

CONDÉ NAST JOHANSENS LUXURY SPAS

2011

SOUKYA HOLISTIC HEALTH CENTRE

Soukya Road, Samethanahalli, Whitefield, Bangalore 560 067, India

Tel: +91 80 28017000-8 E-Mail: info@soukya.com Web: www.condenastjohansens.com/soukya



SOUKYA is an inviting holistic and wellness retreat set amidst 30 acres of organic farm and herb gardens in the southern Indian countryside. This unique facility helps restore natural balance by using modern medical advancements, ancient medical techniques and complementary therapies in a peaceful environment. The 25 spacious rooms are all furnished in traditional Indian style with handcrafted tiles and ornate mirrors; each super deluxe room and suite has a private tropical garden. Ingredients for SOUKYA's Ayurvedic medicines and oils are grown here. Royalty and celebrities alike have visited SOUKYA to address serious health problems and incurable diseases, attracted by the menu of alternative medicines and extensive therapies that include Ayurveda, naturopathy, reflexology and more. At the end of the day, savour delicious nutritionally tailored organic cuisine sourced from the retreat's farm and enjoy the peaceful setting while the dedicated staff attend to your every need, leaving you feeling truly pampered and revitalised in mind, body and spirit.



Key Treatments: • Ayurvedic Panchakarma • Detoxifying Treatments • Anti-Ageing Wellness Therapies

Key Products: • Signature SOUKYA Natural Ayurvedic Oils and Supplements