

## TRAVEL+ LEISURE

SOUTHEAST ASIA

SIGN IN

SIGN UP











**FOOD & DRINK** HOME **DESTINATIONS HOTELS** SHOPPING **NIGHTLIFE** SPA INTERESTS T+L BLOGS **SEARCH** BANGKOK **PHUKET** HONG KONG **SINGAPORE** BALI **HANOI KUALA LUMPUR HCMC** 

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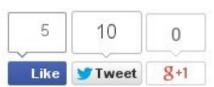
## HEALTHFUL HAVENS IN ASIA

July 22, 2014

Sometimes a little old-fashioned R&R is just what the doctor ordered. You can fill that prescription at these five hot spots to naturally detox and unwind.

## INDIA

Whip those chakras back into alignment at Shreyas Retreat, Bangalore (shreyasretreat.com), which features all the hatha and ashtanga classes of a traditional ashram with all the comforts —and spa treatments—of an upscale resort.





Shreyas Retreat, Bangalore





