

Wellness**talk**

Your feel-good guide

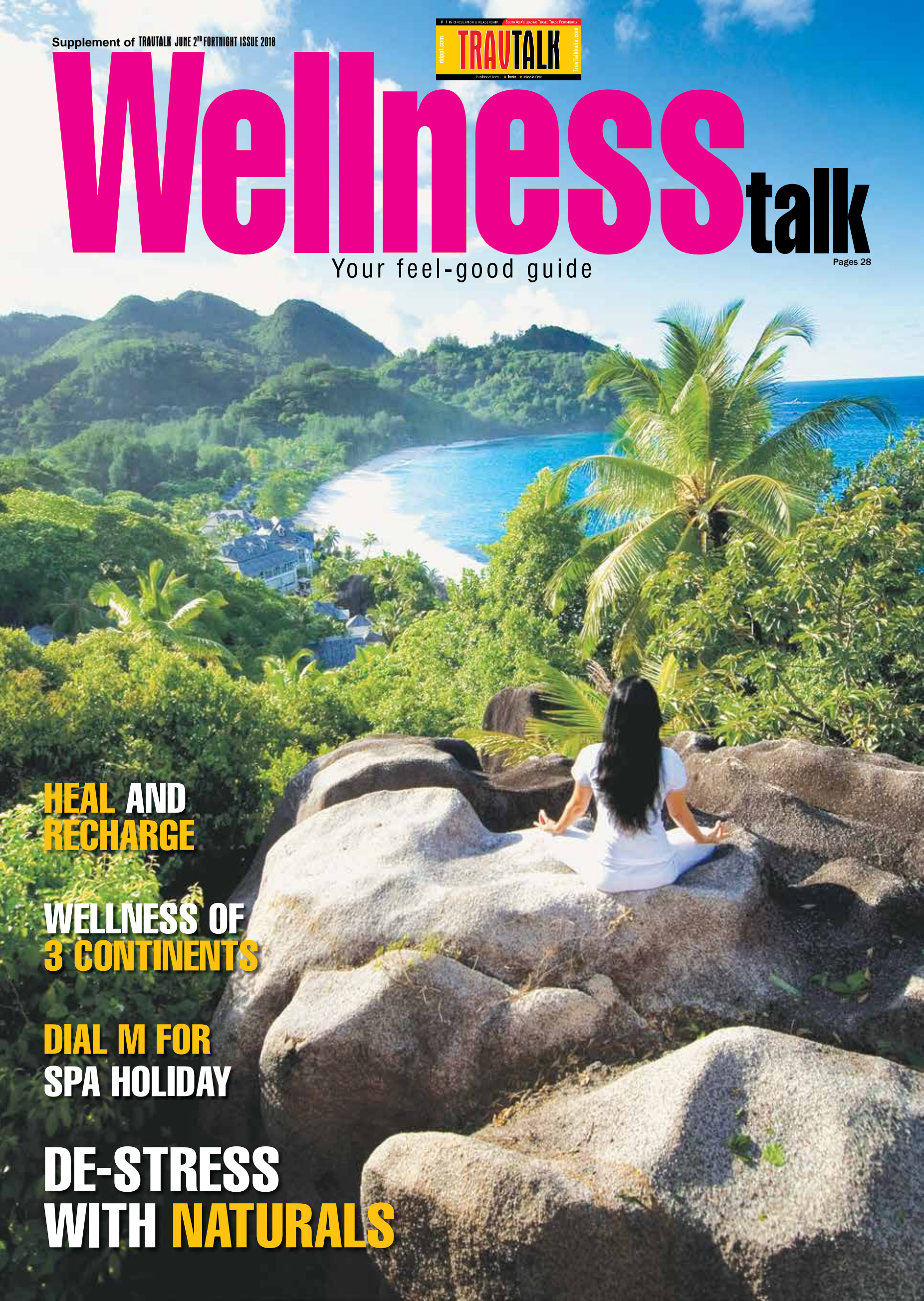
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**HEAL AND
RECHARGE**

**WELLNESS OF
3 CONTINENTS**

**DIAL M FOR
SPA HOLIDAY**

**DE-STRESS
WITH NATURALS**



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- Meet the indigenous people of Compostela Valley.

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Wellness talk

FAB & FIT VACAY

With a remarkable shift in travellers' behaviour, travel today is perceived as a getaway - the road to unwind and relax. Holidays are more immersive and healthy travelling is gradually becoming a lifestyle. According to United Nations World Tourism Organisation (UNWTO), wellness travel is nearly a \$500 billion industry worldwide within the \$3.2 trillion global tourism industry, representing 16 per cent of all tourism spending.

India's popularity as the homeland of ancient treatments has drawn alternative wellness seekers to the country like moths to a flame. As a growing tourism hotspot, India not only pioneers in traditional remedies but is also well-equipped with modern therapies and advanced medical facilities. From big cities, hill stations to the most remote and secluded places, India stands tall when it comes to competitiveness in the wellness and medical tourism industry. The Medical Tourism Index 2016 had placed India among the top five medical tourism destinations and the value of this industry in India is expected to hit \$9 billion by 2020.

Bridging the gap between local and global, in this edition, we bring to you an amalgamation of both Indian and international tastes of wellness. From traditional Ayurveda and Yoga treatments in remote locations of India, we take you on a journey through indigenous therapies of three countries across different continents. Read about natural elements and their healing capacity in Israel, Turkey and Tunisia or discover how modern lifestyle diseases are treated at Prakriti Shakti using age-old ingredients.

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NEWS IN BRIEF



GWS 2018 IN ITALY FROM OCTOBER 6-8

The 2018 Global Wellness Summit (GWS) will be held from October 6-8 at Technogym Village in Cesena, Italy. The Summit brings together leaders to shape the future of the global wellness industries. The Summit will be preceded by excursions to Milan and Parma. The post-Summit tour will offer two options between the Puglia region and Lefay Resort and Spa Lago di Garda.



Novotel Imagica Khopoli introduces O2 Spa

Novotel Imagica Khopoli's premium spa, O2, offers a perfect blend of wellness and innovatively designed massages. The spa is well equipped with multiple treatment rooms, a private couple's room, a designated space for foot reflexology and a salon. The menu features aromatherapy massage, Thai massage, Swedish massage and more to complete the holistic experience. **Srinivas Srirangam**, General Manager, Novotel Imagica Khopoli, says, "Guests will now be able to partake of a quintessential brand renowned in the niche of beauty."



Chiva-Som undertakes renovation

The renowned Chiva-Som International Health Resort has closed its doors for a six-month period to embark on its next phase of renovations. The resort will reopen on November 1, 2018. The latest developments will comprise a complete overhaul to the Thai Pavilions, Emerald Room, Orchid Lounge, Library, Fitness Centre and Niranalada Medi-Spa.



Fun way to yoga in St Moritz

Guests can partake in their fitness practice in the meadows, among a herd of goats, and on or along the glistening lakes—Stand Up Paddle Yoga. Visitors can also participate in various yoga sessions.

