



Guide 2008

101
BEST SPAS

One-stop wonders



Soukya **LOSE WEIGHT!**

BANGALORE, INDIA

If you're drawing a blank with conventional medicine, get to Bangalore, which is emerging as a hub of happening holistic centres. Soukya is a cure-it-all bolthole, founded by the esteemed Dr Issac Mathai and set amid 30 acres of orchards and herb gardens. While it's a happy place (Sarah, Duchess of York, and the late George Harrison have both transcended here), alpha guests come to address serious health issues: depression, thyroid problems, migraines, diabetes, nicotine addiction – you name it, they can crack it. Try-another-route therapies include everything from homeopathy and yoga to reflexology and acupuncture. There are various programmes: weight loss, anti-ageing, detoxing, de-stressing and an ocean of treatments. An epicentre of alternative care. **Website** soukya.com. **UK reservations** Greaves India (tel: 020 7487 9111). **Rates** Double, from £145.