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SIMPLY BANGALORE

A MONTHLY CITY MAGAZINE

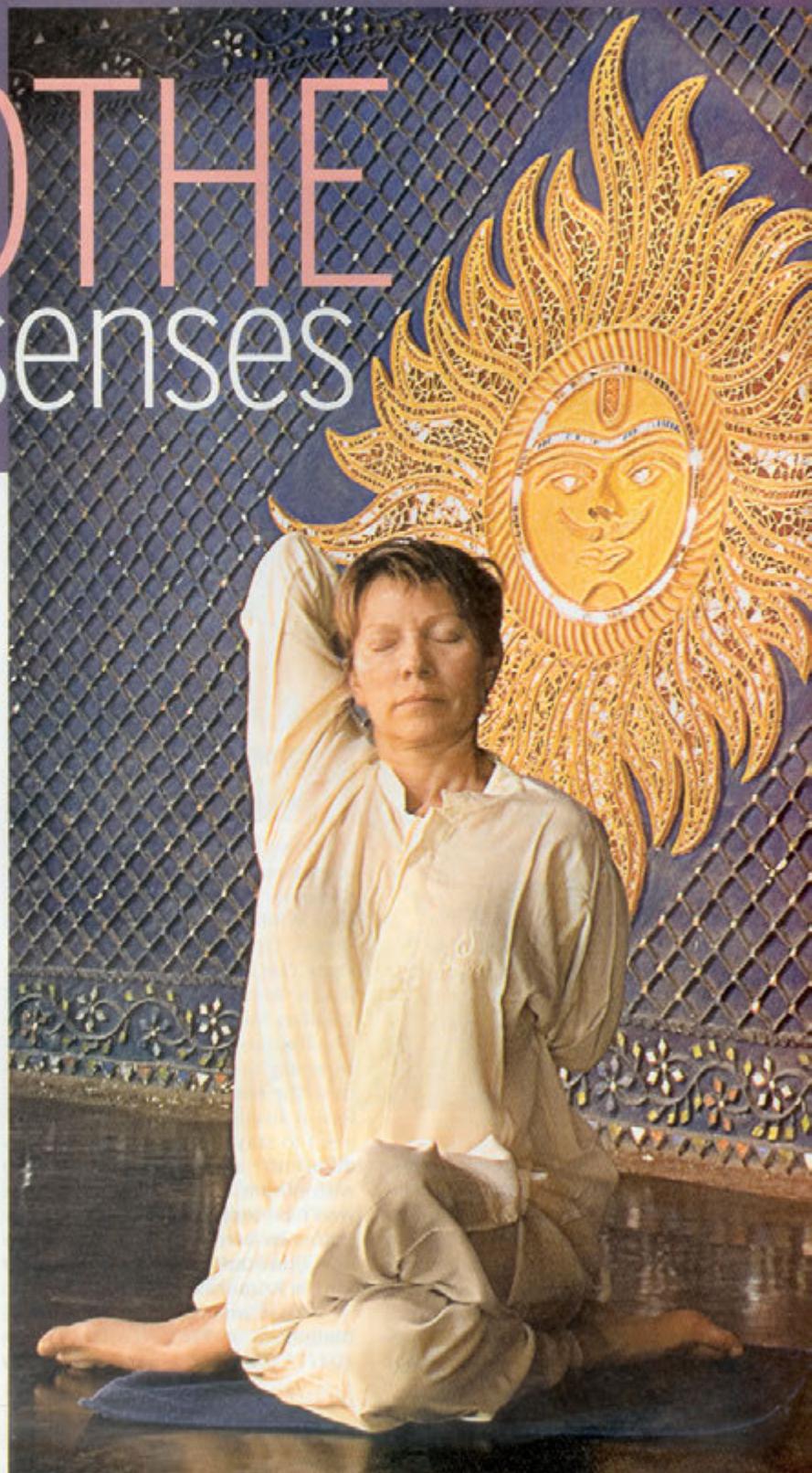
WHETHER YOU HAVE A DAY, A WEEKEND OR A WHOLE WEEK TO SPARE, THE CITY'S SPAS HAVE THE RIGHT

SOOTHE your senses

By NIRMALA RAVINDRAN

The original source of the word 'spa' comes from the Belgian town, where illness caused by iron deficiency was treated by drinking chalybeate (iron rich) natural spring water. In today's world, the word has come to signify wellness treatments that can create a sense of well-being and help in not just making you feel good, but also provide a holistic condition to combat the world we live in. In short—a chance to get away from the heat, dust and crowd to soak in the wellness of a herb bath, have your tired muscles kneaded and to intake nutritious and healing food. What more can you ask for in terms of a break?

Bangalore is Asia's fastest growing metro, and also the city with the highest levels of stress. It was only natural then that a host of spas would spring up within and around city limits claiming to offer every treatment under the sun. While most of these are the regular suspects, beauty parlours and salons doubling up as spas, Bangalore has many authentic centres that draw patients and guests from across the country, not to mention overseas. SIMPLY BANGALORE rates five wellness centres representing a cross section of categories. ■



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Soukya

Holistic and wellness centre (not to be confused with a regular spa), founded by the internationally acclaimed Dr Isaac Mathai

Price: Starts at Rs 4,500 per day, includes treatment, stay and meals

CATEGORY: Wellness and medical therapy.

LOCATED IN: Whitefield, 25 km from the city.

AMBIENCE: Beautiful, tranquil and, most importantly, organic. Water bodies soothe the nerves, while the greenery in full bloom relaxes the mind and body. The Kerala, Nallukettu style building and cottages add to the look and feel of the place. Only vegetarian food is allowed. Smoking and drinking is prohibited. It is open for residential packages only. No day-long programmes.

GUESTS: International. The list is long. Clients include Desmond Tutu, Prince Charles, Tina Turner and the late George Harrison.

TREATMENTS: A whole range of ayurvedic, homeopathy and naturopathy treatments. The packages are designed for a complete holistic experience. Wellness packages include ayurvedic treatments like panchakarma and shareera, detoxification packages like shudha, rejuvenation

programmes like shakti and anti-ageing programmes.

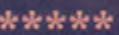
QUICK DAY PACKAGE: Soukya does not recommend quick day programmes and will take you in only after a medical evaluation and the treatment will be customised subsequently.

INDULGENCE: Santosa—a detoxification and rejuvenation programme—involves cleansing and revitalising the body through ayurvedic programmes using packs, hydrowashes, reflexology and acupressure.

FACILITIES: Water walkway, hydrotherapy chambers, pool, yoga and meditation halls, open and airy treatment rooms, with ayurvedic, homeopathy, naturopathy and complementary treatments like acupuncture and reflexology all under one roof—this is perhaps the only centre of its kind in the world.

ratings

ambience 

facilities 

overall 