Revive & rejuvenate



the Ayurveda way

A trip to Kerala showcases options to experience wellness through resorts and Ayurvedic hospitals like Kairali, shares **Abhilash K Ramesh**, Executive Director, Kairali Ayurvedic Group.

Initiated in Kerala, Ayurveda is an ancient science that projected healing through numerous treatments and necessitated a disciplined lifestyle to the patient. Though many treatments are available, Pancha Karma is one such Ayurveda solution that has revealed benefits far beyond expectations. The process

exudes cleansing, balancing and rejuvenating treatment with the ability to prevent and cure a range of illnesses and diseases.

BIRTH OF AYURVEDA

Ayurveda and its study originated from Kerala but overall South India took the medicinal benefits through

procurement of an environment ideal to grow the plants and herbs required to produce Ayurvedic medicine.

People in the south tend to give more than they take, show compassion and empathy for each other, through diverse religious backgrounds. I find the West with its modern, more capitalist society, fraught with comparison and self-orientation, breeds dissatisfaction and unhappiness. An individual mental constitution is detrimentally affected, which in turn creates imbalance in the physical constitution, thereby weakening the immunity system. Due to this, the link between physical and mental harmony is not well documented which in turn restrains the body's rejuvenation and accelerates the ageing process.

It is easy to overlook our thought process in connection with our body as we are not conscious of our actions. We can often gain our conscious thoughts after eating that extra piece of cake, but the activation through guilt is too late.

MAGIC OF PANCHA KARMA

Apart from the miraculous effects of Pancha Karma, this treatment facilitates a wave of positivity towards the body and mind. The increased awareness on this allows one to make changes in their lifestyle that earlier seemed impossible.



ABHILASH K RAMESH
Executive Director
Kairali Ayurvedic Group

“
Pancha Karma
purifies the
human body
of toxins and
accumulated
wastes
”

Pancha Karma has far greater powers than healing migraines. Western pharmaceutical medicines could treat the effect of migraines but not the cause. Pancha Karma on the other hand, treats the cause and most importantly, the individual.

Pancha Karma is a method developed by the ancient sages of Ayurveda for completely and scientifically purifying the human body of morbid substances, toxins and accumulated wastes to attain rejuvenation through the administration of revitalising substances and practices. This process helps people become more fit to accomplish their life tasks with strength, enthusiasm and happy minds. Apart from studying Ayurveda as a whole, our main focus at Kairali is not only hospitality but also providing organically grown fresh food to guests.

In Ayurveda, the preparation of food, knowing what to eat based on one's constitution, what to combine and when to do it are fundamental to the balance and vitality in one's life. The digestive process can require huge amounts of energy if used in the wrong way so therefore, Ayurveda pays close attention to the harnessing of energy.

(The views expressed are solely of the author. The publication may or may not subscribe to the same.)



SHREYAS YOGA RETREAT
Near Gollahalli Gate, Nelamangala, Bangalore 562123
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Shreyas, a member of the Relais & Chateaux group, is a luxurious retreat that provides the perfect escape from Bangalore city. A short one hour's drive from the city, Shreyas is a 25-acre oasis of green, offering complete rejuvenation and relaxation. On offer are Yoga and meditation sessions, rejuvenating massages, ayurvedic treatments, naturopathy treatments, a variety of custom made packages, gourmet cuisine made with freshly picked ingredients from our organic gardens and luxuriously appointed Garden & Poolside cottages. Facilities include infinity pool, jacuzzi, sauna and steam rooms, gym, library, cricket nets with bowling machine, home theatre, nature farming, walking trails, community service and CSR activities, conference facility and more.

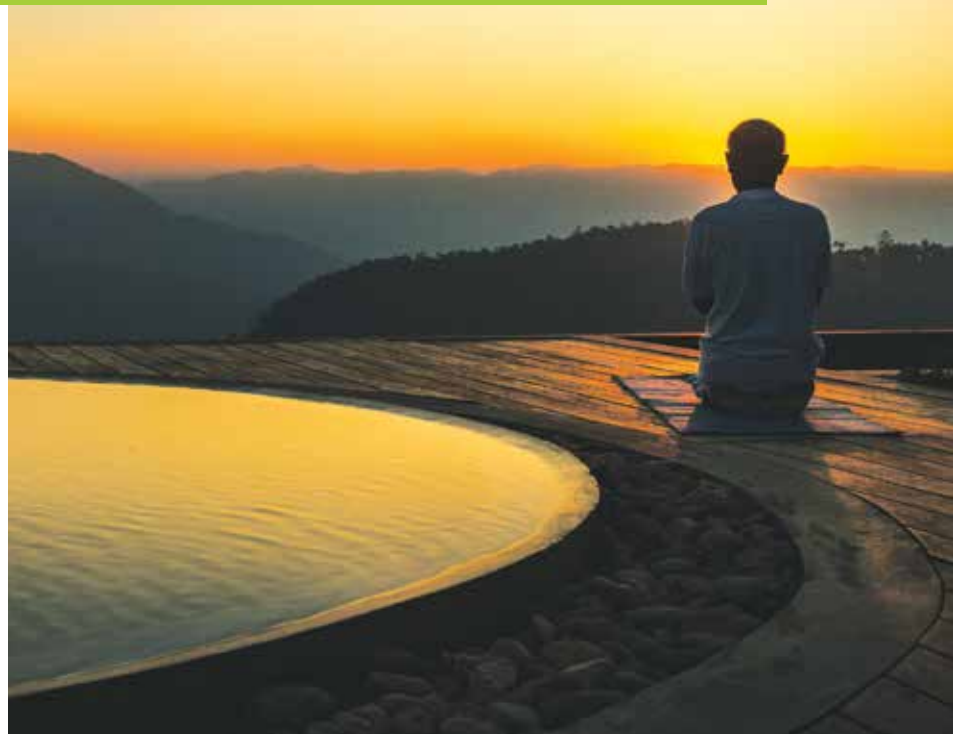









The physicians at Prakriti Shakti help you understand your body, mind and spirit and introduces you to the healing force by harnessing natural elements



A natural way of Healing



While modern medicine has made huge advancements, people are also exploring the proven methods of healthier lifestyle and natural healing.

ANKITA SAXENA

The power of healing through nature is one of the new yet old ways of cure to some of the most common health disorders today. Prakriti Shakti—Clinic of Natural Medicine is offering a path to holistic healing and an awakening of the healer within you.

Prakriti Shakti practises healing through nature and brings about cure in its true sense where the body and the mind are both repaired. The root cause of the ailment is treated and not merely the symptoms that manifest as diseases. As much as Prakriti Shakti is about finding the root cause of the symptom, it is also about preventive cure. By harnessing the elements of

nature, the physicians at this clinic help you understand your body, mind and spirit, introduces you to the healing force and handholds you through the healing process.

