll experience dishes prepared from **family recipes passed down through generations** - rich, refined flavours that once graced royal feasts, now served with quiet warmth and elegance.

Expect:

- **Delicate lentil stews**, slow-cooked over fire
- **Fragrant rice dishes** with dried fruits and subtle saffron
- **Rare Rajasthani vegetables** like ker, sangri, and gavarfali, gently spiced
- **Handmade breads**, brushed with ghee and served warm
- Local pickles, chutneys, and a **sweet finish with traditional desserts** drawn from royal kitchens

Throughout the evening, you'll not only taste but **hear the stories behind each dish**, shared by the family, weaving together memory, land, and tradition in every bite.

As you eat, the space fills with the intimate acoustics of live Rajasthani folk music - raw, rhythmic, and deeply local. A soundscape that anchors the meal in its place of origin.

DAY 1: SCHEDULE

After Royal Dinner

Complete Rest

Following the layers of flavour, fragrance, and sound, the night draws inward.

You'll return to your **scented private suite**, now prepared for rest: low lighting, turn-down rituals, and soft ambient notes curated for deep, sensorial sleep.

A gentle herbal tisane, a botanical balm, and the quiet hush of the desert complete the experience.

DAY 2: SCHEDULE

Meditation, Breathwork & Inner Gardening with Esha Tiwari (6am-7am)

The day begins in stillness and scent.

In this immersive session, Esha Tiwari leads you through a guided scented meditation, designed to awaken emotional clarity, sensory intuition, and inner spaciousness.

As you move through stages of breathwork and visualisation, you'll encounter a curated sequence of natural scent immersions - each one intentionally diffused at key moments, deepening presence and unlocking the landscape within.

The practice is rooted in two ancient ideas:

- That the mind can be gardened
- And that scent is a bridge between memory, breath, and emotional equilibrium

You'll journey through notes of green herbs, soft florals, ancient woods, and damp earth, building - breath by breath - your own inner garden. A landscape that is both personal and archetypal, anchored in scent.

This meditation is paired with gentle yogic breath alignment, grounding the body, releasing stagnation, and opening channels for deeper inner connection.

No prior experience is needed. Only willingness to inhale, exhale, and allow scent to guide the way inward.

DAY 2: SCHEDULE

Cleansing Breakfast (8am-10am)

A Quiet Breather for the Senses.

Following the scented meditation and breathwork, breakfast is served as a pause - gentle, grounding, and clarifying.

Designed to cleanse the palate and support sensory integration, the menu is light yet nourishing, allowing space for both body and breath to expand.

Expect a composition of:

- Floral-infused waters - rose, lemongrass, or vetiver to awaken hydration
- Seasonal fruits and raw honey - to restore natural sweetness
- Steamed grains or millets with ghee and fresh herbs
- Fragrant broths - subtly spiced and plant-forward
- Scented herbal teas - tulsi, chamomile, marigold or moringa, paired with a touch of citrus peel or warming seed blends

No rush. Just a quiet, sensory-resetting meal served in stillness, either **under the morning sun or in your courtyard**, allowing your system to align with the day ahead.

DAY 2: SCHEDULE

Memory Mapping and Signature Perfume Blending Workshop

with Esha Tiwari.

(11.30am-1.30pm)



AN AFTERNOON WITH SCENTS AND MEMORIES

In this intimate workshop, you'll step beyond fragrance as scent alone and enter the realm where **memory, story, and emotion** intertwine.

Guided by **Esha Tiwari**, you will journey through **memory mapping**: a deeply personal process of recalling and connecting to scents that have shaped your life's landscape - from childhood gardens and family kitchens to moments of longing and joy.

Using this map, you will then learn to **blend your own scent**, drawing from Kastoor's exclusive palette of natural essences, rare resins, and desert botanicals.

This is a **practice of emotional alchemy**, an artful exploration of your inner landscape expressed through raw, botanical ingredients.

Throughout, Esha will share the **ancient Indian fragrant traditions and lore** that inspire Kastoor and her expertise, grounding your experience in lineage and place, while inviting your own unique story to unfold.



