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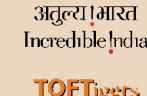
INDO ASIA TOURS

(A DIVISION OF INDO ASIA LEISURE SERVICES PVT. LTD.)
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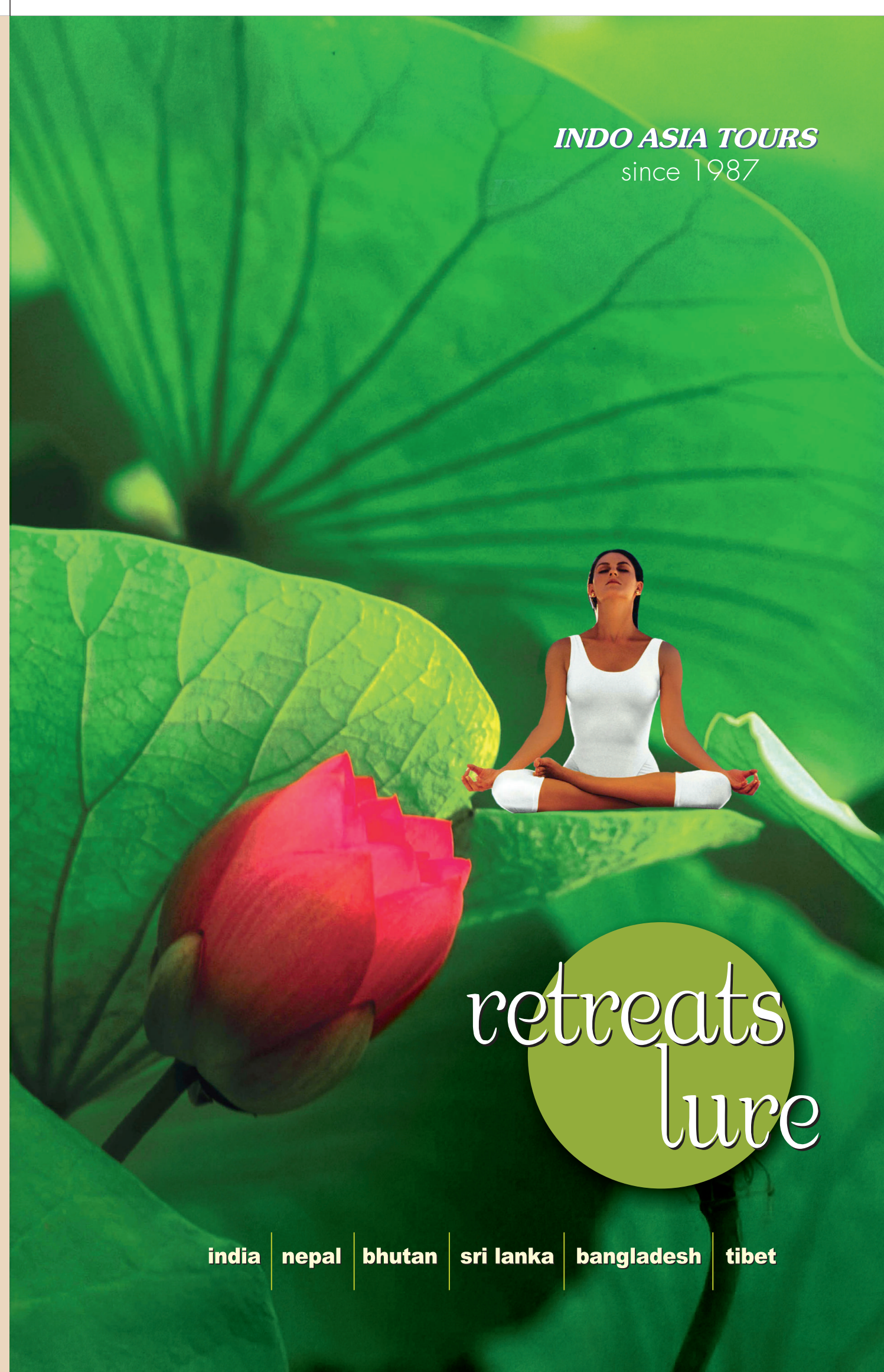
Bengaluru Chennai



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INDO ASIA TOURS
since 1987

retreats
lure



messages of appreciation...

This is just a small note to thank you for the nice options you have been offering to our Brazilian clients in the Wellness & Spa programs and accommodations in India. We have received many compliments for SwaSwara in Gokarna, Karnataka, as well as for Ananda in the Himalayas, in Rishikesh, Uttarakhand. They are amazing places and we only get the best feedback from our clients. So, please if you have any new options coming up, do keep us informed.

Cristiane Ferraz,
Brazil

The Siefert-Grp is back home and after a long call with Mrs Siefert she told me that everything WAS FINE and the group members are more than happy! Thanks for your very good service and for Mr Vikas Mehta as the guide for the tour. He did a very good job!!!! Wish to do more groups to India with you in future times to make lots of Siefert-Grp guests happy.

Matthias Magnor,
Oasis Gmbh, Germany

I had always heard of the effectiveness of Ayurvedic treatments and wanted to give it a try. Two weeks in Ananda, Rishikesh proved it right. My lingering back problem was resolved and I also got tips from the therapist to manage this after the therapy as well. It has been 7 months, and it still seems to work. Thank you Indo Asia for a recovery I was hoping to achieve.