Dr Cijith Sreedhar, Chief Medical Officer, Prakriti Shakti-Clinic of Natural Medicine, CGH Earth, explains that naturopathy is a holistic system of medicine which recognises the inherent self-healing capacity of the body and provides a conducive environment to nurture the healer within. Being drugless and non-invasive, curing is aided solely through natural elements; and healing is holistic – touching the mental, physical, social and spiritual planes of well-being. As an art of healing rooted in the indigenous wisdom of many cultures, Naturopathy has immense health promotive, disease preventive and curative as well as restorative potential. Besides its clinical and therapeutic applications, naturopathy is a way of life in tune with the internal vital forces and elements of nature.



“Naturopathy has immense health promotive and disease preventive potential. Besides its clinical and therapeutic applications, naturopathy is a way of life in tune with the internal vital forces and elements of nature.”

DR CIJITH SREEDHAR
Chief Medical Officer
Prakriti Shakti - Clinic of Natural
Medicine, CGH Earth

Sreedhar further points out that diseases are results of disorder in nutrition, blood circulation, the nervous and hormonal system and the microbes inside and outside our body. Factors influencing the restoration of these imbalances are nutrition, proper exercise, adequate rest, a pleasant environment and a positive mental attitude. “This is what we provide at Prakriti Shakti. Our bodies have remarkable recuperative powers when ‘left alone’. Left alone really means to give the body complete rest – physical, mental, physiological, sensory and emotional rest – so that the body can completely concentrate on healing,” he explains.

He adds that the health and healing capacity of the body depends upon the overall vitality of the body. “Vitality is determined by the amount of accumulated toxins in the body, level of acidity of the body cells and the degree of degeneration of the body. By using the concepts of anna (nutrition), panchamahabhootas (five great elements), and lankhanam (fasting); with a clear understanding of natural rhythms such as circadian, infradian and ultradian, naturopathy assists the healing process by enhancing the elimination of toxins, maintaining the pH of cells and preventing degeneration,” says Sreedhar.



TREATMENT DURATION

- **Treatment for Diabetes:** 21 days onwards
- **Treatment for Hypertension:** 14 days onwards
- **Treatment for High Cholesterol:** 14 days onwards
- **Weight Management:** 21 days onwards
- **Treatment for Stress Induced Disorders:** 4 days onwards
- **Treatment for Obesity:** 28 days onwards
- **Cardiac Health:** 35 days onwards
- **Punarjani: Rebirth from Ailments:** 42 days
- **Naturopathy Detox Stage 1:** 7-13 days



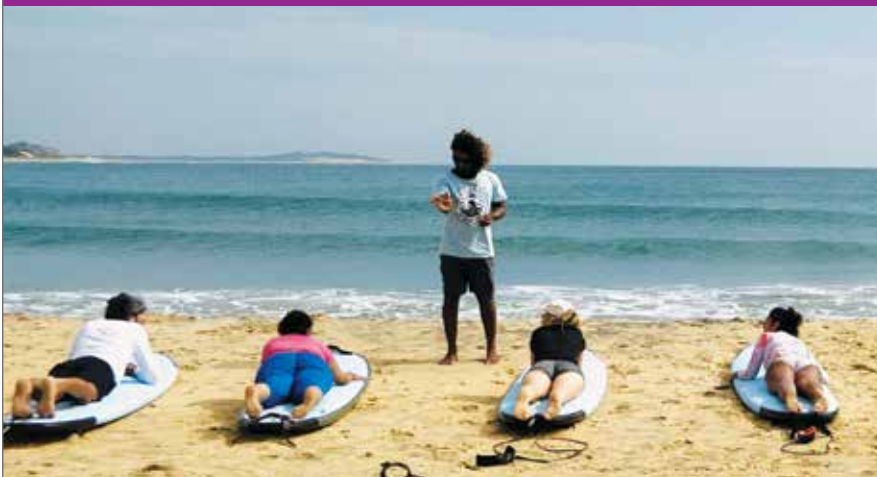
Heal & recharge

At the Earth Magic Retreat in Coorg, three facilitators came together to help participants realign their physical, emotional & spiritual selves.

Chetna Chakravarthy talks about how wellness retreats are gaining popularity.



In India, Anamcara Yoga Retreats, conducts a retreat almost every alternate month



I feel free of at least half the pain, anger and guilt that I was carrying. I feel I have really shed my old layer and am ready to take on life with a rejuvenated zest," says participant Rachana Reddy right after she returns home from the Earth Magic Retreat organised by Anam Cara Yoga Retreats in Coorg. Like-minded strangers spend five days on the lush coffee estate that houses the Kolamotte Homestay to undergo a healing journey together. As retreats of different kinds gain popularity, it is definitely becoming the way to travel and experience the world including one's inner self. As another participant Shernaz Dastur puts it, "A happy travel holiday does broaden horizons and induce a feeling of happiness but a retreat heals from within. Horizons are not only till the open eyes can perceive but beyond what the closed eyes can touch."

The magic of retreats is usually created by the participants. Like-minded people between the ages of 25 to 45 come together to remind each other that it is a united step - we are all experiencing similar challenges and we all must inspire and learn from each other. In fact, at our recent retreat in Coorg, we even had a 65-year-old couple and a woman in her 60s.

A couple of single girls looking to discover themselves, a mother of two teenage kids, a mother of a one-year-old figuring the challenges of life and then the boys in their 40s who needed to regain a sense of work-life balance - everyone is looking for an adventure, coming together to face realities, gain perspectives and as we rediscovered ourselves what journey each one of us experienced together. As one of our participants, Rajiv Menon puts it, "A retreat again is a great opportunity to meet like-minded people and gain valuable insights to cope with



the needs of our stressful modern lives. I would recommend a retreat over a holiday because the right retreat can be so much more than rest and recreation. It can be a positive transformative experience." And isn't that what a break should actually be about?

The next time you are thinking of a holiday and want to see a new city, country, island, figure out if there's an interesting yoga and healing retreat that you could join. Internationally, yoga retreats are extremely popular and these usually include some form of healing sessions too. In India, Anamcara Yoga Retreats, founded by restorative yoga therapist Natasha Mahindra conducts a retreat almost every alternate month across the country and even in select destinations abroad. Yoga, healing and one adventure sport is how she combines her retreats together. Be it yoga, healing and scuba diving in the Andamans to yoga and trekking through Annapurna or surfing in Sri Lanka, the experiences are always a life altering combination. These retreats will pull you out of your comfort zone and showcase you your true potential. Why go on a holiday when you can go on an adventure?

Chetna is a healing practitioner and life coach practising bio-touch, chakra healing, positive action coaching and oracle card reading. Her sense of reality and practical approach towards healing enables her clients to make changes and sustain healthy habits as they move through customised programmes.

Experience a truly rejuvenating 60-minute Ayurvedic Shirodhara treatment. The medicated herbal oil massage relaxes the nervous system, acts as a soothing balm for the brain and helps fight insomnia. Men and women can enjoy relaxing services at dedicated spaces.