CREATE A SCENT THAT SPEAKS TO YOUR AUTHENTIC SELF

You will leave with a **bespoke perfume**, a tangible echo of your inner garden and memory, crafted with intention and care.

DAY 2: SCHEDULE

Fragrance & Flavour - A Theatrical Luncheon Experience (1.30pm-3.30pm)

Following the intimate journey of scent and story, step into a **multi-sensory luncheon** where **aroma and taste converge** in deliberate harmony.

Each course is crafted as a fragrant narrative, unfolding like chapters in a story, where the ingredients mirror the perfume notes you've explored and created.

Expect a curated progression of flavours and scents:

- Aromatic appetizers infused with fresh herbs and floral essences
- Main dishes layered with spices that echo the attars and blends from your workshop

- Scented accompaniments and palate cleansers designed to awaken and reset the senses
- Desserts that surprise with delicate fragrant notes - rose, saffron, cardamom, or wild citrus
- Thoughtful layering - saffron air, petrichor brink

The meal is served with intention and artistry, inviting you to taste the invisible, the olfactory essence, woven seamlessly into every bite.

Set in a serene, beautifully appointed dining space, this luncheon is an **extension of your scented journey**, celebrating the timeless dialogue between fragrance and flavour.

DAY 2: SCHEDULE

Afternoon Rest & Integration

After a rich and layered luncheon, the afternoon is yours to **rest, reflect, and integrate**.

Return to your private suite or find a quiet corner in the gardens - a space designed for calm and sensory ease.

Soft scents and gentle natural light invite you to slow down completely, allowing body, mind, and senses to settle deeply.

DAY 2: SCHEDULE

Smoke Alchemy

(4.30pm-6pm)

Step into the meditative world of smoke as ritual, memory, and medicine in India with the art of hand-dipped incense.



In this guided workshop, you'll learn the ancient craft of hand-dipped incense, using raw, aromatic materials rooted in Indian fragrant traditions - resins, woods, dried florals, barks, and oils.

Led by Esha Tiwari, this session explores incense not just as an object, but as a vessel of intention. You'll blend, roll, dip, and shape your own scent using natural binders and pure botanicals - creating sticks that are deeply personal and purpose-driven.

Expect to engage all your senses:

- Touching rare, textural plant matter
- Inhaling single-note oils and dry botanicals
- Understanding smoke as a sensory language - how it clears, softens, anchors
- Learning the burn profile of materials like Halmaddi, Guggal, Loban, and Marigold petals

Your creations will be wrapped and sealed in your own ritual kit, to carry home or use in the days ahead as a tool for grounding and presence.

DAY 2: SCHEDULE

The Nayan Massage Ritual of Renewal

(7pm-8pm)

Step into the healing legacy of Rajasthan's Royal Guardians - The Nayan community - who are honored as the hereditary guardians of the Royal family's wellbeing. Drawing from generations of expertise, their treatments use hand-blended aromatic herbal oils and time-honoured pressure techniques to deeply relax the bodies and balance the doshas.

Each movement carries the weight of movement, ancestral rhythms of Rajasthan's royal courts, where wellness was an art form.

DAY 2: SCHEDULE

Dosha-calibrated Tikri Thaal Dinner

(8pm-10.30pm)

To honor the day's inward journey and evening ritual, enjoy a **bespoke dinner crafted to harmonize your unique constitution**. Inspired by the intricate mirrorwork of Rajasthan's palace walls, '

Tikri Thaal is an evening that reflects the land itself - textured, elemental, and steeped in memory.

Rooted in Ayurvedic principles and Rajasthan's bounty, this menu is thoughtfully designed to **balance your dosha** - calming vata, grounding pitta, or soothing kapha through seasonally aligned ingredients from the desert's fringe, fragrant spices, medicinal herbs and slow-cooked grains.

Smoke from burning guggul and neem carries into the roasted roots

- A faint thread of saffron and vetiver lingers in the rice
- Pickled marigold, spiced rose, and floral ghee form edible perfumes

- Handmade breads kissed with wild fennel, desert berries, and ash salt

Each dish supports:

- Digestive ease
- Energetic alignment
- Deep restorative nourishment

As you eat, the space fills with the intimate acoustics of live Rajasthani folk music - raw, rhythmic, and deeply local. A soundscape that anchors the meal in its place of origin.