Jaeger Walka,,
Germany

I spent three full weeks in Somatheeram in Kerala, something that I had been planning for ages. My wife wanted to try out the ancient Ayurvedic treatments for skin and weight loss. I tried the basic massages and finally resorted to a great detox programme. The vegetarian fare and being under the watch of experts was brilliant. Not to mention, the excellent view of the sea from our cottage. This has to be one of our most memorable three weeks in our lives. Gracias, Indo Asia for organizing such a great trip.

Albert Falcò
Spain

Bhutan is known as one of the happiest nations in the world. After spending a week in April 2015, now I know why. Apart from being an incredible window of learning what Bhutan is all about, I was happy to make my family experience the spa, Uma by Como. The location was a big part of the relaxation - it was excellent. The hospitality, treatments and customised food is what made the massages even more enjoyable. An unforgettable experience.

Matthias Kaiser,
Switzerland



From the Directors’ desk...

Treating your body with care is the closest to divinity that one can reach. Sometimes a nurturing break is what you need to unwind and recharge. The Indian Subcontinent promises an enchanting escape of self-discovery, wellness, and relaxation. At Indo Asia, we help you uncover the mystical land of Ayurveda, Yoga and a mix of traditional and contemporary therapies for a holiday that will rejuvenate. It’s not only about regimented wellness practices but also about just enjoying the simple pleasures of making yourself feel good with a short rejuvenating routine. Embark on a spectacular journey of wellness, pampering and feeling refreshed with us.

The secret of finding you the most appropriate haven for this rejuvenation lies in our in-depth local knowledge, covering the entire span of the country and the extended subcontinent. Whether it is Kerala’s Ayurveda practices rooted in ancient traditions or contemporary set-ups that offer a wide choice of Indian and International therapies to pamper yourself, we have a diligent team that uncompromisingly surveys and picks only the best for you. From the luxury quotient of the spa, hygiene factors, and knowledge of the top tier wellness professionals, we do a deep dive into every aspect of your spa break to meticulously tailor the ultimate trip for wellness and tranquility.

At Indo Asia, it is also a conscious effort to showcase the subcontinent’s diverse aspects to travellers. This includes India’s superior and expansive spa treatments, massages, and therapies, in the backdrop of stunning locations presented to you with a dash of warm home-like hospitality. We also offer a varied selection of experiences across the sub-continent and with just a few highlighted examples of our tours mentioned ahead, we hope to only whet your appetite. Our personalized tours can be tweaked for individuals, couples, families and even groups. All-inclusive packages alleviate the worry of having to deal with the nuances of planning. When on a trip with Indo Asia, you just need to open up to discover Indian Subcontinent’s invigorating essence and leave inspired and more importantly, refreshed.

Sudesh Behal

Sudesh Behal
(Director)

Sunirmol Ghosh

Sunirmol Ghosh
(Director)



Indo Asia Tours is a leading Destination Management Company that specializes in the Indian sub-continent making it possible for our customers to fully explore the various wellness destinations and the packages offered in the region. We provide customized experiences led by trained specialists whose endeavour is to soothe your senses according to what your body needs.

We are led by a team that is both experienced and respected in the industry. The identity of our company, our philosophy and our approach to our clients all revolve around our motto of **“Welcome a tourist and send back a friend”**. It is towards this end that we customize every travel plan to suit the unique needs of every traveller thus making for an exceptional travel experience.

Corporate Social Responsibility:

Indo Asia Tours strives towards developing sustainable community programmes that are viable in the long term and aid in rejuvenating the local economy through practices that are environmentally responsible.

We promote several “green” activities and programmes that are executed with aid and participation of our international partners as well. We encourage our international partners to donate part of the profits raised from their operations in India for the betterment of the underprivileged in the areas visited by their clients.

Our endeavour is to make a positive contribution for the underprivileged and the environment by supporting a wide range of socio-economic, educational, health and eco-friendly initiatives. Our goal is to infuse measurable and sustainable practices throughout the organization with the participation of employees, customers, business partners and other stake holders.

As part of our corporate responsibility we support Coorg, one of the most serene coffee scapes of India, to be a ‘plastic free’ zone. Madikeri, the capital town of the popular coffee destination was suffering the ravages of tourism and deteriorated rapidly where garbage disposal was concerned. As part of the ‘Clean Coorg Green Coorg’ campaign we pressurized the local authorities to declare the destination as a ‘no plastic’ region, so travellers are mindful of the environmental hazard that plastic can cause. Ever since, Madikeri has seen much lesser plastic and garbage in the region, making the town shine with its original glory.

We ensure that we promote and execute trips that are sustainable and eco-friendly.

In recognition of our efforts we have been nominated by the Ministry of Tourism, India for “The best sustainable itinerary” and have also won the National Tourism Award for Best Innovative Project by promoting innovative sustainable programmes.

For more details on our CSR initiatives, please visit <https://www.indoasia-tours.com>



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A woman with dark hair tied back, wearing a black tank top, is sitting in a meditative pose on a grassy hilltop. She is looking towards the right, with her hands resting on her knees. The background features a vast landscape of rolling hills and mountains under a soft, hazy sky. The foreground is filled with tall, dry grass.

retreats lure

“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being”.

- Greg Anderson

A getaway isn't truly one if it does not hold the promise of a transformational escape - whether it is for the mind, body or the soul. The solution lies in slipping into complete harmony with yourself.

