

Taj Hotels introduces Digital Detox Programme

Taj Hotels has recently introduced Digital Detox Programme. The program is carefully designed by Jiva experts, which offers curated detox therapies, mindfulness sessions and wellness cuisine at Taj Hotels across serene destinations. From sun-kissed beaches to snow-capped mountains and peaceful backwaters, each location surrounded by nature offers a unique opportunity for an immersive experience. Even as patrons refrain from using digital devices like phones, smart watches, i-pads and laptops while on their journey to disconnect from the daily demands of a hyper-connected world.

The Digital Detox Programme begin each morning with Yoga to set the day, followed by therapies for the head, neck and shoulders including Champi, detox massages, lymphatic drainage therapy and eye cupping – each designed to align body, mind and spirit. With excessive screen time associated with reduced sleep quality and stress, the Antar Mouna, Kaya Stharaim and Yoga Nidra sessions allow guests to taste the elixir of silence and enjoy a sound sleep.