DAY 2: SCHEDULE

After Tikri Thaal Dinner

Complete Rest

Following the layers of flavour, fragrance, and sound , the night draws inward.

You'll return to your scented private suite, now prepared for rest: low lighting, turn-down rituals, and soft ambient notes curated for deep, sensorial sleep.

A gentle herbal tisane, a botanical balm, and the quiet hush of the desert complete the experience.

Under the Desert Sky

As night deepens, gather around the fire for an intimate ritual of live **acoustic music**, where local melodies weave effortlessly with the crackling flames, creating a space both grounding and transcendent.

Breathe in the cool desert air, sip on **digestive herbal teas** carefully crafted to soothe and support your body's natural rhythms.

Lie back or settle comfortably as the vast **Rajasthani sky unfolds** above, sparkling with countless stars, an invitation to quiet reflection, wonder, and deep stillness.

DAY 3: SCHEDULE

Morning Renewal (6am-7am)

Scent Meditation & Breathwork Alignment.

Begin the new day immersed once again in **scent and breath**, as you re-connect with your inner rhythm through a guided scent meditation paired with **yoga breathwork**.

Led by Esha Tiwari, this session revisits the practice of **mental gardening** - nurturing clarity, calm, and intention through carefully curated scent layers that support emotional balance.

Gentle breath alignment opens the body and mind, inviting spaciousness and ease as the desert morning unfolds.

This is a quiet, restorative practice designed to prepare you fully, body, mind, and senses, for the day ahead.

DAY 3: SCHEDULE

Final Morning: Departure Breakfast (8am-10am)

A Quiet, Nourishing Farewell.

On your last morning, gather for a slow, grounding breakfast, served in a peaceful setting that allows space for reflection, conversation, or quiet solitude.

The menu is light, elegant, and soothing to the senses:

- **Warm millets or seasonal porridges** with fragrant ghee, soft spices, and floral infusions
- **Fresh-cut fruits**, soaked nuts, and edible flowers
- **Botanical teas and citrus-kissed waters** to refresh and gently awaken
- **Scented breads or rotis**, paired with desert herb chutneys and raw honey

DAY 3: SCHEDULE

**Wonder how the first perfume in the world was made?
(11AM-12.30PM)**

Perfume Making Demonstration: The Deg Bhapka Method



Step into the heart of India's timeless fragrant heritage with a rare, live demonstration of the **Deg Bhapka method** - the ancient hydrodistillation technique practiced by the master artisans of **Kannauj**, the perfume capital of India. The only form of perfumery in the world that is cooked on open fire - for your awe.

Witness the transformation of raw botanicals into liquid gold, as rose petals, vetiver roots, and other native ingredients are slowly distilled in copper vessels over gentle fires.

This process, unchanged for centuries, reveals the profound craftsmanship behind the **first-ever perfumes**, where patience and precision create the purest floral waters and attars.

Gain intimate insight into a living tradition that shaped India's, and the world's olfactory landscape.

DAY 3: SCHEDULE

The Sawai Boutique (1PM checkout)

Curated Scent, Heritage & Self-Care.

Following your immersive journey, step into **The Sawai Boutique** - a thoughtfully curated space offering a collection of **plant-based, sustainable scented products** inspired by Indian heritage, botanical wisdom, and intention-driven self-love.

Each item - from Kastoor exclusive blends, Succinct candles to ritual kits and India adored products, each is crafted with reverence for nature and tradition, designed to extend your retreat experience into daily life.



CARRY HOME EXCLUSIVE GIFTS FOR YOUR LOVED ONES

Whether selecting a signature perfume, a bespoke ritual tool, or a gift for a loved one, this boutique offers a **luxurious portal** to carry the retreat's fragrant wisdom beyond its walls.

DAY 3: SCHEDULE

Farewell , Departure and Transfers

Until We Meet Again.

As your scented journey draws to a close, we offer heartfelt gratitude for sharing this intimate exploration of fragrance, nature, and self.