There is no better way to do that other than a fulfilling **spa retreat**. It is your chance to discover an unparalleled wellness and beauty experience that leaves you revitalized and rejuvenated. Sometimes it is all about a quick fix to relax and sometimes one needs a period of wellness that responds to all dimensions of the body. Comprehensive and fulfilling retreats are those that are designed to approach your mind, body and soul to reach their highest potential. These also have lighter programmes and beauty treatments to relax after a day of sightseeing.

Gift yourself the miracle of renewal at some of the most indulgent spas in the idyllic locations of the Indian Subcontinent. In India's wellness capital, Kerala, treatments are mostly rooted in the thousands of years old traditional Ayurveda ethos and complemented by intense Yogic healing therapies – all under meticulous supervision and guidance. Even the food that you consume during this period is customized to the treatment and body type. These are further integrated with International practices, holistic massage treatments, personalized fitness programmes and a blend of unique contemporary therapies that are sure to help you unwind and reconnect with yourself.



To feel alive is to arrive at the perfect mix of wellness and serenity. Immersion in Ayurveda, Yoga and healing practices of the mystical land of India are nothing short of paradisaical, especially if they are wedged at the fringes of a blue ocean – a perfect complementing landscape for a day at the spa. Add to that the wonders of the Far East and the contemporary therapies of the West and you have a wellness quotient that is unsurpassable. Designed to revitalize and rejuvenate, spa retreats symbolize complete unanimity of the body, mind, and soul.



Healing
by the shore

ARYA VAIDYASHALA, CARNOUSTIE, KERALA

Beach
Spas



Arya Vaidyashala, Carnoustie Ayurveda & Wellness Resort

“He enjoys true leisure who has time to improve his soul’s estate”.
- Henry David Thoreau

The hum of the ocean is an ideal aural backdrop to a spa treatment. It soothes more than just the body – it tunes the rhythm of the soul to your mind, till you feel complete and one with nature. The Camoustie Ayurveda & Wellness Resort in Mararikulam, off Allapuzha in Kerala, takes the traveller to the edge of the Arabian Sea to harmonize the senses to a blissful state with short and long spa treatments, yoga and modern International therapies.

At Camoustie’s Aryavaidyasala Wellness Spa, prepare to be immersed in a transformative ambience, with the sound of the ocean, a mirror-flat pool in front of your room, sustainability inclined luxury thatched cottages and exquisite customized dining options. **The spa experience here is a nuanced blend of traditional and world therapies, but only after you consult with the in-house doctor. You can also choose from some relaxing spa choices, just for pampering yourself.** Spend several days in the magical landscape of the South Western edge of India along the golden strip of sand in Kerala, to enjoy the majestic beauty of the swaying palms and the luxurious spa retreat. Be prepared to revitalize your mind, body and soul with holistic massage treatments that promise serenity.

A sensory journey at Aryavaidyasala Wellness Spa is centered around a wholesome experience of luxurious stay, delicious food, the pleasures of swimming in the seamless infinity pool, walking in the verdant gardens and getting an opportunity to understand Kerala’s cultural heritage in subtle nuances of the resort. **Aryavaidyasala Wellness Spa embodies the characteristics of luxury and wellness, crafted for the discerning traveller.** Spend your days basking in the serenity with stunning views of

the palm fringed beach for company, stirred by action only by the local fishermen bringing in their catch. Designate mornings for Yoga, catching up on a good book or an Ayurvedic treatment before customized lunch. Let your afternoons lull you into a snooze so you can wake up for a swim in the ‘just right’ water of the swimming pool as the sun steals away into the depths of the evening. A marvelous glow of orange is left as a residue for a drink at the poolside bar, until it’s time for dinner. And the dinner is no ordinary platters of cuisine. Each dish is customised to your palate and goes with your treatment plan at the spa. The delicious food gives a personal insight into the local Keralan cuisine.

Aryavaidyasala’s spa platter offers everything for a body in need for rejuvenation - from traditional Ayurveda treatments to natural oil massages, use of warm volcanic stones, and Thai stretches are synthesized with reflexology. You also have the option of enrolling into the stress management programme, weight loss schedule, yoga classes, skin care or a detox programme. **In the heart of God’s own country, Ayurveda takes focus. Sample age-old rejuvenation therapies to usher your body into the Zen like state.** You can choose the traditional Ayurvedic treatments for a taste of ancient wisdom and comprehensive massage techniques or opt for the unique tailor made massages with a contemporary twist that inspire total surrender of the senses. One leaves with a sense of being born again.

What closes the itinerary of treatments and massages on a high is a place dedicated to revitalize you one last time before you return to the throb of daily life. **Body massages with medicated oil that follow the Ayurvedic ideology meet the modern therapies to match the inherent intelligence of the body.** The journey ends with a palpable sense of feeling completely nourished.



