



The Beach House is a beautiful and rustic wellness retreat in Goa. Situated on the secluded beautiful sands of Sernabatim Beach in South Goa, The Beach House offers a range of innovative and all inclusive wellness programmes, uniquely designed to incorporate both medical and holistic therapies. Part of Sanda Wellness, The Beach House is an ideal holiday option for those who require a complete body and mind overhaul whilst relaxing in stunning surroundings. The focus of the Sanda Wellness programmes is the three body systems or Wellness Chakras – the Physical, the Physiological and the Psychological – and ensuring they are maintained in a state of equilibrium and balance. Prices start from £525 for 4 nights for further information regarding The Beach House and Sanda