



MIND BODY AND SOUL

Vacations needn't be just about exploring new destinations but also about pampering the mind, body and soul. After all, you deserve some well-deserved indulgence in the hands of experts for that perfect mantra of rejuvenation. Here is a list of wellness retreats from the four corners of India that sure would make you realise the importance of health-inspired holidays.

Text **Rathina Sankari**

A stay in this paddy field surrounded, slopy retreat might just get you interested in permaculture and organic gardening. Treated to the panoramic views of the mighty Nathula Himalayan range, you can indulge in various therapies, like the regenerating herbal bath, Sikkimese open air stone bath, massages, yoga and ayurveda. The unique Sikkimese open air stone bath is not to be missed during your stay—it is a relaxing experience as the hot stone master fills your wooden tub with spring water and adds stones that are heated in the fire, while enjoying the traditional *kowri* soup served during the bath. You could also learn the nuances of Sikkim and Tibetan cuisine in their ethnic cooking classes, or benefit from the meditation classes conducted by the lama or nuns. You needn't just enjoy the pleasures indoor but can also head out into the wilderness as for hikes as well as village and monastic tours.

THE BAMBOO RETREAT

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THE BAMBOO RETREAT



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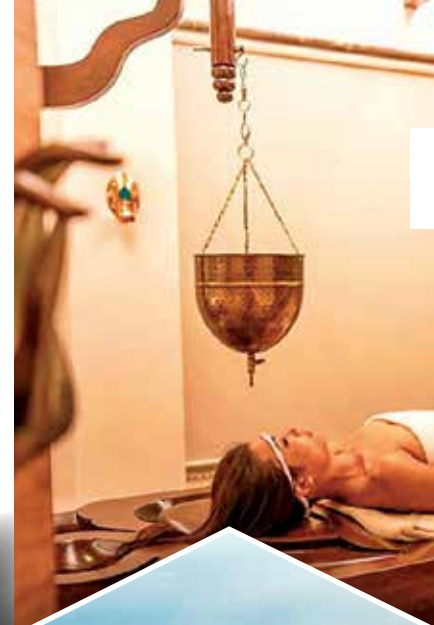
If you want to recharge and refuel, the decadent Vana in the lush forests of Dehradun will completely spoil you. Personal consultation and treatment plans are aimed towards one's true well-being from a physical, mental, emotional and spiritual standpoint. The 21-acre retreat is a microcosm of peace and sanctity, and receives footfall from across the globe. Yoga, meditation sessions, outdoor hikes, nutritional cuisine sessions, classical performances ensure you relax and enjoy your time in the retreat. The wellness team at Vana offers ayurveda, *sowa rigpa*, yoga, natural therapies—such as aqua therapy—to its residents. The ayurvedic *panchakarma* program, the ancient Chinese medicine called *sowa rigpa* or Tibetan healing, acupuncture and moxibustion, in-house natural massage and essential oils used in the spa sessions, watsu and aqua therapies are few of the many signature treatments available in the estate. The meals at Vana are made from the organic produce of the region. The wellness concept doesn't mean you are treated to insipid food but wholesome and delicious treats that you are sure to enjoy.

VANA MALSI ESTATE



VANA MALSI ESTATE

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ATMANTAN WELLNESS RESORT

Nestled in the verdant surroundings of Mulshi near Pune, with numerous waterfalls to give you company in the monsoon, is Atmantan. From a minimum of 3 days to a maximum of 28 days packages catering to a holistic development are available at the retreat. The programmes are each designed to aid different aspects like weight balance and master cleanse. Some unique experiences, like the *chi nei tsang* which was practiced by Taoist monks and helps improve the immune system and detoxify, are available here. Guests are put through a daily cleansing schedule that includes yogic *kriyas*, postural assessment and *panchakarma*. Residents are not just put through customised wellness plans but are also

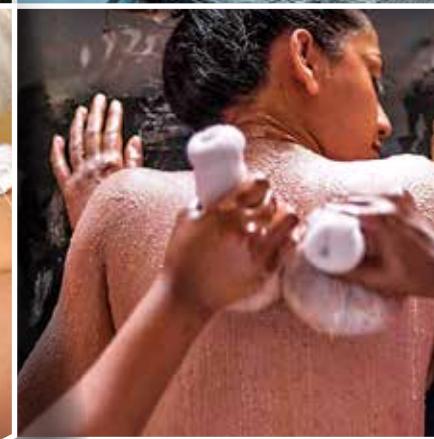
educated about the importance of wellness cuisine and living the right way. The chefs at the restaurants in Atmantan dish out some of the best spa cuisine for their guests. Stone massages, aromatherapy, *abhyanga*, body wraps and many other spa therapies ensure you relax and unwind from the daily pressures of life.



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ATMANTAN WELLNESS RESORT

✿ Mulshi, Pune - 412108 ✿ Phone - +91 20 66766666 ✿ www.atmantan.com



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KALARI KOVILAKOM

Considered the 'palace of ayurveda', this CGH Earth retreat is accredited by the NABH (National Accreditation Board for Hospitals and Healthcare providers), and adheres to the tenets of ayurveda. The treatments in this retreat, which once was a palace, are focussed towards integrating the mind, body and soul, and aims towards healthy living. The therapists offering the treatments practice the ancient martial art of *kalaripayattu*, which ensures they are able to bring in positive energy and recharge themselves. The *panchakarma chikitsa* (treating imbalances in the system),

manashanthi chikitsa (anti-stress), *sthoullyaghna chikitsa* (weight management) and *rasayana chikitsa* (treatment for healthy aging) are few of the many treatments that are available. A minimum of 14 days is required to indulge in the various treatments available at the centre. The *vaidya*, or Ayurvedic doctor, studies every case, determines the body type and puts the guest through an ayurvedic regimen which includes massages, medicated baths, yoga and herbal, *sattvic* diet.

KALARI KOVILAKOM

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