Awarded Best Leisure & MICE Resort 2017 (India Travel Awards-North)
Awarded Best Wedding and MICE Resort 2017 (India Hospitality Awards)

HOTEL
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AGRA - INDIA

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“Guests appreciate the quietness on the island and the opportunity to completely disconnect from their hectic lives.”

EDWARD LINSLEY
Senior General Manager
Four Seasons Resorts, Seychelles



“Seychelles provides an escape for luxurious wellness getaways with its uncrowded beaches and hiking options.”

SHERIN FRANCIS
CEO, Seychelles Tourism Board



Denis Private Island has daily island tours to a stop at the farm to see the animals, to cycling around the island, snorkelling and diving followed by a massage



Continents Therapies

Three different countries on three different continents draw from their natural environment to create indigenous therapies but with a single aim – to achieve complete and holistic wellness.

HAZEL JAIN

Digital detox in Seychelles

Isn't this just what we need today? But how to get around getting a digital detoxification and where to go for this? Well, Seychelles has two resorts with digital detox on offer for its guests—Denis Private Island and Four Seasons Resort Seychelles at Desroches Island.

DENIS PRIVATE ISLAND

This retreat, with only 25 cottages, offers an authentic experience of a private island with a distinctive character. Guests can be sure to leave the outside world behind on this tranquil island where simplicity, comfort and pleasure coexist equally – no keys, no phones – no worries!

The resort keeps its guests busy. Immersing yourself in nature can be quite exhaustive as the body is active, the mind is stress-free, therefore one instinctively rejuvenates. The resort has daily island tours to a stop at the farm to see the animals, to cycling around the island, snorkelling, fishing and diving followed by a massage under a casuarina tree by the beach. The food complements this. The estate operates its own farm, rearing poultry for meat and eggs and cattle for milk. These along with fruits and vegetables and aromatic herb gardens are destined for the hotel's kitchen.

FOUR SEASONS RESORT SEYCHELLES AT DESROCHES ISLAND

On Desroches Island, there is no cell phone signal at all. Whilst this resort does have wi-fi, the island itself is 6 km long and all other areas outside of the resort are completely free from Wi-Fi, cellular network and any other digital disturbances.

The resort has a dive centre with fishing excursions. The hotel's Discovery Centre is home to a marine educator who takes guests on guided snorkels to great spots around the island.

The island is also home to a giant tortoise sanctuary and breeding programme. Guests can visit them to learn all about the ancient species or simply find them free roaming around the island! Guests are also provided with bicycles to go exploring the island by themselves, plus they can borrow snorkelling equipment, kayaks and stand up paddle boards to discover the island by themselves. There is also a yoga pavilion, spa and two unique restaurants to keep guests well occupied during their trip to Desroches Island.





Tai Chi in Singapore

The ceaseless challenges of life in an international city like Singapore can cause relentless stress and take its toll on the mind, body and spirit. To help combat that, Singaporeans resort to practising Tai chi. Also called taiji, Tai Chi is a centuries-old Chinese martial art rooted in Chinese medicine. Originally created for self-defence, it involves a series of slow, meditative body movements to induce calm and reduce stress.

Visitors can join in on one of the many Tai Chi groups practising at parks across Singapore, including Singapore Botanic Gardens, Bishan Ang Mo-Kio Park and Telok Blangah Hill Park. One will find plenty of certified 'Tai Chi for health' trainers in Singapore and classes that teach this technique.

The study of Tai Chi primarily involves three aspects - health, meditation and martial art. It's health benefits are key because an unhealthy or



Visitors can join in on one of the many Tai chi groups practising at parks across Singapore, including Singapore Botanic Gardens and Bishan Ang Mo-Kio Park

otherwise uncomfortable person may find it difficult to meditate to a state of calmness or use Tai Chi as a martial art. Tai Chi's health training, therefore, concentrates on relieving the physical effects of stress on the body and mind. For those focused on the martial application, good physical fitness is an important step towards effective self-defense.

WHAT T'AI CHI CH'UAN ENTAILS

Tai Chi (or t'ai chi ch'uan) is taught in more than 25 countries across the world. In all forms of Tai Chi, there are movements that involve briefly standing on one leg. It also involves circular movements of the shoulders and wrists which improve suppleness and circulation. Learning the sequence of the set

movements may improve cognitive function such as concentration and the social atmosphere can sometimes forge friendships and alleviate loneliness.

10 REASONS WHY TAI CHI IS GOOD FOR HEALTH

- Strengthens body balance
- Improves relaxation
- Boosts blood circulation
- Enhances mental strength
- Aids limb coordination
- Improves joint flexibility
- Relieves arthritis pain
- Reduces falls
- Gives clarity of mind
- Increases stamina





Vinothérapie in France

If there's one thing that France really stands out for, it is its wine. With beautiful vineyards scattered across the country, it was only a matter of time before someone realised the health properties of these grape-bearing vines. Alice and Jérôme Tourbier did and in 1999 established Les Sources de Caudalie, located in the south-western region of France in Martillac. Located among the vineyards of Château Smith Haut Lafitte, Les Sources de Caudalie includes a multitude of hospitality offerings - a five-star hotel, two-Michelin star restaurants, a country-inn restaurant, a wine bar and fine grocery, and a bar. Amidst all this is an unusual spa called the Vinothérapie Spa offering unique treatments that combine the virtues of natural hot spring water drawn from 540 metres beneath the earth with the most recent scientific discoveries of the benefits of grape and grapevine!

THE GRAPE ON BEAUTY'S SERVICE

The family has also created the Caudalie cosmetics brand from the discovery of a new way of using active polyphenol components found in grape pips. Pioneer of a concept invented in France a decade ago, the Vinothérapie Spa continues to combine the virtues of naturally warm spring water combined with vine and grape extracts. This 1,500 m² spa offers exclusive wellbeing treatments based on vine and grape-based products.

SOME OF ITS RITUALS

- Sources Ritual (half day) is a bath or a wrap, a massage and a 50-minute facial treatment
- Vine Ritual is a bath, a cabernet scrub, a massage, and a 50-minute facial treatment
- Vinothérapie Ritual (half day) is a Caudalie grand facial treatment, a red vine barrel bath or a grape marc barrel bath, a honey and wine wrap or a merlot wrap
- Caudalie exceptional ritual (half day) includes a Caudalie grand facial treatment, Caudalie massage, a red vine barrel bath or a grape marc barrel bath
- Body of your dreams ritual (half day) is a honey and wine wrap, crushed Cabernet scrub, slimming concentrate treatment



"What distinguishes France as a spa destination are its range of exclusive treatments such as Balneotherapy in Provence, the Riviera, Thalassotherapy in Biarritz, Vinothérapie and Hydrotherapy in Brittany, Normandy."

SHEETAL MUNSHAW
Director—India,
Atout France



Did you know?

A caudalie is a unit measuring the duration of the wine's flavour on the palate. For each second, the flavour remains this is a caudalie. A quality wine will contain many caudalies.

Vinothérapie Spa offers treatments that combine the virtues of hot spring water drawn from 540m beneath the earth with the benefits of grape and grapevine

What's your HEALING story?

