

### Soukya Holistic Health Center, Bangalore

Located in Whitefield, a suburb of Bangalore, the Soukya Holistic Health Centre is a luxury wellness spa that focuses on alternative health treatments. Leech therapy - to cleanse the body off toxins - as well as nasal cleansing, yoga, meditation and other Ayurvedic treatment, including a satvic diet,

are offered to those looking for rejuvenation.

Prince Charles' wife, Camilla, the Duchess of Cornwall spent four days at the wellness spa, and stayed at the Rs 83,000-a-night Presidential Suite. The 2,500 sqft suite has three bedrooms, a private garden, an open-air shower and a lotus pond.



### Kalari Ko

At the Kovalam style a sign that says 'World Here' that propagates austerity - the caffeine, tea and alcohol are

## The top five wellness centres in India

*Check out where the rich and the famous seek solitude and wellness in the spiritual land of India*

Checking into a wellness retreat for a full-blown mind-body-soul experience can be one of the most relaxing, not to mention healthy, things to do. If you're considering a wellness vacation - whether to de-stress, lose weight or even try some natural anti-aging - here's a list of top five luxury retreats in India you can check into.

### Kalari Kovailakom, Kerala

**A**t the entrance of the Kalari Kovailakom retreat, the self-styled Palace of Ayurveda, is a sign that says 'Please Leave Your World Here'. You then enter a world that propagates Ashram-style austerity - that means no meat, caffeine, leather accessories or alcohol are allowed - and an

Ayurvedic lifestyle that is a combination of light, good food and massages, herbal treatments and purifying baths.

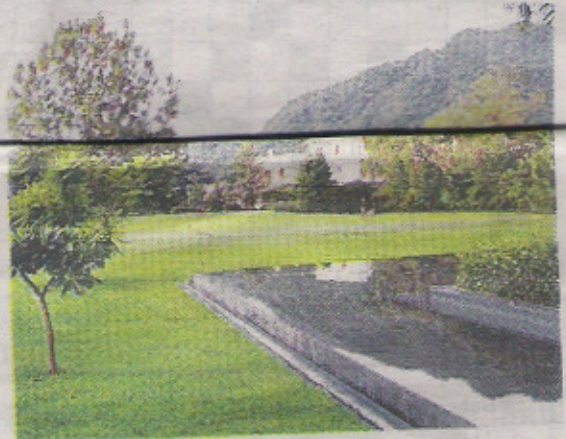
The retreat and spa are housed in a 150-year-old palace, former home of the king of Kollangode and has been carefully restored (with some luxe fittings) for guests.



### Ananda Spa, the Himalayas

**N**estled in a forest near the Himalayas, the Ananda Spa has been set up in an erstwhile maharaja's northern retreat, and offers a mix of Ayurvedic and Western spa therapies designed to relax the mind and body. Treatment, daily activities and meals are devised on the basis of guests' doshas and will also help those looking for anti-aging or weight loss treatments. All this takes place at the luxury wellness resort's 24,000 sq ft spa.

The wellness spa, which has won Conde Nast's Best Destination Spa award in 2010, offers guests a choice of rooms, suites and one or two bed-roomed villas.



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### Bio Resurge, Goa

**H**oused in a luxury hotel in beachy Goa, the Bio Resurge clinic's aim is to promote comprehensive health through its weight loss programme. Developed by Glen Schirmer, the Australian fitness guru who has trained tennis champs and Olympic athletes among others, the 28-day wellness/fitness programme focuses on helping individuals regain health and reverse

'health pathologies' by gaining as much lean body mass (LBM) as possible whilst losing maximum body fat, via massages, workouts 'leisurely walks' and of course, healthy eating.

Couture designer Tarun Tahiliani and TV personality Pooja Bedi have checked in to the Bio Resurge clinic for the Rs 925,000 treatment, which includes 5-Star accommodation.



### Sheryas Yoga Retreat, Bangalore

**A** lush 25-acre luxury wellness resort on the outskirts of Bangalore, the Sheryas Yoga Retreat strives help guests achieve mind-body wellness via yoga.

Both Hatha and Ashtanga yoga are taught, along with pranayama and yoga Nidra (deep relaxation). Sheryas' expert holistic healing programme has even earned it a mention in the 2011 Relais & Châteaux Guide, a top luxury hotels

guide.

The luxurious setting also goes a long way in helping guests relax. Tastefully designed tent cottages, villas, a swimming pool, library and cinema centre aid the R&R process. Rates start at Rs 12,000 a night, but you can add on Yoga Retreat, Silent Retreat, Wellness for the Soul and other such programmes for upwards of Rs 135,000 per programme.



(Source: <http://luxpresso.com/news-indulge/top-5-wellness-retreats-in-india/3632>)