Marari Beach Resort, Marari



Sereno Spa, Park Hyatt, Goa

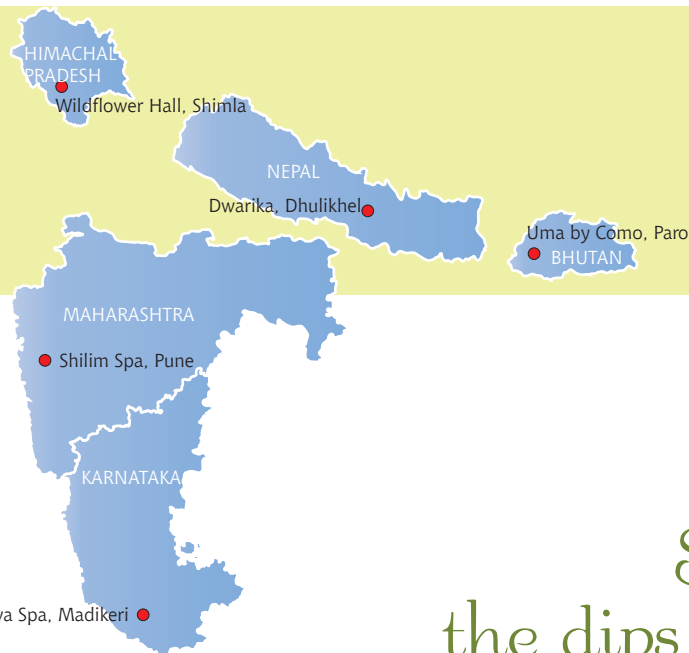


Siddhalepa Ayurveda Resort, Wadduwa, Srilanka

OTHER SUGGESTED SPAS

MARARI BEACH RESORT, MARARI, KERALA	SERENO SPA, PARK HYATT, GOA	SIDDHALEPA AYURVEDA RESORT, WADDUWA, SRILANKA	NIRAAMAYA RETREAT SURYA SAMUDRA, KOVALAM
<p>Why go: A hidden beachside resort, the Marari Beach Resort is a sanctuary of elegance and serenity. At the spa, a world of healing, pampering and rejuvenation awaits in the form of best of Kerala’s ancient wisdom and basic and fun massages for refreshing yourself.</p> <p>The treatments: Along with a first class range of pampering products and massages, evolved Ayurvedic practices like Shirodhara, Abhyanga, Kundalini, Kati Basti, Udvartanam and Netra Basti are offered to nurture the body. These help to eliminate emotional and stress related blocks for complete rejuvenation.</p> <p>www.cghearth.com</p>	<p>Why go: Nestled in the secret sandy hideout of Arossim Beach, Park Hyatt’s Sereno Spa amps up a holiday by offering absolute relaxation and ultimate rejuvenation. Encased in luxury and a restful ambience, one cannot help but feel refreshed and also encounter spiritual gratification.</p> <p>The treatments: This is the best place to pamper yourself with easy massages, facials and body scrubs. Apart from the Signature Sereno Spa Experience of extensive marine ritual, the spa also offers an expansive list of treatments that relax, rejuvenate, energize, hydrate or detoxify.</p> <p>www.goa.park.hyatt.com</p>	<p>Why go: Reward yourself with the stunning views and background score of the Indian Ocean at the Wadduwa beach. A cleansing of the body and soul ensues in this Ayurveda Health Resort with green vistas of woodland and meadows.</p> <p>The treatments: The Ayur Centre first studies the balance of your body, implementing the principles of Prakruthi, (innermost nature of an individual) and only then the guest is ushered in the world of Panchakarma or therapies like Piccichil, Netra Basti, Shirodara and more.</p> <p>www.ayurvedaresort.com</p>	<p>Why go: A transformative wellness destination at the edge of the Arabian Sea, Niramaya promises to offer a ambience to harmonize the senses.</p> <p>The treatments: Short and long term spa treatments, yoga and modern International therapies are the highlight of Niramaya. Expect traditional Ayurveda treatments, natural oil massages, warm volcanic stones, Thai stretches and reflexology at the spa.</p>

For more details, please visit <https://www.indoasia-tours.com>



Sometimes the sound of silence is stronger than a decibel of any magnitude. Such is the tranquility that the mountains of the Indian subcontinent encompass. Deep from the recesses of the lush valleys emanates a sense of peace that takes you into its fold. Such locations make for an ideal spa retreat to renew a connection with yourself. From the towering Himalayan peaks to the low Nilgiri stacks of mountains, lose yourself to the power of ancient Ayurvedic practices, Yoga, meditation and varied immersive experiences at these spa retreats.

Snuggle up in the dips of the valleys

DWARIKA, DHULIKHEL, NEPAL



Mountain Spas



Dwarika, Dhulikhel, Nepal

“When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere”.

- Francois de La Rochefoucauld

Going by the words of Francois de La Rochefoucauld, the pursuit of achieving inner peace or plain relaxation is a journey one must take alone. But with a trusted ally like the Dwarika at Dulikhel in Nepal, this quest is far simpler. **Located in the shadow of the towering Himalayan Range in Nepal, Dwarika’s address is an ideal one for revitalizing the mind, body and soul.** The million shades of green, the view of snow capped mountains in the distance and the rich silence are a treasure. Here, immerse yourself in the alchemy of nature and your senses, till you feel afresh and alive. At Dwarika, you get time to lose yourself to your thoughts.

The mountains make for great company to help you relax, away from the worries of mundane life. Easy pampering ideas thrive here with the restorative properties and the pure magic of nature. You see their effect on you in no time. **The swimming pool and a high end restaurant overlooking the stacks of mountains, heralds the luxury that is offered at the retreat.** Around this, radiates the exemplary accommodation in three categories, a fitness centre, multiple dining options and little pods of comfort in the nooks and corners of the resort.

