

Omāra

BY TREHAN IRIS

SECTOR 80, GURUGRAM

Welcome to a home where wellbeing is not an addition, but the foundation. Here, wellness is not an occasional retreat, but a way of living, sustained daily within a community that nurtures your body, mind, and soul.

ARTISTIC IMPRESSION

trehaniris.com

Nourish your being TM

**TREHAN
IRIS**

An ecosystem
designed as the
blueprint for
deeper living.



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TREHAN
IRIS

The Architecture of Awakening

Biophilic spaces. Flowing water. Lush greens. Natural light. Vastu-compliant. Poetry in imposing stone. A dialogue between structure and nature, guided by spatial cognition. Created to reawaken the senses, quietly.



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IRIS

Breathe in Nature. Breathe out Calm

Sweeping views of the Aravalli and a golf course.
Air that feels lighter. Views that stretch farther.
Open landscapes that support parasympathetic
response. A landscape that softens the day.
And a setting that lets the mind exhale tranquillity.



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TREHAN
IRIS

Children, Adults, Seniors: For Every Chapter of Life

110+ amenities and features designed to support evolving physical, emotional, and cognitive needs. Spaces that encourage play, connection, movement, rest. Allowing generations to live together in rhythm, without friction.



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Move your Body, Move your Soul

Spaces designed to keep the body active and the mind light. Podium-free zones, yoga deck, gym, forest trail, jogging track, and pools. To support strength, mobility, posture, and sleep quality. Helping regulate circadian rhythm and sustain daily energy levels.



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TIR TREHAN
IRIS

Personalised Wellness Programs for Holistic Wellbeing

From therapeutic spa rituals to conscious diet and movement practices, our wellness programs are crafted to realign the body, mind, and soul. Guided by scientific understanding and time-honoured wisdom, they nurture recovery, balance hormones, and restore the quiet harmony within.



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**TREHAN
IRIS**

Longevity Programs: Add Years to Life. And Life to Years

50+ longevity programs shaped by individual biomarkers, personalised insights, and lived patterns. Nutrition. Movement. Recovery. Mindfulness. Designed to support metabolic health, cognitive resilience, and long-term vitality.



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**TREHAN
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The Spa: The Gentle Art of Letting Go

L'Occitane En Provence wellness sanctuary and spa experiences. Unhurried rituals. Restorative touch. Sensory therapies designed to lower cortisol levels, ease muscular tension, and support nervous system recovery. Pauses that allow the body to soften and the mind to release.



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**TREHAN
IRIS**

From Farm to Table, and Everything in Between

Seasonal, pesticide-free produce sourced on-site from our farms. Culinary school run by chefs to hone your skills. Thoughtfully prepared dishes to support gut health, restore metabolic balance, and the body's natural rhythm of healing.



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