The vast expanse of India is sprawling with many choices to those seeking rejuvenation and relaxation.

ANKITA SAXENA

From north to south, India has various wellness centres in remote locales and non-metros which offer multitude ways of healing and a wellness abode to the travellers for whom healthy travelling is a lifestyle choice.

Goa in a new light - Devaaya

If you are looking at deepening your current knowledge and practice of Yoga, Ayurveda or integrative treatments, your journey starts at Devaaya (divine healing). A unit of the Alcon Victor Group in Goa, Devaaya Ayurveda and Nature Cure Centre is situated at Divar Island, just 10 kms from Panaji. Set on a lush five-acre property amidst swaying palms, this Ayurveda and Yoga retreat consists of 60 luxurious rooms built in true Goan style cottages. Devaaya offers comforts of a star Ayurveda and Yoga resort coupled with rigorous treatments and therapies of an authentic therapy centre. "We offer pure Ayurveda and Naturopathy treatments and therapies to help rejuvenate the body, mind and spirit along with advanced Yoga courses. All diagnosis are based upon the classic Ayurveda-based pulse diagnosis (nadipariksha), personality typing (prakrithi analysis) and other traditional methods to have comprehensive understanding of individual's state of health and accordingly provide issue centric treatments," says **Sanjay Pagi**, General Manager, Devaaya. The resort also allows walk-in guests for treatments, but only on prior appointments from the OPD. Some of the treatments at Devaaya include Pancha Karma Chikitsa, Manashanty Chikitsa, Sthoulyaghna Chikitsa, Rasayana Chikitsa, Acupuncture, Cyclic Meditation and VY Active which is based upon classical Patanjali Yoga combined with Hatha Yoga techniques.

Pagi further elaborates, "About a decade ago, people in India did not give so much importance to Ayurveda. Only a handful who knew the importance of Ayurveda would visit Kerala to get treatments as there were not many options available in the country elsewhere. However, now with the growing awareness among masses, age-old concepts of Ayurveda, Naturopathy and Yoga are playing a significant role in the growth of wellness tourism industry. Now we can see wellness resorts and hotels all across the country and not only in the metros or Tier-II and III cities."

The centre has recently collaborated with the renowned Vivekananda Health Global—Vyasa, accorded with 'Centre of Excellence in Yoga' by Ministry of Health and Family Welfare, Government of India.



"With growing awareness, age-old concepts of Ayurveda, Naturopathy and Yoga are playing a significant role in the growth of wellness tourism industry."

SANJAY PAGI
General Manager,
Devaaya



Devaaya offers the comforts of a star Ayurveda and Yoga resort coupled with rigorous treatments and therapies of an authentic therapy centre

🌸 Unwind in the western hills - Atmantan

Nestled on a unique crystal hill which lends the land healing frequencies, Atmantan Wellness Resort is a luxury wellness destination at Mulshi in Pune. Spanning over 42 acres of lush green valley in the backdrop of the majestic Sahyadris and overlooking the pristine Mulshi Lake, Atmantan is the holistic amalgamation of *atma* (soul), *mana* (mind) and *tann* (body). Promoted by Terra Tales Hotel Marketing in India, with customised wellness programmes, Atmantan offers its guests result-oriented wellness experiences. “Our wellness philosophy is very different from any other property in South Asia. We provide integrated wellness by working with traditional sciences like Naturopathy, Ayurveda, Chinese Medicine, etc. and marry it with a modern approach to nutrition, fitness and diagnostics. We take pride in offering result-oriented luxury wellness experiences,” says **Nikhil Kapur**, Founder-Director, Atmantan Wellness Centre. The broad categories of programmes offered at Atmantan include Master Cleanse, Spa Life, Weight Balance, Fitness Challenge, Ayurvedic Panch Karma, Journey through Yoga, Restorative Physiotherapy, etc.

Over a century of treatments are offered including specialised ones like Chi Nei Tsang (Tao Medicine), Pranic Healing and Colon Irrigation. Kapur adds, “Our doctors are trained to customise the programmes based on guest profile. We have successfully helped guests lower or get off medications in a variety of cases.” The wellness pavilion is spread over 50,000 sq ft. The highlights include diagnostic areas for fitness and food intolerance testing, expansive fitness facilities including spinning and TRX Studio, physiotherapy and rehabilitation centre, meditation pavilions temperature-controlled salt water pool and 23 spa treatment rooms. The property’s wellness facilities are only available for in-house residential guests.

Identifying trends, Kapur explains that as one of the initiatives under wellness programmes, progressive organisations are changing the way of doing conferences wherein they are choosing destinations and programmes which offer their employees tools to help them de-stress and manage work-life balance better. Atmantan has successfully hosted many corporate wellness programmes.



“We integrate traditional sciences like Naturopathy, Ayurveda, Chinese Medicine, etc and marry it with a modern approach to nutrition and fitness.”

NIKHIL KAPUR
Founder-Director,
Atmantan Wellness Centre



Atmantan has successfully hosted many corporate wellness programmes for its middle and senior management to help employees de-stress and rejuvenate



“Travel agents need to package wellness services in their itineraries to add another dimension to travel and attract a large number of inbound guests.”

DEBASISH BHOWMIK
Senior Vice President
Hotel Clarks Shiraz, Agra

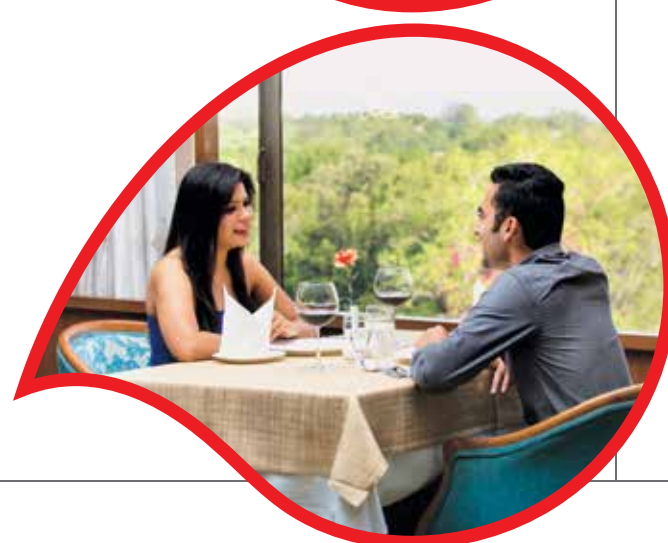
With 237 rooms and various wellness facilities like the spa offering traditional and Swedish massages, Hotel Clarks Shiraz, Agra offers exceptional hospitality

Royal relaxation at Hotel Clarks Shiraz, Agra

The magnetism of the Taj Mahal has been drawing tourists from far and wide to Agra for years. The city is dotted with monuments of the bygone days and is sprinkled with history and culture of the Mughal empire. Once the eyes have feasted on the magnificence of the city, travellers can find royal relaxation choices to unwind and indulge. Located at a stone's throw away from the Taj in the heart of Agra, Clarks Shiraz, Agra, combines business with pleasure and style with substance.