Nestled on the natural slope of the lower Himalayan hills, cottages and rooms exude luxury with their modern fittings and contemporary ambience. Overlooking the rolling hills, the minimalistic décor merges well with the environment. But it is the award winning spa that you should not avert your eyes in any other direction but the treatment rooms. The simple, spacious and rustic resort resonates the atmosphere of the lofty Himalayan

range. Each space is characterful with a positive vibe humming in the background. The Junior, Executive and Royal Suites are havens of comfort, with all modern amenities seamlessly in tune with the natural aura of the rooms. The balance of the mind and body is further accentuated by the subtle flavours from the kitchen.

The spa at Dwarika promises an ambience to let loose and reward yourself with the pleasure of pampering yourself with body scrubs, facials, head and shoulder massages, manicure and pedicure. A sure way to amp up the holiday. Apart from this, the deep-rooted holistic healing inspired by Vedic philosophy and Buddhist Medicine, is the basis of the serious treatments at the Dwarika Spa. This is complemented by contemporary massages wraps and body scrubs as well, which usher you into a state of relaxation. But before ushering you into a program, your appointment with the therapists and consultants is imperative. Only after this is done, is when they thoughtfully design a schedule to heal, restore and rejuvenate your health. While Panchakarma implications involve a more robust set of treatments, the de-stress package welcomes you to a world of herbs, aromas, oils and massages. Add to these, the ways to pamper yourself and you are in for a refreshing time. Even within this, you can customize as per taste. Only pure herbs, aromatherapy oils and all-natural creams are used. Our rapid lives come to a halt with the paced out Yoga Retreat, so you can stop, calm down and channelize the energy in a positive direction. **The spa sojourns invite you to a world of restorative beauty treatments with a view of stunning locales. This is ideal for those looking for a casual rejuvenating experience.**

With this vast array of treatments to choose from, it is easy to drift away on this quest for serene solitude. Inner guidance, pampering and rejuvenation are the hidden plan for your body. You come back only refreshed and renewed, ready to take on the world.

OTHER SUGGESTED SPAS

OBEROI WILDFLOWER HALL, SHIMLA	JIVA SPA, VIVANTA BY TAJ, MADIKERI	SHILIM SPA, HILTON SHILIM ESTATE RETREAT & SPA, PUNE	UMA BY COMO, PARO, BHUTAN
<p>Why go: Stunning views of the rolling hills and the crisp mountain air amplifies a spa getaway with its cathartic value. The dreamy setting on top of a lush hill transports you into a haven of tranquility. It feels like you’re relaxing in your own home.</p> <p>The treatments: Bespoke locations in different parts of the hotel and your room add to the soothing massages, facials and scrubs offered. Indigenous and modern therapies from the world are focussed around rejuvenation.</p> <p>www.oberoihotels.com</p>	<p>Why go: Jiva Spa ushers you into a ‘journey of revival’, with its foundation of ancient wellness knowledge and philosophy of caring for nature and for one’s self. The connection is inexplicably strong, though subtly suggested by a variety of ‘feel good’ massages.</p> <p>The treatments: A harmony of the mind, body and soul is accomplished by Naturotherapy, meditation, Yoga and a number of other body treatments for couples and individuals, under the guidance of experts. For those looking to just pampering themselves, you will be spoilt for choice.</p> <p>www.vivantabytaj.com</p>	<p>Why go: An exquisite spa that is backed by a comprehensive treatment infrastructure with 17 treatment rooms, a meditation cave and a relaxation center, adds up to be the perfect healing getaway in Maharashtra. More so, it doubles up as a great place to just unwind and end up feeling like a million dollars.</p> <p>The treatments: The Shillim spa is focussed on the cathartic potency of serious therapies as well as the speedy fixes like mani-pedi, body scrubs, head massages and more.</p> <p>www.3hilton.com</p>	<p>Why go: An enviable location and the exclusive offering of brilliant spa facilities to a handful of guests at a time is the resort’s signature style of providing an iconic experience.</p> <p>The treatments: A long list of Asian inspired treatments, including Ayurveda also boasts of hot stone bath houses, steam room, yoga decks and alfresco swimming pool pavilions for the guests to relax in. Add to that, there are basic massages and treatments to help you feel divine.</p> <p>www.comohotels.com</p>



Oberoi Wildflower Hall, Shimla



Jiva Spa, Vivanta by Taj, Madikeri



Uma by Como, Paro, Bhutan

For more details, please visit <https://www.indoasia-tours.com>



Everyone needs a break from the labyrinth of urban development, to seamlessly sync the three elements of life. City based spas offer a space to bridge the gap that the daily bustle creates in our mind, body and soul. Drawing inspiration from the majestic land of ancient customs and rituals, city spas of India, Bhutan, Sri Lanka and Nepal give you the opportunity to achieve a divine state of well being or just infuse energy into a fatigued body, without traversing long distances. The secret symphony of life gets tuned right in your backyard.

City Spas

Escape from the urban sprawl



AMANKORA, THIMPU, BHUTAN



Amankora, Thimpu, Bhutan

“To me, good health is more than just exercise and diet. It’s really a point of view and a mental attitude you have about yourself”.

