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Travel #Wanderlust

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5 Top Wellness Retreats For Ultimate Renewal



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I cover singular, luxury travel and food experiences around the world [FULL BIO ▾](#)

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Cooking Demo at Soukya

Vegetarian preparations with herbs are a mainstay at this holistic retreat.

Soukya, Bangalore, India Set on a 30 acre spread filled with organic gardens providing the ingredients for the vegetarian diet you eat while on site (and as I discovered when I spent a few days there, it's delicious even for non vegetarians), this is a serious holistic health center. The team of doctors do complete analyses and then address illnesses using treatments from naturopathy, homeopathy and the true tenets of Ayurveda along with more soothing body treatments. The only drawback: the train that now runs periodically by the property blasting its horn. But in a way, it forces you to block out the world even more and concentrate.