Carry with you the **wisdom, calm, and rituals** cultivated here, woven into your daily life like a subtle, enduring perfume.

Our team is here to assist with your departure, ensuring a seamless transition as you return to the world refreshed and inspired.

May the scents and stories of this desert sanctuary remain with you, until we meet again.

RATES & PRICING

THE BARLI CHAPTER

Dates: 26TH – 28TH SEPTEMBER 2025

Duration: 2 Nights / 3 Days

Workshop Venue: FORT BARLI

Room Type: Heritage Suite

Resident Package Rates:

Single Occupancy: ₹1,01,300

Double Occupancy: ₹1,62,600

Triple Occupancy: ₹2,18,900

****Rates are inclusive of all applicable taxes - 18% GST as applicable by law**

Non-Resident Package / Day-Pass:

Perfume Blending workshop - 11K+gst pp

Perfume Blending workshop + fragrance flavour special menu meal - 18K +
gst pp

Incense making workshop - 8k+gst pp

Wellness Ritual kit making workshop - 8k+gst pp

Witness the Deg Bhapka method of hydrodistillation + shopping with
exclusive discount at the Sawai Boutique - 8k + gst pp

What's Included:

- Participation in all workshop sessions, rituals, and creative experiences, as outlined in the official retreat itinerary
- Accommodation in elegantly restored heritage suites
- All meals during the stay (breakfast, lunch, dinner)
- Welcome drink upon arrival
- Access to daily guided yoga and mindfulness sessions

- Royal dinner experience at the historic Rani Mahal, surrounded by 250-year-old frescoes
- Complimentary massage therapy per delegate
- Guided fort tour hosted by the royal family of Barli
- Curated giveaways, scented gifts, and stationery
- Use of all lifestyle facilities at the property
- Unlimited Wi-Fi access
- 15% discount on food and laundry services during the stay

ADDITIONAL INFORMATION + DELEGATES NOTE

Culinary Preferences

We are pleased to accommodate individual dietary needs or preferences. If you have specific dietary requirements or questions, we encourage you to get in touch with us prior to registration.

Contact: esha@kastoor.co | +91 99580 38469

Trip Schedule & Travel Notes:

This retreat is hosted in two exclusive editions across Rajasthan:

- **Barli Chapter:** 26–28 September 2025 at Hotel Fort Barli
- **Jaipur Chapter:** 3–5 October 2025 at your selected accommodation (Dileep Kothi or Dera Rawatsar)

Both experiences are designed to begin and conclude in Jaipur, India. Jaipur International Airport (JAI) is located approximately 12 km from the city center.

Airport & Local Transfers:

Guests attending the Jaipur Chapter will receive complimentary airport transfers to and from Jaipur International Airport, as well as shuttle transfers to their selected hotel on October 3, 2025.

Should you require travel assistance or special arrangements, please feel free to contact us at esha@kastoor.co or +91 99580 38469.

Weather Advisory:

Late September to early October is a pleasant time to visit Rajasthan, as the monsoon subsides and skies remain generally clear. We recommend checking updated local forecasts 2–3 days prior to travel.

Not Included in Your Package:

- Airfare and flights
- Alcoholic beverages
- Food, drinks, or activities not listed in the official itinerary
- Personal expenses such as room service, minibar, laundry (outside the offered discount), and incidental charges.
- Any services used during designated free time

Children Policy:

- Children under 8 years of age stay complimentary at the hotel
- Children 8 years and above will be charged at adult rates

All our properties are LGBTQ+ friendly and pet friendly

Kindly note: Workshop sessions are reserved for adult participants only

For any questions, please contact esha@kastoor.co or +91 99580 38469

Extra bed charges applicable INR 4000+ taxes (2 Nights)

Payments & Cancellations:

- Full advance payment is required at the time of booking
- Booking vouchers will be issued upon confirmation

All bookings are non-refundable. The same applies in case of no-shows

Group & Corporate Inquiries:

For custom group packages, corporate wellness retreats, or exclusive collaborations, please reach out to: **esha@kastoora.co** |

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