- Albert Schweitzer

Health and happiness is not only about regimented exercise and eating right, it is accentuated by the meeting of the mind, body and soul or just a simple act of feeling refreshed. This happens only when you step out of the hum of daily life and transport yourself to a place where you can achieve inner peace. This is possible at Amankora in Thimpu, where you can step away from the bustle of the cities and be in tune with yourself and nature. The spa also gives you an option to enjoy the Bhutanese hospitality and inject the trip with a short rejuvenating experience. This is essential after sightseeing and travelling. **The world’s happiest country, Bhutan, has more to offer than just enrichment for the soul. Amankora’s spa offers to nourish and enhance the mind and the body as well. Traditional, medical and contemporary casual remedies inspired from the Himalayan region’s herbs form the basis of medical treatments, massages, scrubs and baths.** At Amankora, it is all about being one with nature, drawing inspiration from the elements around you and feeling completely relaxed. Here, you can lose yourself to the luxurious setting and some befitting pampering.

Amankora, Thimpu is spread on the upper reaches of the Motithang area with expected lush surroundings. Green rolling famlands can be spotted as far as your eyes can be seen. **Sixteen suites stand like an oasis, sprinkled over the property. The bedroom and lounge area, combined with a wood burning stove makes for one unit, that overlooks a thicket of pine trees, a stream or a landscaped courtyard.** Dimensions of local architecture are imbedded in the construction, but the amenities in the

rooms are nothing short of luxurious. The balconies are a coveted spot in the property, so that one can feel synthesised with nature.

It is the spa treatments and the variety of complementing cuisines that truly helps one unwind. The spa has a long list of essential body treatments, easygoing massages and bodyscrubs. These basic treatments have you refreshed in a matter of minutes. **At the spa, specialists take over to offer a perfect environment that ensures that you leave worldly concerns behind as you achieve perfect relaxation. A unique selection of spa and massage experiences blends classic and contemporary techniques to soothe the body, revitalize the skin and uplift the spirit.** The spa provides personalized, rejuvenating and indulgent treatments to instill wellbeing. These can be comprehensive long-term treatments or short rejuvenating packages that provide instant invigoration. The products used by the spa are exceptionally natural and of high quality to achieve effective and long lasting results. Along with the spa therapies, it is recommended to enrich your experience with the help of Yoga and meditation. The in-house yoga instructor helps you ease into some basic regime or even help you graduate if you are familiar. Food is an essential element in your tryst with the therapies. The in-house chef works in tandem with your Yoga practitioner and therapist, to draw up a customized menu for you.

What adds to the experience is the fact that the guests can avail the treatments in the comfort of their own rooms. Behind each exclusive cottage is a shaded treatment pavilion, where personalized services are accorded. With the silence surrounding you, barring birdsong in earshot, the treatments are sure to cleanse the mind, body and spirit by helping you tap on your inner vitality.

OTHER SUGGESTED SPAS

DEVARANA SPA, DUSIT DEVARANA, DELHI	KAYA KALP THE SPA ITC MUGHAI, AGRA	RADISSON, KATHMANDU, NEPAL	ANGSANA SPA - CINNAMON GRAND HOTEL, COLOMBO, SRILANKA
<p>Why go: A pulsating energy runs in the open-air spa area. It is nothing but intriguing to feel a vibe so crisp, despite being in one of the most busy areas of Delhi. Go here to soothe your senses.</p> <p>The treatments: A spectacular palate of salon time, ‘fast beauty’ treatments, Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy massages, along with in-depth Ayurveda programmes, body scrubs, facials and water treatments, usher you into complete relaxation and pampering.</p> <p>www.devarana.in</p>	<p>Why go: Overlooking the greatest symbol of love, Taj Mahal, ITC Mughal offers a royal ambience for it’s spa, Kaya Kalp. Emulate the luxurious lives of the royals while pampering yourself.</p> <p>The treatments: A royal but quick hamam with body scrubs, facials and massages are designed for the fast paced holiday maker. These complement the Ayurvedic journey of Abhyanga, Shirodhara and meditation for a balanced treatment of rejuvenation and revitalizing.</p> <p>www.itchotels.in</p>	<p>Why go: A sense of relaxation, well-being and rejuvenation awaits amidst the Himalayan range of mountains. Here, the tranquility of the mountains is resonated by the Radisson spa.</p> <p>The treatments: Get in tune with nature and yourself with complete body therapies and beauty care services. This is the start of the journey to healthy living.</p> <p>www.radisson.com</p>	<p>Why go: For sometime, you will forget that you are in the heart of Sri Lanka’s capital city. Indulge in serenity, while the spiritual and medicinal legacies of the subcontinent take over.</p> <p>The treatments: Healing stones along with head, foot and full body massages add to the menu of effective traditional treatments with a modern twist.</p> <p>www.cinnamonhotels.com</p>



Kaya Kalp The Spa – ITC Mughal



Devarana Spa, Dusit Devarana, Delhi



Radisson, Kathmandu, Nepal

For more details, please visit <https://www.indoasia-tours.com>



Within the sprawl of holistic treatments that the Indian subcontinent offers, the specialty spas draw your attention to one dominant aspect of a retreat. Be it Yoga, Ayurveda, Organic Cuisine or just some simple pampering. While the union of these therapies and elements can be customized and integrated for guests, the key treatment is hinged on decades of experience and expertise of a single kind at these specialty spas. Explore the intensity of the treatments for a deep and meaningful effect on your spiritual being.



A journey of revival

HERITANCE AYURVEDA MAHA GEDARA – BERUWALA, SRILANKA

“Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world”.

