

# HELLO!

HEALTH AND BODY GUIDE 2010

## SHINE LIKE A STAR WITH THE LATEST CELEBRITY DIET AND FITNESS TIPS

Duchess of York Sarah Ferguson (below) is among the famous faces to check in at Soukya



### SOUKYA HOLISTIC HEALTH & AYURVEDIC TREATMENT CENTRE, INDIA

The resort In a fast paced world, where miracles are promised by an array of retreats, skincare brands, and superfoods, sometimes it's hard to know where a deeper sense of authenticity lays. Until you visit Soukya in Bangalore.

India is renowned for its grounding sense of energy for good reason, it's where the philosophy of ancient traditions have been passed down for thousands of years. Most companies these days feel compelled to adapt those traditions to deliver something "new" to the modern world, not so at Soukya. Here Dr Mathai and his team have a firm grasp on the beautifully grounded practice of integrative health and wellness. The holistic centre, which is the first of its kind in the world, has a focus on a range of integrated health approaches each designed to benefit mind, body and spirit.

Indulge in Ayurveda, homeopathy, naturopathy and an array of therapies such as yoga, reflexology, acupressure and acupuncture at this hidden haven.

Stepping into the world of Soukya almost feels transformative. It's set on a large acreage approximately 30 minutes from the emerging technology hub of Bangalore.

Butterflies dance through the flower beds, and the scents from the organic herb, fruit and vegetable gardens provide a gentle promise that this is the kind of place where spiritual and health transcendence may very well be possible!

Each visitor is greeted with a fresh flower wreath

and given a traditional Indian blessing. From there guests are escorted to their rooms, which boast ample space, peace and serenity for what will be a visit focused purely on health and well-being. Every guest is provided with a specific programme of treatments based on their constitution and current "wellness", which can range from anything from stress and dietary concerns, to support for terminal health issues and addiction. Larger resorts and hotel chains market themselves on high quality service, and here at Soukya it feels that the philosophy of five-star service is taken to a whole new level, perhaps again it is an integration of ancient traditions where service and gratitude is an everyday way of life.

**The service** Once each guest has had a consultation with the team of medical staff, they are handed a programme for the duration of their stay, which details treatments times, exercise tips and dietary plans. The treatments feel completely authentic and unique to Soukya. The oils are specifically customised and made on-site from hand-picked organic Ayurvedic herbs to ensure their quality, and before each treatment guests are blessed with an Indian prayer for their well-being.

All meals are prepared with the freshest of ingredients and organic daily produce harvested from the grounds. The food is delicious and not to mention highly nutritious.

Perhaps one of the greatest things of all about this resort is that the long-lasting effects of the time spent at Soukya seem to be felt for months



after returning to the "real world". The changes within and the awareness about how to look after one's inner being become a part of everyday life. Upon leaving, guests are given a programme to follow in their daily lives, such as dietary tips that complement their diagnosed dosha type and exercise routines. Guests are also welcome to contact the resort at any time in the future with questions relating to their health.

**The stars** This retreat is favoured by Deepak Chopra, Duchess of York Sarah Ferguson and Desmond Tutu along with a string of A-listers including Sting. Most recently, the The Soukya Holistic Centre has announced that they will be partner with The Prince of Wales Foundation for Integrative Health and will be collaborating on several future projects.

**The details** Wellness Packages start from US\$110 per day. Accommodation prices begins at US\$200 per night for a deluxe room single occupancy. The accommodation tariff is inclusive of all daily meals and consultations. For details, visit: [www.soukya.com](http://www.soukya.com)