

A Fine Balance

Rejuvenate your mind, body,
and soul at these luxury
wellness retreats across India.

By Prachi Joshi





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Modern-day city living can take its toll – think work stress, interminable commutes, digital dependence, eating disorders, and much more. You need to rest and recuperate every once in a while and escape this urban frenzy. What better way to de-stress than to check into a wellness retreat for a series of therapies, massages, and some healthy cuisine. From Ayurvedic treatments to Tibetan healing to yoga, we bring you some of the best wellness resorts across the country that practise age-old methods and offer natural treatments.

HILTON SHILLIM ESTATE RETREAT & SPA

Voted as the best luxury resort in Asia, the Dharana Wellness Centre at Hilton Shillim Estate Retreat & Spa offers a holistic approach to wellbeing by addressing both physical and spiritual issues. Each of the nine programmes begins with consultations with a doctor and advanced diagnostics like iridology (iris scan) and oligo scanning (scanning for trace elements & heavy metals in the body). The Dharana MINBOS programme can be particularly useful for city dwellers as it offers integrated de-stress and sleep therapies. The Dharana approach also advocates fitness through nature so the programmes include conservation nature walks and hikes. Hilton Shillim's wellness restaurant The Green Table follows the farm-to-table concept and offers healthy meals made from organic seasonal produce sourced from neighbouring farms. You can even sign up for a cooking class and learn how to rustle up healthful

meals at home. From Rs.23,000 for a minimum three-night stay; shillim.in

NAAD WELLNESS

Located just outside the bustle of Delhi, less than 50km from the Indira Gandhi International Airport, Naad Wellness offers curated experiences that are rooted in the principles of Ayurveda, Yoga, and Naturopathy. The therapies aim to restore the balance of your five senses. So you have a range of Ayurvedic massages to take away the aches and pains of a stressed city life followed by Hammam therapy in their authentic Turkish bath.

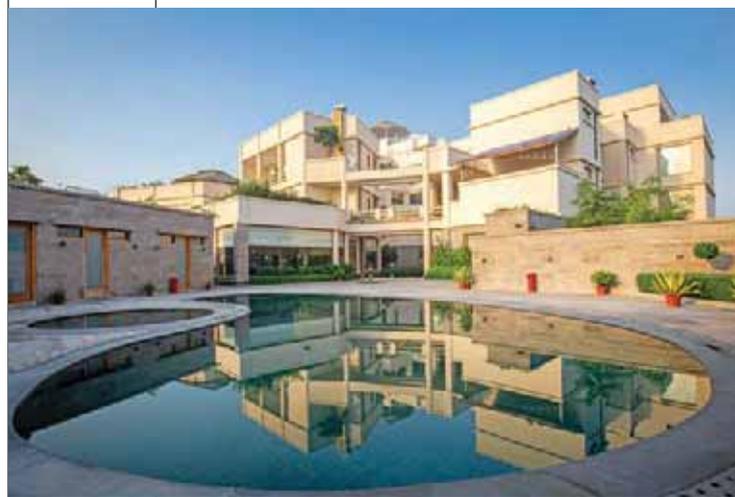
Relax in Naad's Himalayan Salt Cave where the anti-bacterial and anti-inflammatory properties of pink salt vapour alleviate skin conditions and respiratory problems. Naad Wellness is one of the few retreats in India that offers Music Therapy, which is known to relieve anxiety and also help reduce chronic pain. All of this is offered in a lush green environment coupled with organic vegetarian meals that combine taste with healthy eating. Naad Wellness has also started the Healing Series where

(Facing page)
A view of the Hilton Shillim Estate Retreat & Spa.

(Right)
A client undergoes Shirodhara treatment at Naad Wellness.

(Below, left)
Presidential Villa at Hilton Shillim.

(Below, right)
The poolside area of Naad Wellness.



REJUVENATE

renowned wellness experts conduct exclusive workshops that will be included in the packages offered. From Rs.49,000 for a minimum 3-night stay; naadwellness.com

ATMANTAN

Nestled in the verdant Sahyadris and overlooking the Mulshi Lake, Atmantan is easily accessible from both Mumbai and Pune. While it's a year-round retreat, it's particularly attractive in the monsoons when the Western Ghat gleam in all shades of green and countless waterfalls gush down the surrounding hills. All the rooms and suites are beautifully appointed and come with stunning views, but the Mango Tree Villa with its private infinity pool and gazebo is definitely worth splurging on. The retreat offers a range of packages beginning with the basic three-night Atmantan Living to the 5-28 night Ayurveda Panchakarma where you can undergo a series of therapies, yoga, and herbal baths based on your dosha. Or try the trademarked Master Cleanse package that includes colon hydrotherapy, Taoist Chi Nei Tsang treatment, and other cellular detox therapies. Atmantan's

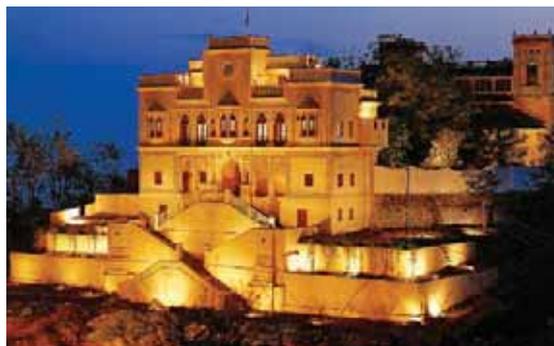


(Left and below) A pathway leading to the reception area at Atmantan; and a tranquil, panoramic view from Atmantan.



(Above) Clients performing yoga at Ananda.

(Right) Ananda nestled in the Himalayan foothills.



Spa Cuisine is also an experience with beautifully plated meals, which use locally sourced, organic ingredients. From Rs.69,000 for a minimum 3-night stay; atmantan.com

ANANDA

Often crowned India's best spa, Ananda is situated in the Himalayan foothills on a 100-acre former Maharaja's palace estate. Surrounded by sal forests, the picturesque resort overlooks the holy town of Rishikesh and the Ganga river valley. Ananda's programmes are customised to your wellness goals whether it is weight loss, fitness, detox, rejuvenation, etc. The three-night Rebalance programme is an ideal introduction for anyone who is dealing with physical and emotional stress. Or try the seven-night Ayurvedic Rejuvenation, which includes treatments such as shirodhara, cleansing techniques like nasam sneha vasti, and hatha yoga techniques. Ananda also has the Visiting Masters programme where renowned healers, therapists, and doctors from around the world offer private sessions and workshops in different areas of wellbeing; some of the upcoming sessions include crystal healing & reiki by Jill Banwell, quantum emotional & physical release by Paul Emery, and craniosacral therapy by Cameron Walker. From Rs.27,000 for a minimum three-night stay; anandaspa.com ■