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Top 5 Wellness Retreats in India

BY CHELNA KHATAU MAR 14TH 2011 AT 6:00AM INDULGE RATED ★★★★★

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The Bio Resurge clinic is housed at the Alila Diva in Goa

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 5 luxury retreats you can check into.

Go to: Bio Resurge Clinic

Where: Alila Diva, Goa

Housed 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 Tahliani** and TV personality **Pooja Bedi** have checked in to the Bio Resurge clinic for the ₹9.25 lakh treatment, which includes 5-star accommodation.

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Go to: Soukya Holistic Health Centre
Where: 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 treatments, 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 ₹ 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.



Go to: Ananda Spa
Where: The Himalayas

Nestled 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. Treatments, 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 sqft spa.

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The wellness spa, which has won Conde Nast's Best Destination Spa award in 2010, offers guests a choice of rooms, suites and 1- or 2-bedroom villas.



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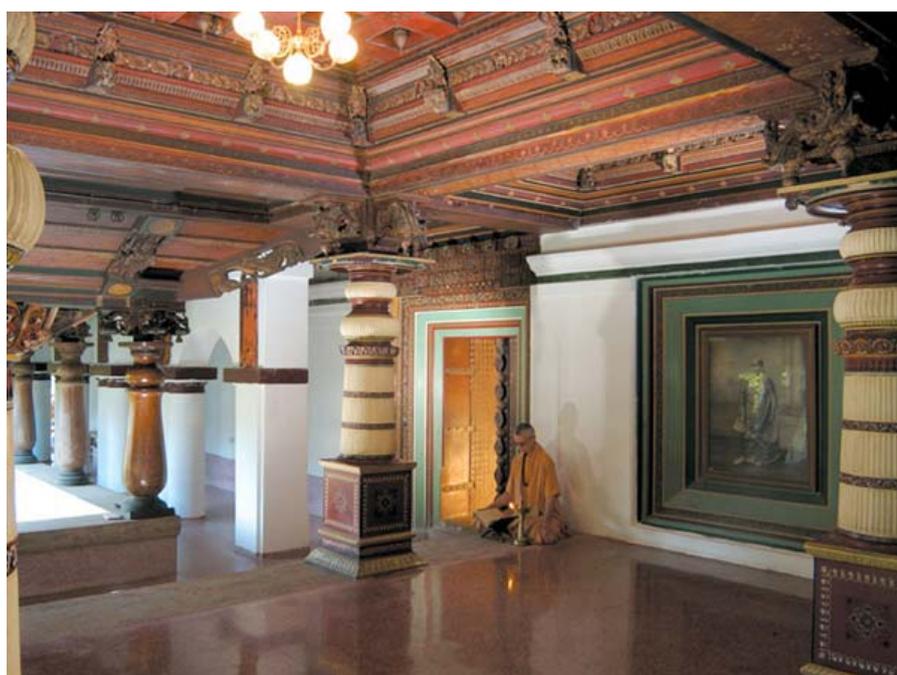
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Go to: Shreyas Yoga Retreat
Where: Bangalore

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 & Ch'teaux 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 ₹ 12,000 a night, but you can add on Yoga Retreat, Silent Retreat, Wellness for the Soul and other such programmes for upwards of ₹ 1.35 lakh per programme.



Go to: Kalari Kovilakom
Where: Kollengode, Kerala

At 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.

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