With 237 rooms and various wellness facilities like the spa offering traditional, Swedish and Thai massages, the hotel offers exceptional hospitality. **Debasish Bhowmik**, Senior Vice President of the property, says, “In order to upgrade our facilities at the hotel, we have partnered with Gold Leaf Spa, managed by La Vita Services, a franchise spa of Thailand in India and outsourced our spa services to them. The same will be operational in July

this year. Travellers have traditionally been visiting Agra for its monuments, history and culture. However, after the day's end, the evenings are usually free and travellers seek relaxation. This is where a spa or rejuvenation activities can be packaged for both inbound and domestic tourists. Domestic tourism plays a major role in Agra. Most of the repeat visitors who have seen the monuments look for something different in the city. We encourage our hotel residents to use the facilities and services for this purpose.” The hotel has been offering spa-based packages to both inbound and domestic guests and to up the wellness quotient at the hotel, it is considering offering a welcome-foot massage for 10-15 minutes for guests. He adds, “India offers wellness facilities at a very minimal cost when compared globally. However, travel agents need to package these wellness services in their itineraries to add another dimension to travel and attract a larger number of inbound guests.”





Remote from usual monotony - Essence of Nature

The Essence of Nature (EoN) is a one-of-the-kind property that heals the soul and sheds away anxiety with its phenomenal locale amid the Himalayas. An eco-friendly resort at a height of 6000 feet, this secluded and tranquil abode is nestled between Corbett and Ranikhet and rewards all its guests with a panoramic outlook of colossal mountains, rich foliage and captivating sunrise and sunset. Away from the hassle of frenzied metropolitan scheduling, this place works as a natural therapy to release stress and unwind. **Vikas Tyagi**, Director—Sales and Operations, Tybros Group, explains that EoN is an initiative to promote

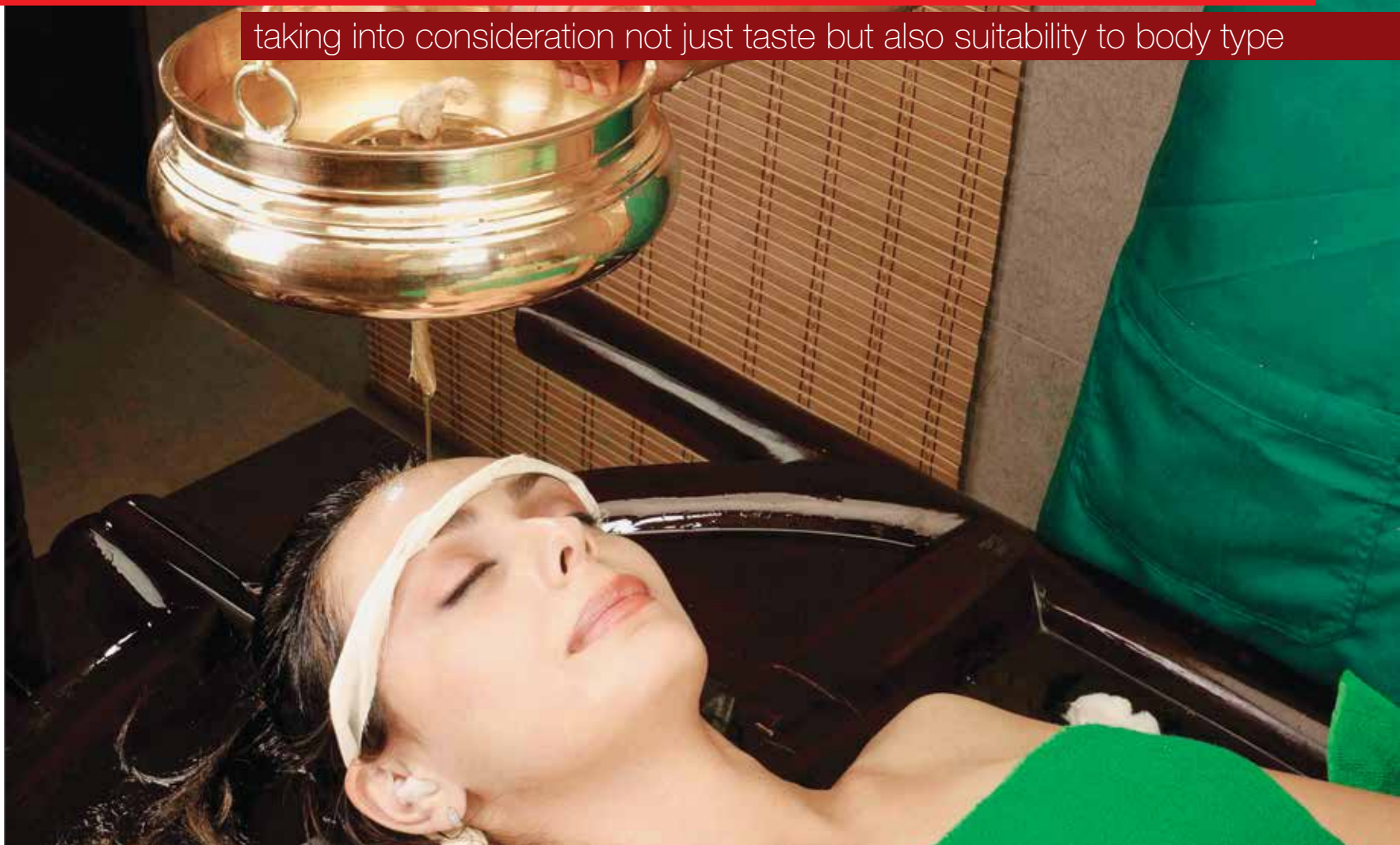
a healthier way of living using the healing guidance of Ayurveda and naturopathy. Organic healthy cuisine at the property incorporates key principles from Ayurveda taking into consideration not just taste but also suitability to body type. The Wellness by Nature Centre has extensive facilities for various Ayurvedic treatments including Pancha Karma and Naturopathy treatment provided by a team of trained doctors and masseurs. Tyagi says, “Our experienced Spa Master Therapists undergo hundreds of hours of specialised education to create customised therapies that best suit your unique needs. Through careful consideration of your individual constitution, your Master Therapist will design a treatment that offers transformation, rejuvenation and a stillness of mind.” With adventurous activities on offer, EoN has perfect settings for indoor and outdoor games serving as ideal stress-busters. The resort also organises a range of outdoor activities.



“Through careful consideration of your individual constitution, your Master Therapist will design a treatment that offers transformation, rejuvenation and a stillness of mind, customising therapies that best suit your unique needs.”

VIKAS TYAGI
Director—Sales and Operations
Tybros Group

Organic healthy cuisine at the property incorporates key principles from Ayurveda taking into consideration not just taste but also suitability to body type



Dial **M** for that **PERFECT SPA** holiday

M Spa & Fitness at Genting Grand, Resorts World Genting, is rightly billed as the ultimate spa experience, believes its Spa Director **Suzie Ahmad**.

