



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

AN EXPERIENCE CURATED BY


ESHA TIWARI, FOUNDER - KASTOOR

A MASTER PERFUMER & OLFACTORY ALCHEMIST

THE JAIPUR CHAPTER

DATE: 3rd - 5th OCTOBER 2025

VENUE: DILEEP KOTHI, JAIPUR



"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

WELCOME TO THE FRAGRANT THRESHOLD

(You will arrive at 11:00am)

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 your retreat home.

Sawai Hospitality brings you two iconic family-run properties in the Gulabi Nagri, Jaipur - Dileep Kothi & Hotel Dera Rawatsar;

- ***Dileep Kothi*** - a restored royal bungalow, discreetly nestled within the city's quieter folds, being your private abode for the next 3 days.
- ***Hotel Dera Rawatsar*** - a heritage style hotel by the house of Rawatsar that has been converted into an all-service hotel right in the heart of Jaipur.

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.*

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

Your Room: A Private Scentscape

(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.

The space is quietly immersive:

- *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 and restoration*

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.

Smoke Alchemy

(4.30pm-6.30pm)

The Art of Hand-Dipped Incense

Step into the meditative world of smoke as ritual, memory, and medicine.

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.

The Tikri Thaal Dinner

(7pm-10pm)

Inspired by the intricate mirrorwork of Rajasthan's palace walls, Thikri Thaal is an evening that reflects the land itself - textured, elemental, and steeped in memory.

Set beneath the open desert sky, this dinner is a quiet celebration of Rajasthan's wild bounty - an ancestral 'thaal' brought to life through fire, scent, and sound.

Each dish is composed using raw, seasonal ingredients from the desert's fringe - foraged herbs, wild greens, heirloom pulses, fermented spices, and slow-cooked grains. Paired with family recipes from the royal kitchen, the meal bridges tradition and the untamed.

The thaal itself becomes a mirror - reflecting the day's scent stories in flavour:

- 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

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. Thikri Thaal is a multisensory reflection of land, lineage, and the sacred quiet of the desert night.

After Thikri Thaal

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.

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. No overindulgence. 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.

Workshop of Scent, Storytelling & Memory Mapping (11.30am-1.30pm)

Memory Mapping and Personal Blending with Esha Tiwari.

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, grounding your experience in lineage and place, while inviting your own unique story to unfold.

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

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.

Afternoon Rest & Integration

A Moment to Breathe and Absorb.

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.

Whether you choose to pause with a book, journal your experience, or simply close your eyes, this is a deliberate pause – **a quiet interlude for absorption and renewal** before the day unfolds anew.

Evening Ritual: Crafting Your Signature Wellness Ritual Kits (5pm-6pm)

DIY Ritual Kit Blending with Dried Herbs & Kastoor Attars

As the day winds down, gather for an intimate, hands-on session designed to extend the retreat's essence into your everyday life.

Using a curated selection of **wild-harvested dried herbs, botanicals, and Kastoor's exquisite attars**, you will craft your own ritual kit - a personalized blend intended to cultivate **clarity, peace, and focus** within your home and lifestyle.

Guided by subtle scent layering techniques, this practice is both intuitive and intentional, offering you tools to:

- Clear stagnant energy
- Anchor mindful presence
- Enhance emotional balance

Each kit becomes a bespoke companion designed to scent your space and moments with **meaningful purpose**, transforming everyday rituals into acts of self-care and mindful grounding. This is your invitation to carry the retreat's fragrant wisdom with you, long after the desert night.

Dosha-calibrated Dinner **(8pm-10.30pm)**

To honor the day's inward journey and evening ritual, enjoy a **bespoke dinner crafted to harmonize your unique constitution**. Rooted in Ayurvedic principles and Rajathan's bounty, this menu is thoughtfully designed to **balance your dosha** - calming vata, grounding pitta, or soothing kapha through seasonally aligned ingredients and mindful preparation.

Each dish supports:

- Digestive ease
- Energetic alignment
- Deep restorative nourishment

Expect a refined, flavourful array of **local, organic produce, medicinal herbs, and fragrant spices**, all selected to nourish body and mind in perfect harmony

Evening Ritual: Music, Fire & Stargazing

(late night)

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. This closing moment is an invitation to presence, a soft surrender to nature's rhythms, and the perfect gentle pause before rest.

DAY 3: SCHEDULE

Morning Renewal (6am-7am)

Scent Meditation & Breathwork Alignment.

Begin the new day immersed once again in **scent and breath**, as you reconnect 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.

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

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 hydro distillation technique practiced by the master artisans of **Kannauj**, the perfume capital of India.

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. A sensory journey connecting you directly to the roots of perfumery and the soul of Indian fragrance.

The Sawai Boutique (IPM 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.

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.

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 JAIPUR CHAPTER

Dates: 3rd - 5th October 2025

Duration: 2 Nights / 3 Days

Workshop Venue: Dileep Kothi, Jaipur

The Jaipur chapter of the Sensory Wellness Retreat unfolds in the heart of the Pink City, offering delegates a choice between two boutique heritage hotels, each thoughtfully curated to reflect Rajasthan's royal charm and refined hospitality.

Dileep Kothi, a heritage hotel owned and hosted by the 16th-generation royal family, offers just 10 all-suite accommodations where tradition meets personalised luxury in a quiet, central location.

Just minutes away, **Dera Rawatsar**, led by the royal family of Rawatsar, presents a serene garden retreat that blends classic Rajputana elegance with the warmth of family-run hospitality.

Both properties serve as immersive sanctuaries designed to complement the spirit of the retreat—with detailed attention to comfort, cultural authenticity, and well-being.

Accommodation Option 1: Dileep Kothi, Jaipur

Room Type: Heritage Suite

Total Suites Available: 10 Units

Accommodation Option 2: Dera Rawatsar, Jaipur

Room Type: Superior Suite

Total Suites Available: 05 Units

Resident Package Rates - Jaipur Chapter

- **Single Occupancy:** ₹86,300
- **Double Occupancy:** ₹1,47,600
- **Triple Occupancy:** ₹2,03,900

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

Non-Resident Package / Day-Pass:

- **Perfume Blending workshop**
INR 11,000 +GST/ per person
- **Perfume Blending workshop + fragrance flavour special menu meal**
INR 18,000 +GST/ per person
- **Incense making workshop**
INR 8,000 +GST/ per person
- **Wellness Ritual kit making workshop**
8,000 +GST/ per person
- **Witness the Deg Bhapka method of hydrodistillation + Shopping with exclusive discount at the Sawai Boutique**
INR 8,000 +GST/ per person

IMPORTANT NOTES

What's Included (for both properties):

- Access to all workshop sessions, wellness rituals, and creative activities
- Accommodation in boutique heritage suites
- Three curated meals daily during the stay
- Welcome drink upon arrival
- Daily guided yoga, breathwork, and movement practices
- Royal welcome dinner hosted by the royal family of Barli at Dileep Kothi
- Workshop materials, scented gifts, and curated giveaways
- Full access to lifestyle and leisure amenities
- Unlimited high-speed Wi-Fi
- 15% discount on all in-house food and laundry services

Early Bird Offer

Take advantage of limited early bird pricing—available only for a short period. Confirm your participation now to receive the best available rates and priority access to your preferred property. Bookings are accepted on a first-come, first-served basis.

For more details, and tailored plans please connect with us at esha@kastoor.co or call us at +91- 9958038469.

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

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@kastoor.co | +91 99580 38469