



Life & Style

APRIL 2006

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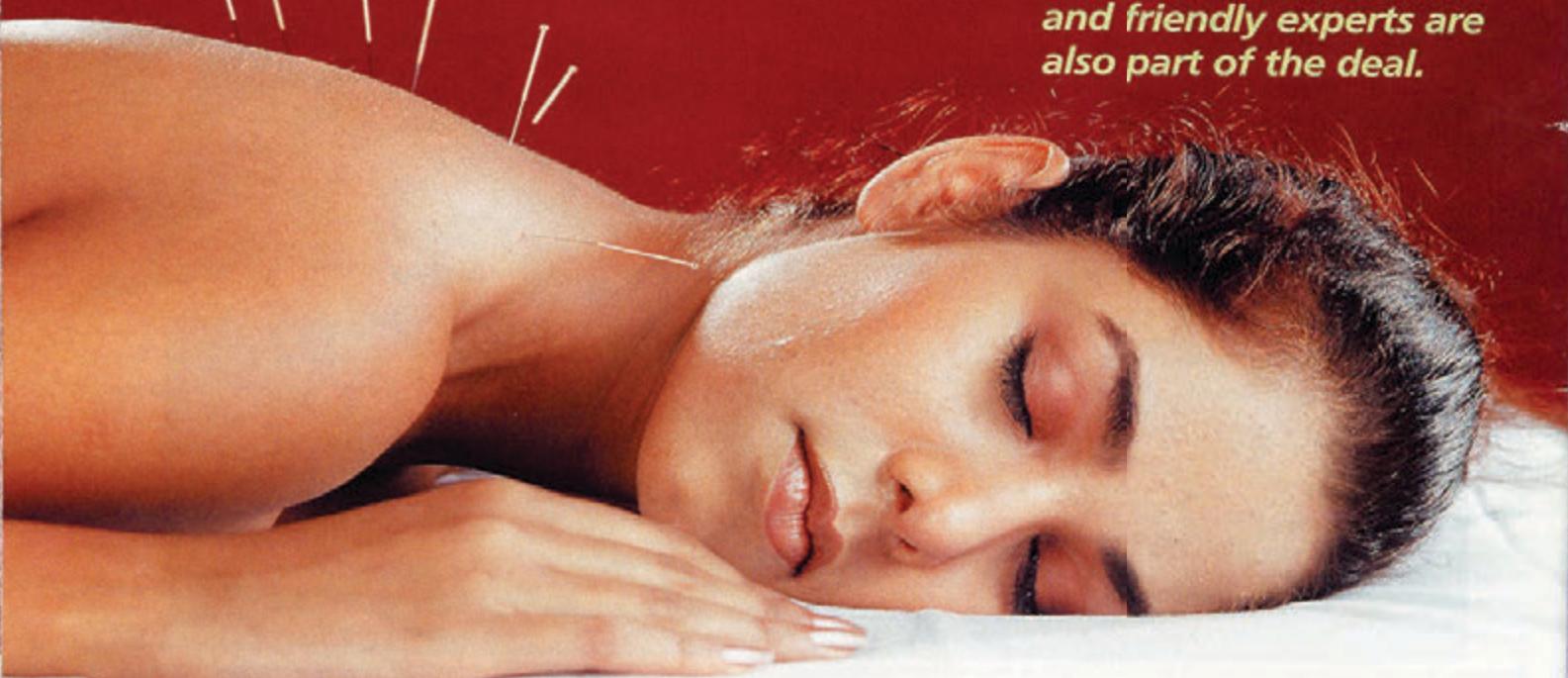
Wellness

Wellness

SOUL SECRETS



Ayurveda, naturopathy, homeopathy—it's all catered to guarantee your inner peace. At the Soukya Holistic Health Centre near Bangalore, greenery and friendly experts are also part of the deal.





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SHANTA RANA

For generations, from E.M. Forster to Alain Morisette, time spent in India has been a quest for the spiritual—that unique out-of-the-body experience that frees your mind and relaxes your body. An enchanting little institute outside Bangalore, Soukya International Holistic Health Centre, is the latest haunt of the well-heeled and 'stressed' from across India and the world. Time and again they return to this ideal escape that combines the serenity of nature with the plushness of man-made luxury and every modern amenity to replenish their senses. Owned and managed by holistic physician Dr Isaac Mathai and his wife, Soukya has earned gushing reviews from most of its celebrated clientele.

