

INDIA TODAY

# travel PLUS

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7 WONDERS  
OF INDIA

## God's own land

Swimming in the tank of a Kerala 'naalukettu' house, Mandvi beach, Rajasthan's monsoon... **Mallika Sarabhai's** idea of India

● Two weeks at Soukya, Bangalore. There are health spas and there are health spas. Holistic, Ayurvedic, Filmy, Naturopathic, Swish, Killingly Expensive and so on. And there is Soukya. Every tree, as every treatment, everything you eat, every conversation with a therapist, is part of the renewing. And the fact that Dr Issac Mathai, besides being charming and debonair, understands that mixing different schools of medicine in an effective but non-traditional way is useful to the body, helps enormously. Luxurious, squeaky clean, in lovely taste and very rejuvenating.