ANUPRIYA BISHNOI FROM MALAYSIA

TELL US ABOUT THE USP OF M SPA & FITNESS.

Our signature treatment and technique is our USP. With therapists from Indonesia, our treatments are a mixture of the traditional and modern. With a total built-up area of about 18,200 sqft, the spa provides extensive facilities such as a unisex treatment area, a fully-equipped gymnasium, a nail and foot studio, as well as a hair studio. A private jacuzzi can be enjoyed for as low as RM200 for 60 minutes, and spa facility between RM47 for in-house guests and RM95 for walk-in guests. Gym facilities are available at RM32 for in-house guests and RM66 for walk-in guests.

TELL US ABOUT THE TRAINING OF THE THERAPISTS.

M Spa & Fitness is run by certified therapists who have gone through training conducted by Valmont Professional Trainer. Valmont is an internationally renowned brand, having earned the recognition as cellular cosmetic experts since 1985. From the spa's signature Balinese massage to hot stone therapy

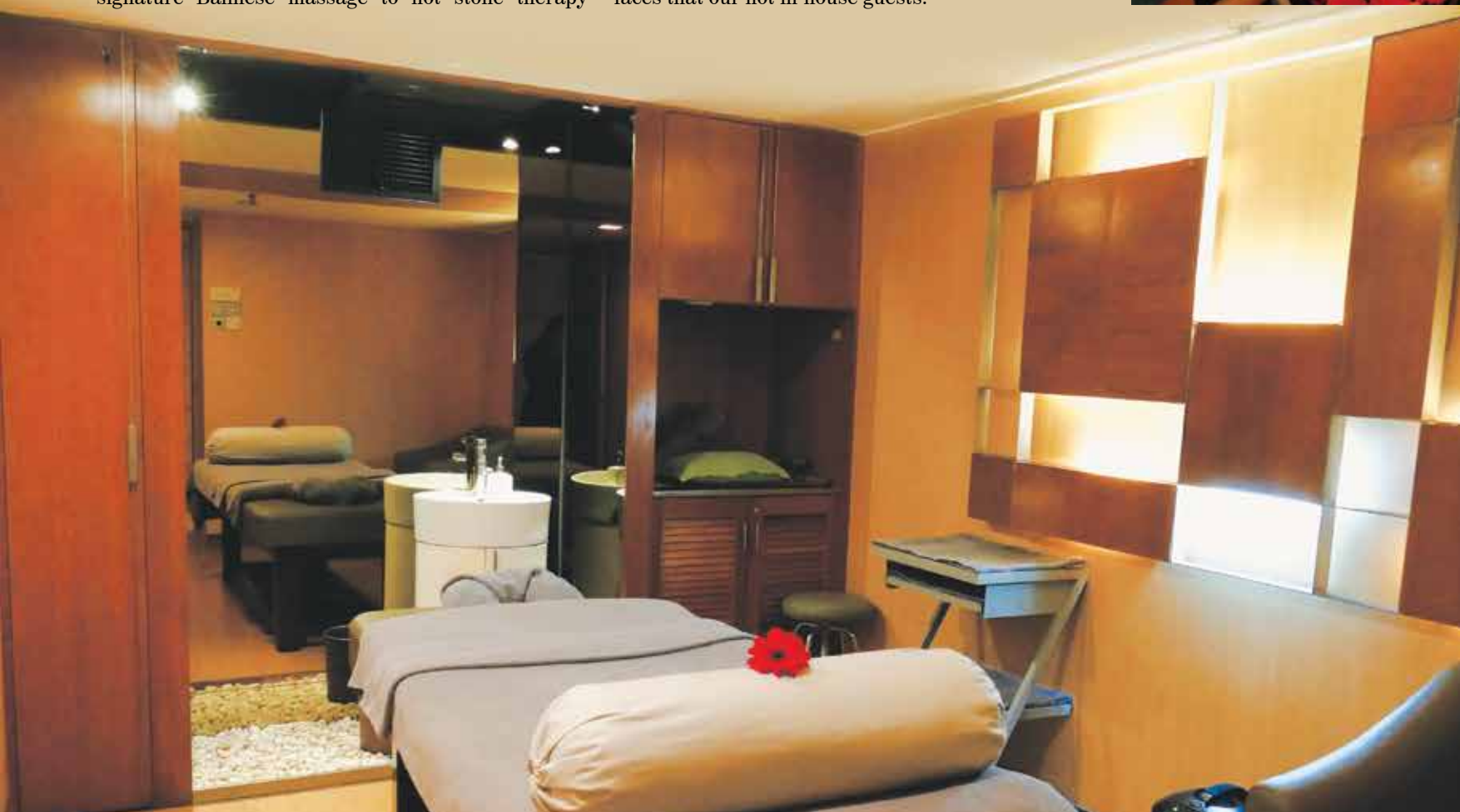
packages and full spa packages involving facial, skin and body treatments, guests can expect quality service the minute they cross the threshold to indulge in various offerings of the spa.

HOW HAS THE SPA INDUSTRY EVOLVED OVER THE YEARS?

Today, spa has become an important factor to people's lifestyle, given their rising concern about health and wellness. Also, spa is a necessity for some people. While some don't mind going to a normal day spa to just get a foot massage for \$50, for some others it is about the entire package of programmes, where they go for a higher one, luxury included. That is where the concept of luxury comes in where it is not-so-necessary for other people.

WHAT IS YOUR CLIENT MIX?

We do get walk-in guests and in-house guests, both. Mostly, the regulars are our visitors from the casino, but during weekends, we get to see a lot of unfamiliar faces that our not in-house guests.



M Spa & Fitness offers signature Balinese massage, hot stone therapy

packages and full spa packages involving facial, skin and body treatments



pamper **AWAY** in **Maldives**

Reminiscent of a dhow, a traditional Maldivian boat sporting elegant forms and vibrant sails, the AWAY Spa at W Maldives, embarks you on a journey of transformation. Choose from an array of exotic treatments to rejuvenate as the world is your oyster while you indulge overlooking the Indian Ocean.

ANKITA SAXENA

AWAY Spa replaces the traditional constraint of spa culture with freedom and fun to anticipate the wellness needs of modern travellers. **Shalin Jose**, Director—Spa and Wellness, W Maldives, explains, “Our over-water treatment villas are equipped with couple’s treatment bed, private steam room, open-air relaxation deck with day lounge, bath tub and outdoor shower area—a perfect choice for couples to indulge in spa treatments overlooking the Indian Ocean in a private atmosphere.” He further adds that unlike the other spas, one would not find a reception desk at the spa. Instead, it is treated as a living room to create a warm welcome and is a perfect socialising platform for guests. On the other hand, all treatment rooms have a private deck, projecting

Ku Nye Energy Balancing Massage is one of the most popular treatments which helps balance the energy. This treatment uses ancient Tibetan massage techniques which work on awakening meridians and removing negative energy through Himalayan salts poultices.”