Set on a sprawling 30-acre organic farm estate 23 km from Bangalore, Soukya is a haven of calm away from the city. Ayurveda, homeopathy and naturopathy are complemented by holistic therapies like yoga, acupuncture, acupressure and reflexology. Treatments include Sundar (Rs 5,600 per day), a 15-day anti-ageing process combining 66 treatments ranging from ayurvedic cleansing treatments, detoxifying mudpacks, hydrocleansing and acupressure. The 105 treatment-based Santosh (Rs 9,400 per day) is a 15-day detoxification and rejuvenation package. Shakthi (Rs 9,600 per day) is the most popular remedy, a 7-day treatment with 42 therapies, varying from mudpacks, reflexology and acupressure to specially-designed ayurvedic revitalising treatments. For the ideal recuperation, however, experts recommend the 28-day Panchakarma (Rs 3,900 per day) experience—an ayurvedic reviving agenda that encompasses nearly all aspects this holistic centre can provide.

Their guestbook reads like an assortment of the high and mighty of the world. Francis Wacziag of Neemrana Hotels

described the spot as a "pleasure for the eyes and mind". Maharaja Gaj Singh of Jodhpur commented upon the courteous staff and efficient doctors. Mrinalini Sarabhai called it "an oasis of beauty, health and peace in a violent world." Even Archbishop Desmond Tutu and his wife have visited this place— "We had a truly wonderful experience. We go away rejuvenated," he writes in the visitor's book.

Soukya is also known for its medical programmes for cardiac problems, hypertension, diabetes, arthritis, asthma, de-addiction and smoking cessation (Rs 1,800 per hour). Bob Gerber is one such visitor from the United States who came to the resort for health reasons. "I came for serious medical reasons and I found substantial healing.

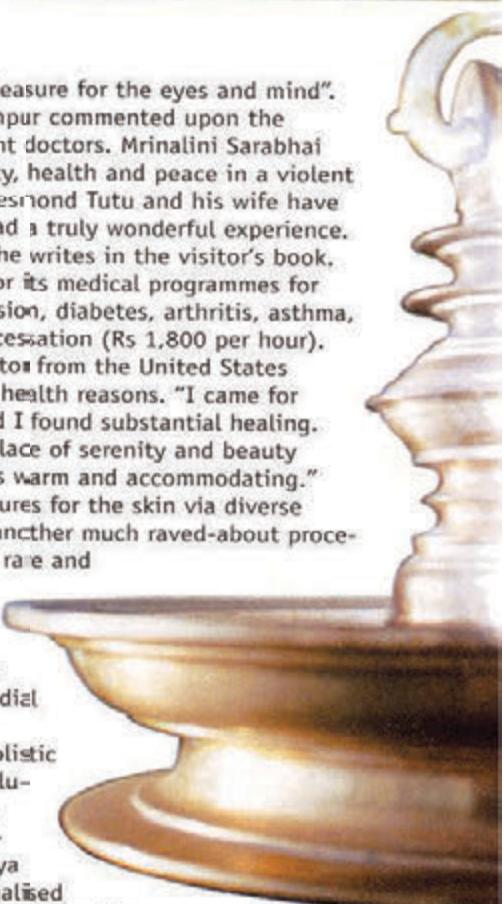
But I also found a place of serenity and beauty where everyone is warm and accommodating."

Curative procedures for the skin via diverse therapies are another much raved-about procedure. Chronic, rare and incurable conditions are also looked upon with a remedial approach.

Detailed holistic health evaluations are also available at Soukya and personalised

treatments make this retreat even more desirable.

Services at this heart of respite include a therapy centre with separate sections for men and women, yoga and meditation hall, a kitchen with purely vegetarian food, a swimming pool and facilities for outdoor sports that add to the charm. There are sixteen spacious rooms ranging from a presidential suite priced at around Rs 37,900 per night, suites with private gardens and



