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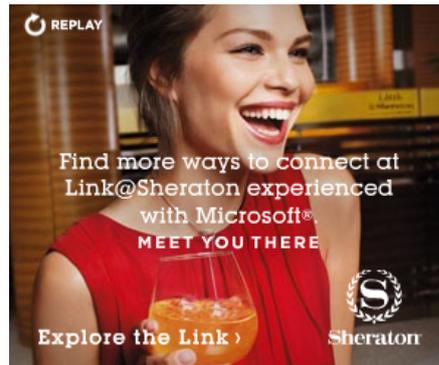
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The Best Spas

For the ultimate Ayurvedic treatment -- not so much pampering as a full-on rejuvenation experience that emulates the philosophy of health as a way of life espoused in ancient Indian texts -- there's nothing that comes close to Kalari Kovilakom. The health programs offered there are so special, in fact, that we've included them amongst India's best spiritual experiences, earlier in this chapter.

- The Marari Beach (Alleppey, Kerala): Ayurveda is taken very seriously at this attractive beach resort in South India...
Kumarakom Lake Resort (Kumarakom, Kerala): The swankiest of Kumarakom's retreats, this has an extensive Ayurvedic spa...
Somatheeram (Southern Kerala): This shabby-chic center, carved out of red sandy soil...
Shalimar Spice Garden Resort (Kerala): Not far from Periyar Tiger Reserve, this lovely inland resort occupies a 2.4-hectare (6-acre) plantation...
SwaSvara (Om Beach, Gokarna, Karnataka): With meditation sessions in a gorgeous blue-domed building...
Wildflower Hall, Mashobra (near Shimla, Himachal Pradesh): The piece de resistance at what once was the mountain retreat of Lord Kitchener...
Ananda-in-the-Himalayas (near Rishikesh, Uttarakhand): The 1,951-sq.-m (21,000-sq.-ft.) Wellness Center at this destination spa resort...



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you are totally pampered from the moment you wake (to a steaming cup of honey, lemon, and ginger) until you retire to a bath (where a candle heats fragrant essential oils) and a bed (warmed by a hot-water bottle).

- **Shreyas** (Bengaluru, Karnataka): Simplicity is the catchword, but attention to detail is never compromised. Relaxed, minus any ostentatious predictability attached to most spas, Shreyas believes in detoxifying the spirit as much as the body. This is as perfect as it can get.

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Note: This information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in question before planning your trip.

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Author: Pippa de Bruyn
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