



It takes a getaway to a wellness retreat to realise how much we are in need of some R&R. By **Anindita Ghosh**

My trip to Naad Wellness, a luxury retreat located just an hour or so away from Delhi, coincided with a time in my life when I had committed to certain lifestyle changes. After promising myself for years to lose all my excess weight, I had started a new diet that guaranteed to get rid of all the flab. So the invitation from Naad for a three-night detox break was god sent...a message from the universe to say that I was on the right path! The don'ts that came with the invite, however, were intimidating. No caffeine, no alcohol or cigarettes, no non-vegetarian food, minimal mobile use, a strictly regimented schedule...and early morning yoga!



“THE RESORT EXUDES JUST THE KIND OF PEACEFUL VIBE THAT YOU WOULD EXPECT IN A PLACE LIKE THIS”

Refresh and restart

Naad Wellness is situated in Kundli, Sonipat, a semi-industrial town with farmlands, residential buildings, educational institutes and factories, all coexisting, not very harmoniously! The 39-room resort is shielded from its less than luxurious surrounds by a high wall and lush foliage. There's plenty of natural light, low chants playing in the background, a whiff of essential oils and just the kind of peaceful vibe you'd expect in a place like this...I am clearly the jarring outsider here.

I am shown into a large suite with a grand four-poster bed, a seating area and a large >





(Clockwise from top) Lush greenery abounds at Naad; the candlelit Turkish hammam with a jacuzzi; there are a host of Ayurvedic therapies to try



“THERAPIES ARE TAKEN VERY SERIOUSLY AT NAAD WELLNESS; FROM REFLEXOLOGY TO MASSAGES TO SALT THERAPY, YOU ARE OFFERED A RANGE OF TREATMENTS”

balcony. I am sorely tempted to kick off my shoes and slip under the covers, but a schedule left discreetly on my pillow reminds me that at Naad, my time is not my own! I am handed a white cotton kurta-pyjama set and a pair of comfortable sandals to change into. This will be uniform de rigueur during my stay.

Holistic health

The resort has an in-house panel of Ayurvedic doctors, naturopaths, and spa therapists. I am led to my Ayurveda practitioner who hears about my ailments, my struggles with weight loss, and prescribes a diet tailored to my needs. At lunch, I am sceptical about what's on offer, since vegetarian is not my food preference of choice! I find that there's a hearty lentil soup, salad, soft ragi rotis, dal, a bowl of vegetable curry and a few pieces of fruit for dessert. The

food is delicious, and with my phone away in my room, I relish every mouthful. But the portions are small, and I hope I last till dinner, accustomed as I am to snacking.

Dinner is served at 7.30 pm every day. A refreshment is promised in the evening; I expect a snack, but I get a glass of fruit juice! I've never looked forward to dinner with such anticipation! My last meal for the night is a bowl of soup, a plate of salad and a medium-sized helping of chapati noodles—ribboned wholewheat chapatis tossed with vegetables. I wolf it all down and wonder, if the meals get any bigger than this. The kind server assures me that it does not! The point, apparently, is to train your system to gain satiety with less food. And over the next few days, I find that it is true. My body settles into a pattern and I no longer crave my snacks; I thoroughly relish the tasty vegetarian food on my plate without craving for more, and I find that I am no longer plagued by bloating and indigestion.

Rejuvenating therapies

Therapies and treatments are taken very seriously at Naad Wellness. From reflexology to full-body massages to salt therapy to a surreal experience in a dimly-lit Turkish hammam, you do it all. You are oiled, kneaded, knots loosened; basically, you're thoroughly pampered till you feel the pent-up stress of city living melt away. Soon your bones creak a little less; the knees are not as achy and your parched skin, thirsty for nourishment, laps up the therapeutic oils and lotions that are rubbed on it.

Therapies are often followed by a swim, a walk on the cobbled reflexology park or a yoga session. While, some may consider the yoga sessions rather mild, it suited me perfectly. With my sedentary lifestyle, the gentle asanas and stretches and the meditative pranayams were just right for me. My mind and body relaxed and I felt a deep calm taking over.

My three days at Naad were over too soon, and before I knew it, I was shedding my whites for my city clothes. As I was leaving, my doctor handed me a list of wellbeing tips that she assured would hold me in good stead in the following months. But that was not all that I took back with me; my time at Naad had shown me a path of clean living that did not seem impossible to follow. It rejigged my metabolism and set a pattern that made all my health resolutions so much easier to achieve. **F**

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Packages from 3 nights
to 28 nights. There are
experiential (detox, de-
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packages (diabetes
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