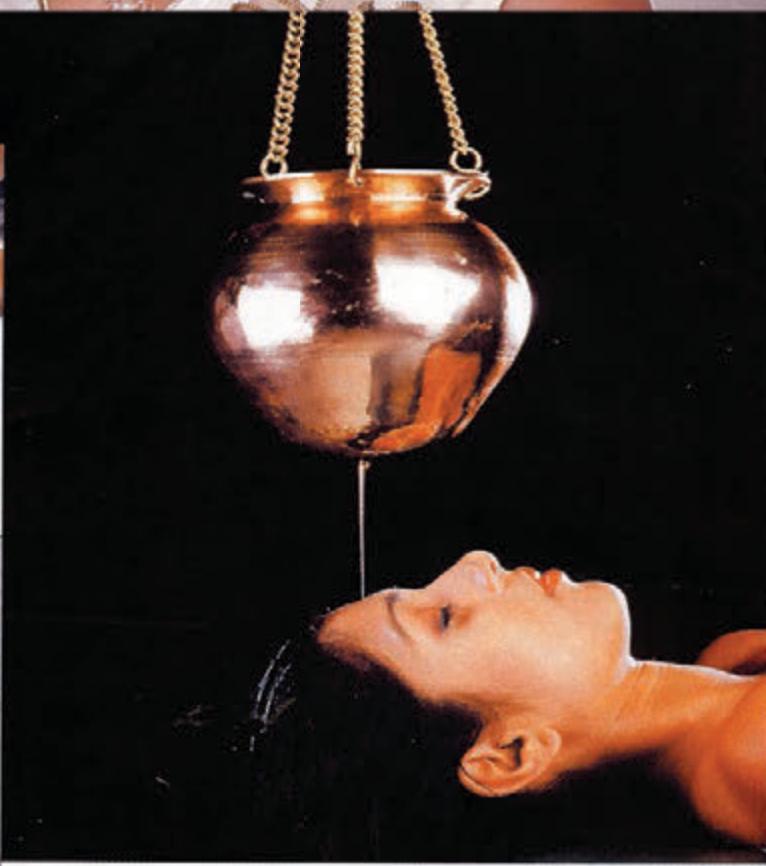
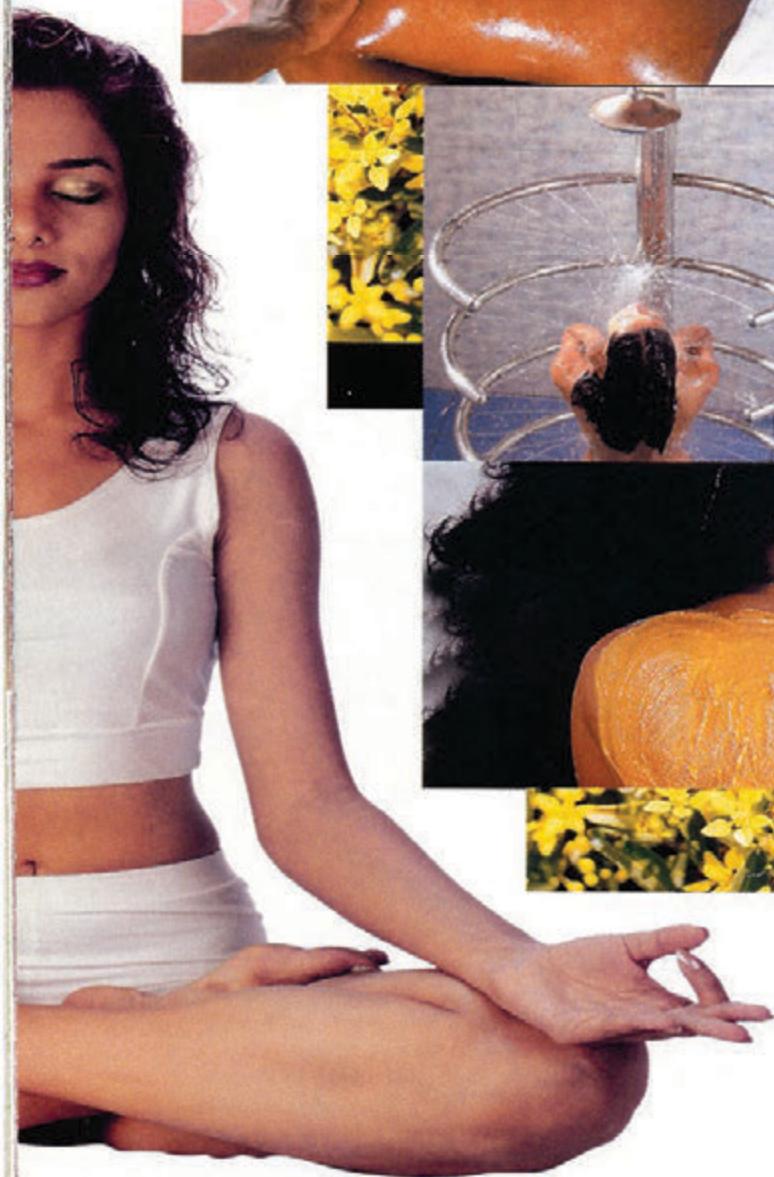


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outdoor showers for approximately Rs 19,900 and other deluxe rooms for Rs 7,900 per night.

In observance with the aesthetic principles on which it is based, the conventional and the contemporary have been skilfully incorporated, creating a timeless elegant refuge. The tiles on the roof of the administrative and medical blocks are

hand-made, locally. Mirror-work hand-crafted by artisans from Gujarat adorn the walls of the therapy centre and the yoga room while traditional lamps in stone and brass from Kerala are

quaintly placed all around.

The first step in the journey towards wellness begins on day one at Soukya. Doctors gather all the information necessary including your medical history and current state of mental and physical health and the environment in which you live and work. After a comprehensive assessment, they determine the special programme of healing most suited for the following days.

Soukya helps its clientele provide solutions to improve their health and general welfare. If you can afford it, it serves as the ideal answer for those who need to take a break from strenuous lives and regain some inner peace. In this day and age, Soukya's price is one more and more people are willing to pay.

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