- Gwendolyn Brooks

Ancient Indian sciences have contributed impactfully to bringing awareness about the idea of self-awareness to the world. **At Heritance, you are ensconced in a mélange of therapies with expert guidance and time-tested methods of achieving a holistic sense of well being.** The resort lies at the edge of the Indian Ocean in the unassuming town called Beruwala in Srilanka. The healing energy and the relaxing vibe is palpable from the time that you arrive here. It is truly a sanctuary of peace and serenity, where losing yourself to days of self-discovery come naturally. Even a simple massage or beauty treatment, can leave you feeling your best.

Heritance is a conscious celebration of simplicity, purity and respecting natural heritage. This comes in the form of stone cottages, tinged only slightly with colour. Drawing directly from the elements of the earth, it is here that you share a secret with your surroundings. Such is the silence that even whispers are ample to drown out any sound. **The spacious villas are infused with green spaces within, so you never lose touch with nature.** Affording absolute privacy, it is just you and your natural surroundings that get ample time to be one. Despite the attempt for a seamless relationship with nature, the resort offers all modern amenities for your comfort. In such an environment, peace comes naturally. Throw caution and worry to the winds and pamper your senses.

It is the essential slowing down that paces you with the rhythm of nature once you are at Heritance. And the spa helps you accentuate this experience. To recalibrate, experience time tested treatments of Ayurveda, which is built

on the basic premise that the external universe is imbedded in the human body. It is one of the most revered and trusted branches of medicine and healing, through a tradition handed down from sages 5000 years ago. Let a consultant understand your bio energies, to work a combination of treatments - both external and internal. Using an effective blend of traditional oils and age-old methods of massages, the mind is guided into a rested state, which further induces a sense of peace. This divine state of well-being is enhanced when the trusted hands of the therapists amaze you with deep rhythmic movements.

Add to this a cleansing diet to help you achieve the best from your therapies. **Whether it is relief from medical problems or a basic rejuvenation process, the spa at Heritance is geared to handle anything.** With the treatments, surrender yourself to the benefits of Yoga and meditation. There cannot be a better place, with the sound of the waves in the near distance and a warm tropical breeze that blows to fall into a state of relaxation. Also take some time out to visit the fishing villages to immerse in the local vibe of Sri Lanka. The ethnic cuisine, warm hospitality and smiling faces are sure to leave you enthralled. You will be able to witness a change in yourself in just a few days.

With Yoga and Ayurveda, the instruments that take you to on this inner voyage, you can understand the needs of your mind, body and soul, and embark on a new and improved way of life. **Fresh herbs, picked from the property's own extensive organic garden, are used in all the preparations of food.** Purest of spices and organic ingredients are cooked in a full fledged Ayurvedic kitchen, creating simple vegetarian dishes that will delight the senses and heal the body, in tandem with the Yoga practice and any treatment. At the end of your stay, it will be like you are born again.

Speciality Spas



Heritance Ayurveda Maha Gedara – Beruwala, Srilanka

OTHER SUGGESTED SPAS

KALARI KOVILAKOM, PALAKKAD, KERALA	SHREYAS YOGA RETREAT, BANGALORE	VANA WELLNESS RETREAT, MALSI ESTATE, DEHRADUN	SOMATHEERAM AYURVEDIC RESORT, KOVALAM
<p>Why go: Purify – your mind, body and soul in the legendary land of Ayurveda. At Kalari Kovilakom, it will feel like re-birth. Rooted in strict traditional practices, this is as authentic as it gets.</p> <p>The treatments: Long-term healing programmes are structured with the help of Ayurvedic practices for anti ageing, slimming, anti stress and rejuvenation. Cuisine and spiritual practices create an additional balance.</p> <p>www. cghearth. com</p>	<p>Why go: A secluded haven of tranquility, this is the place to head to, if you want to unplug. Here, you are offered a space for reflection, introspection and an opportunity to nourish your mind, body and soul.</p> <p>The treatments: With a strong foundation of Yogic practices, the journey to inner peace is accentuated with the help of Ayurvedic massages and beauty treatments.</p> <p>www.shreyasretreat.com</p>	<p>Why go: Enrich, both the physical and spiritual with customized treatments, cuisine and guided meditation and yoga, along with a bespoke retreat of your choice.</p> <p>The treatments: Panchakarma, Yoga, natural healing, detox, fitness, relaxation, weight management and beauty come under the purview of a wholesome retreat at Vana.</p> <p>www.vanaretreats.com</p>	<p>Why go: Decades of experience in Ayurveda makes for a strong foundation of revitalization of the body. The stunning views of the Arabian Sea amplify the days at Somatheeram.</p> <p>The treatments: Authentic Ayurvedic treatments like Pizhichil, Dhara, Vasthi, Nasyam, Kativasthi and a host of others make for a comprehensive menu for guests looking for serious treatments.</p> <p>www.somatheeram.in</p>

Kalari Kovilakom, Palakkad, Kerala

Shreyas Yoga Retreat, Bangalore

Vana Wellness Retreat Malsi Estate, Dehradun

For more details, please visit <https://www.indoasia-tours.com>



Let there be no distraction to your transformation – that is the mantra that the destination retreats imbibe. Here, your spiritual journey starts at a striking distance from your environment. It could be in the midst of mountains or at the edge of a sea, but you will have to make that commitment to travel for the sake of your inner peace and feeling refreshed. Once you have arrived here, let the treatments align to your needs. This is where you will find harmony between your physical and the mental realms.

