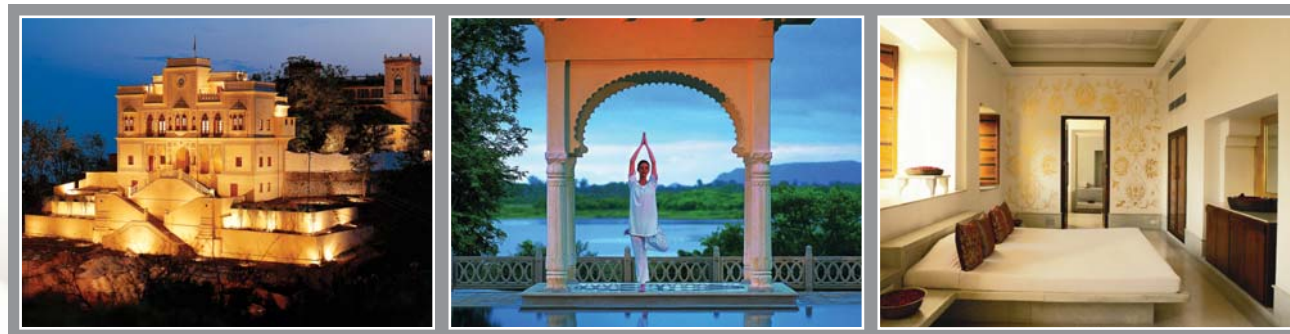


Spa & Well-Being

Not so long ago the only health retreats in India were Hindu ashrams (monastic retreats) where the centuries-old **Ayurveda** was practiced, offering holistic **life-enhancing** treatments including yoga. Today, from the Himalayas to the southern tip of Kerala, an abundance of **spas and health resorts** offer a spectrum of **rejuvenating options** in diverse and beautiful locations. Here we list our recommended selection. Please request full details of individual Spas.



Above from left: Ananda, Oberoi Udaivilas, Suite at Devigarh



Oberoi Rajvilas

Luxurious Spas & Ayurvedic Resorts

NORTH INDIA

Ananda In the Himalayas

Nestled in the Himalayas, overlooking the town of Rishikesh, is Ananda. Formally the residence of the Maharaja of Tehri-Garhwal, it boasts 70 luxurious rooms, lavish suites with private gardens and villas with sauna and private pool. Dedicated to providing innovative ways to restore and rejuvenate guests, it has been voted one of the world's top 5 Spas.

The Oberoi Rajvilas - Jaipur

The Oberoi Rajvilas is set in 32 acres of landscaped gardens, where pavilions and reflection pools re-create the romance and grandeur of Rajasthan. Rooms, luxury tents and villas with private pools are clustered around delightful courtyards. Personalized holistic and rejuvenating beauty treatments are taken in the beautifully appointed spa suites.

Taj Rambagh Palace - Jaipur

The Rambagh Palace is a superb luxury palace hotel with 85 rooms and faithfully restored suites. The Taj Spa offers spa treatments including traditional body therapies originally created for Indian royalty.

The Oberoi Udaivilas - Udaipur

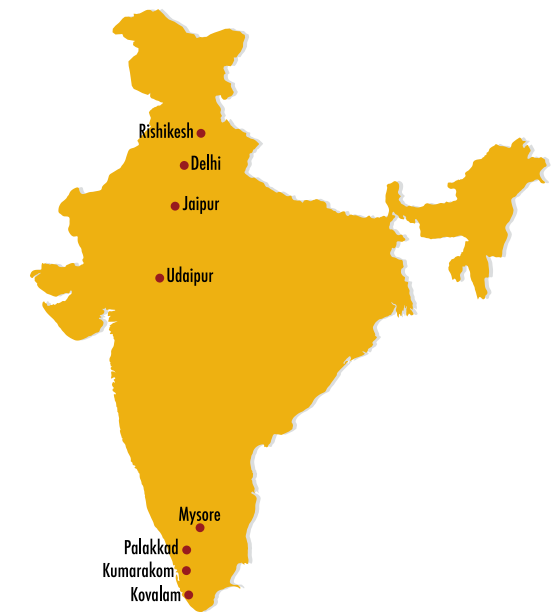
Udaipur is a city of majestic palaces and beautiful lakes. The Oberoi Udaivilas captures this romance and splendour with palatial architecture and a beautiful spa. Holistic treatments drawn from Ayurveda, Thai and Western techniques soothe and revitalize.

Devigarh - Near Udaipur

Devigarh Fort Palace is a suite only hotel with thirty nine exquisite suites. Combined with a gymnasium, steam room, sauna, Jacuzzi and beauty parlor, the hotel offers a complete range of spa wellness therapies.

A-Plus Medispa - New Delhi

This dedicated medical spa believes that wellness and beauty are the sum of many parts. In combining advanced medical technology with ancient Ayurvedic wisdom they are an acknowledged leading light, offering many different doctor-supervised treatments.



SOUTH INDIA

Coconut Lagoon - Kumarakom

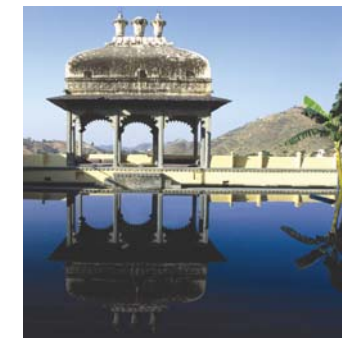
Coconut Lagoon captures the essence of Kerala in a tranquil and beautiful setting. With Heritage Bungalows, Heritage Mansions and luxury private Pool Villas, the renowned Ayurveda centre uses only natural medicines. Expert therapists prescribe appropriate treatments to relax and invigorate.

Kalari Kovilakom - Palakkad (Kerala)

The Kalari Kovilakom is an "Ayurveda Palace", with 18 palatial suites. It offers Ayurveda in its most authentic form, and through a combination of massage, herbal treatments, medicines, diet and purifying baths, you will see the world afresh. Leave rejuvenated.

The Windflower Spa - Mysore

The Windflower Spa is serene, and far from noise and pollution. Forty-three elegant rooms and suites complement the natural surroundings. A unique and varied blend of Eastern (Balinese and Ayurvedic) and Western (Hydrotherapy and Beauty) spa treatments are available.



Devigarh

Somatheeram Ayurvedic Beach Resort - Kovalam

Somatheeram combines a beach resort with Ayurveda and yoga. Set in fifteen acres of lush greenery, the widely spread accommodation blends with coconut groves down to an immaculate beach. Treatments include exclusive Ayurveda packages to strengthen the immune system, revitalize and prevent illness.

Kairali Ayurvedic Health Resort - Palakkad

This resort is dedicated to providing the benefits of therapies based on traditional oil massage that have been used to improve health for over five thousand years. Relax in comfortable, traditional Kerala surroundings and be confident of returning home healthier and completely refreshed. Each of the 30 well-appointed cottages is uniquely designed.