Maria Cristina Cesario, EAM Sales and Marketing at W Maldives, elaborates that since most visitors to W Maldives are honeymooners, couple treatments are in high demand. “A spa is an integral part of the holiday for guests from the Middle East, India, Europe and USA who make sure to visit the spa at least once during their stay at W Maldives. Guests from Russia prefer detox and Ayurveda treatments and spend a good amount of time for spa and wellness activities. Usually



Sandeep Raghav



The spa menu highlights the brand positioning of ‘Get Your Glow On’ which classifies treatments into three unique categories — Inner Glow, Outer Glow and After Glow

over the Indian Ocean making it the perfect place to practise mindfulness or enjoy the silence of one’s soul and mind.

The spa menu highlights the brand positioning of ‘Get Your Glow On’ which classifies treatments into three unique categories—Inner Glow (massages and body treatments), Outer Glow (facials and quick fixes) and After Glow (surprise perks and pre/post care treatment). Jose points out, “The treatments are based on detox, Ayurveda, ancient Tibetan healing techniques and local Maldivian beauty rituals. The beyond-organic nature and healing power of ILA spa products best complements our treatments.

their average stay is longer than honeymoon guests, allowing for customisation of detox and wellness programmes.”

Sandeep Raghav, Business Development Director—South Asia, W Maldives, further explains that the property has witnessed a positive year-on-year growth in Indian guests. “We get many celebrities from India. Guests can enjoy various water sports activities, parasailing, sunset escape on luxury cruise, pool parties, private destination dining, scuba diving, fitness activities and much more. We have a private island which is available for groups or couples to host parties or dinners.”



Maria Cristina Cesario



NATURAL BOUNTIES OF Wellness

Nature is the biggest source of wellness. Here's a glimpse into some of the places which are famed for their unique natural therapies that help heal, rejuvenate and de-stress with local ingredients.

NISHA VERMA



As the perfect wellness getaway, a visit to the Dead Sea can ease the suffering of rheumatic diseases, psoriasis as well as other serious skin ailments



Dead Sea Mud Therapy in Israel

Situated amidst rusty mountains from all sides, the Dead Sea is one of the most amazing natural phenomena on Earth. The diamond-shaped lake has Israel on one side and Jordan on the other. Trapped from all sides, this water gets evaporated by the blazing rays of the sun to a point where its mineral content is highly concentrated. It is one of the saltiest water bodies on the planet. What makes this place therapeutic is the high mineral content of the

water, as well as the mud at the Dead Sea bed. This is what makes it the biggest free spa in the world. At the lowest point on Earth, it makes the sun travel an additional 1,200 feet to reach its shore, hence the ultra-violet rays of the sun here gets filtered and the oxygen content in the air is high. This, combined with the atmospheric pressure, offers the perfect setting of a healing village. Thus, a visit to the Dead Sea can ease the suffering of rheumatic diseases, psoriasis as well as other serious skin ailments. The visitors bathe in the Dead Sea, apply the therapeutic mud on their body and lie under the sun. Lined with spas, the Dead Sea is the perfect wellness getaway. In fact, in Germany, doctors prescribe a visit to the Dead Sea to treat patients with skin ailments. This visit also comes under health insurance. Hence, the region receives visitors in thousands at its shore.



Get healed naturally

One of the most popular wellness centres along the Dead Sea is the Ein Gedi Sea of Spa Resort with thermal sulfur pools and mineral baths with many physical benefits. The state-of-the-art spa offers 20 varieties of therapeutic massages and treatments like mud wraps and salt peeling. Guests here enjoy uninterrupted access to the private beach.

Thalassotherapy in Tunisia

With origins in France, thalassotherapy is widely popular in Tunisia. The country is also the second largest market for this therapy in the world. Thousands of wellness seekers flock to Tunisia to find rejuvenation through this therapy. A number of thalassotherapy centres have sprung up along the Mediterranean coast throughout the country. Boasting state-of-the-art facilities, a lot of these centres are attached to hotels and have

offerings ranging from beauty rituals using the best natural products, energetic massages for harmony of the body and spirit, benefits of plants, latest generation of aesthetic medicine to techniques of relaxation or muscle building. While there is a vast choice of local treatments, options are also available from around the world including Chinese massage and even Ayurveda. Get ready to experience the benefits of prickly pear oil, Singaporean massage,



seen a lot of investment in making them tourist-friendly. Translated as therapy from sea water, thalassotherapy in Tunisia is government regulated unlike other countries which offer this treatment. Hence, tourists can be assured that the standard of service is maintained throughout the country.

Compliance with protocols, water quality, medical supervision—everything is done at contemporary thalassotherapy centres. In fact, the exchange rate here allows you to get this treatment much more economically than any other European country. This stands true even at luxury hotels, where you can get world-class facilities.

These thalassotherapy centres keep reinventing themselves in terms of their menu. One can find



Popular Thalassotherapy centres

- Hôtel El Mouradi Gammarth, Gammarth:
- Hôtel The Residence Tunis, Gammarth
- Hôtel Hasdrubal Thalassa & Spa, Yasmine Hammamet
- Hôtel Alhambra Thalasso, Yasmine Hammamet
- Athénée Thalasso & Spa Djerba
- Hasdrubal Thalassa & Spa Djerba

aqua-bike or Watsu relaxation in a seawater pool. Add to this the sun, smile and natural kindness of Tunisians, and you are in for the perfect wellness treat. Tunisian cities with thalassotherapy centres include Tabarka, Carthage, Hammamet, Sousse and Port El Kantaoui, Monastir and Mahdia, as well as Djerba and Zarzis.



A UNESCO World Heritage site, Pamukkale is home to the much-preserved ruins of the Greco-Roman city of Hierapolis and has 17 hot water springs

Thermal pools of Pamukkale, Turkey

Pamukkale is translated as Cotton Castle in Turkish. The thermal pools are a natural formation of mineral springs on huge travertine terraces built by limestone deposits left by running water. A UNESCO World Heritage site, Pamukkale is also home to the much-preserved ruins of the Greco-Roman city of Hierapolis and has 17 hot water springs. Dripping down the vast mountain, the mineral-rich

water collects in terraces and falls via cascades of stalactites into milky pools below. These hot springs have been visited by people from around the world for thousands of years, and the temperature here can vary from 35 degrees Celsius to 100 degrees Celsius.

Not only is the place popular for its healing properties, but is also a scenic wonder. The cascading view of the turquoise pools is a sight to behold. However, not all the pools are open to public. Only one pool constructed away from the cliffs is open for swimming for visitors. A natural wonder nonetheless, this place is a must in a Turkey-itinerary, especially for wellness enthusiasts.



Did you know?

The hot springs are caused by underground volcanic activity, forcing carbon dioxide into a cave. This cave came to be known as Plutonium, which literally means 'place of the god Pluto' and was a religious site for priests of Cybele, who found ways to appear immune to the suffocating gas.



Unwind in the Dutch Land



Alila

DIWA GOA . INDIA



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