Destination Spas



SwaSvara, Gokarna, Karnataka



Into a world of revitalisation



SWASWARA, GOKARNA, KARNATAKA

“Acquire inner peace and a multitude will find their salvation near you”.
- Catherine de Hueck Doherty

Nobody extolled the virtues of relaxation better than the Gods themselves. No wonder they passed on the magical learnings of Yoga, meditation and Ayurveda to the land of immortals. They also added simple pleasures to make one gather a sense of instant refreshment. Especially to the Indian Subcontinent. **The effects of holistic healing and pampering yourself go a long way. Start your journey at SwaSvara with gorgeous surroundings and a soothing environment.** Along with pampering yourself with basic massages, body scrubs, mani-pedi routines, also indulge in the customized Ayurveda treatments, Yoga, and meditation. All these with the suitable cuisine is the essence of the retreat. Not only does the essence of wellness run in the spa alone, it permeates through each moment of your stay at SwaSvara, Gokarna. You can feel this in every nook and corner of the nature-tuned property- in the pool, in the soft grass of the gardens and in the sound of the waves that waft through the rooms. There is a peaceful rhythm in all parts of the resort.

The wellness resort ushers you into its warm folds of hospitality, with ease. **The local vibe of the hotel mingles seamlessly with modern amenities, to offer you an ideal haven to unwind.** Add to that, a range of activities, tours and experiences and the journey to Gokarna is unforgettable. Visit the ancient temples, local markets and the fishing villages for a tryst with the real Gokarna.

It is a sensory journey for refreshing yourself as well as a voyage into your inner self. **From fun to meticulously prepared customized therapies are enhanced with organic ingredients to enrich your spa experience.** You can opt to pamper yourself and amp up the holiday with body scrubs,

head and neck massages for relaxation and manicures or pedicures. This gives instant satisfaction. The serious therapies start only after you have discussed your needs with a wellness consultant. Only then do trained therapists chalk out a detailed programme for you. You can choose from an array of treatments including Ayurveda, meditation, yoga, detox, Naturopathy and basic spa options to just relax for a short time, which can be holistically incorporated to your stay in order to address your total wellbeing.

In order to recoup, revive and rekindle the body and mind, there are a number of therapies on the menu or basic tips and plans for quick pampering. **The serious wellness programmes are divided into three parts; Shanti (for Yogis), Prana (special Ayurvedic treatments) and Swastha (detox).** Food is an essential element that binds the process of rejuvenation together. Vegetarian fare, raw food and juices make for the backbone of the nourishment at SwaSvara.

Spectacular rooms with a decided natural appeal are the epitome of space, luxury and comfort, all rolled into one. The dwellings in SwaSvara comprise of stone villas. The earthy simplicity of the grass lawns in front, a yoga deck in each room and brick columns are the largest draw. **From subtle comforts to more noticeable ones like soft bath towels and exclusive toiletries, one cannot help but be mesmerized at the level of detailing that meets you.** With these, contemporary facilities blend seamlessly to make your stay more comfortable.

SwaSvara holds sway for offering a glimpse of the longstanding traditions of the coastal town of Gokarna. With this, the spa treatments are an additional charm. **When these meaningful spa treatments synchronize with impeccable hospitality and tryst with cultural nuances of Gokarna, it only helps to unlock your energy reserves.**

OTHER SUGGESTED SPAS

ANANDA IN THE HIMALAYAS, RISHIKESH

Why go: The heavenly company of mountains, rivers and birdsong are perfect accomplices for a refreshed discovery of self and some pampering for the weary traveller. Ananda offers just that.

The treatments: A host of refreshing massages, facials and scrubs can live you up in no time. Detailed wellness packages include stimulating and purifying dosha specific Ayurvedic therapies, yoga, meditation and curated cuisine.

www.anandaspa.com

HEAVENLY SPA, THE WESTIN SOHNA RESORT & SPA

Why go: This is where you lose yourself to soothing treatment alcoves, just minutes from the urban sprawl of India's capital city, in perfect accord with your mind and soul.

The treatments: The essence of the retreat lies in pampering yourself to feel 100% and customized Ayurveda treatments, Yoga and meditation under supervision along with suitable cuisine.

www.westinsohnaresort.com

AYURVEDA KUREN MAHO – YAPAHUWA, SRILANKA

Why go: Ayurveda is unveiled in its most authentic, classic form at Kuren Maho amidst the raw natural beauty of the tropical country. Organic, fresh fruits, vegetables and excellent simple cuisine complement the spiritual vibe.

The treatments: A comprehensive wellness package entails nuances of Ayurveda, swimming with massage jets, meditation and rejuvenating beauty therapies.

www.maho-kuren.de/home.html

SVAASA SPA, RANJIT SVAASA, AMRITSAR

Why go: Amidst the heritage ambience of Amritsar's haveli, The Hibiscus Pavillion, the spa, promises to enthrall the spiritual seeker. Ayurveda makes for a large component of the holistic healing techniques that are provided to the guests.

The treatments: Ayurveda, Alternative Medicine, Yoga, Acupressure, Universal Therapies, Diet & Nutrition are incorporated seamlessly during your stay for a balanced rejuvenation and feeling of awakening.

www.svaasa.com