



# *Living Well*

## Lifestyle & Spa Retreats



Ride the Blue Elephant!



If you're in the market for exotic treatments of the semi-masochistic variety, India will happily provide. If you'd rather just loll around in an infinity pool on the grounds of an 18th-century palace with clear views of the Himalayas, that can also be arranged. The best spa destinations here are utterly unique experiences that combine ancient therapies with cutting-edge amenities.



Uniting all of them is the philosophy of Ayurveda. This 5,000-year-old school of thought has been practiced for generations, across thousands of ashrams. And it's still the lifeblood of the leading spas found across the Subcontinent.

# Oberoï Spas

Oberoï Amarvilas

Agra



At The Oberoi Amarvillas, complimenting the grandeur of the Mughal era is the spa that befits the self-indulgence of royalty. To the mystical, romantic image of the Taj Mahal visible outside, trained Thai therapists reenergize the body with personalized holistic treatments based on Ayurveda, ancient Thai and western techniques. The vivifying experience includes beauty and body treatments with exotic oils and creams used by royalty five hundred years ago, in addition to a steam room or sauna to rekindle the body and spirit.

Oberoï Rajvilas

Jaipur



Treat your body to pampering and relaxation inspired by a royal era. Travel back in time as you enter the beautifully appointed spa suites where hand painted frescoes adorning the walls lift the spirit and

the healing hands of trained therapists promise to revive the body. Get revitalized with personalized holistic treatments drawn from Eastern and Western techniques. Unwind with an aromatherapy steam bath or sauna, indulge yourself with rejuvenating beauty treatments or restore your inner balance with a session of yoga in the precincts of an ancient Shiva temple. Discover the pleasure of being treated like royalty at The Oberoi Spa.

Oberoï Udaivilas

Udaipur



Treat your body to luxurious rejuvenation and relaxation on a truly royal scale. In the serenely appointed spa suites, spectacular views of Lake Pichola and the City Palace inspire the spirit while your body is revitalised by the healing hands of trained therapists. Holistic treatments drawn from Ayurveda, Thai and Western techniques soothe the senses and restore the vital energy of the body. Unwind in the steam room and sauna or pamper yourself with beauty treatments evolved over centuries. Indulge yourself in the splendour of a bygone era at the Oberoi Spa.

# Oberoi Spas

Oberoi Wildflower Hall Shimla



A world class Spa opened recently at Wildflower Hall, bringing the resort right into the top league of luxury destinations.

The Oberoi Spa offers holistic treatments based on Ayurvedic, Asian and Western therapies to relax, rejuvenate and inspire. With tranquil views through lush green cedar and pine forests, the Spa Pavilions offer stressed out guests a peaceful haven in which to revitalise themselves both inside and out.

Our state of the art gym offers the very best equipment to burn off those calories.

Oberoi Vanyavilas Ranthambore



Many guests come to The Oberoi Vanyavilas simply to relax. The Oberoi Spa and Fitness Tent are the ideal places to do just that. The Spa is set over the lake, past turquoise and lapis blue tiled pools, in a fountained

courtyard. Here you will find steam rooms, showers and private therapy suites.

Guests can choose from an elaborate 'menu' of spa treatments, massages, facials, manicure and pedicure. For example, the stimulating Indian Spice Wrap and a delicious Orange Wrap. All the massage and aromatherapy treatments are aimed at relieving stress and promoting a deep sense of relaxation and wellbeing. Perfect after an exciting day's tiger spotting in the Reserve.

Oberoi Cecil

Shimla



The Spa offers an extensive 'menu' of relaxing and reviving massages and beauty treatments. Aromatherapy, Ayurvedic, Balinese, Hawaiian and Thai massage all feature, along with Chakra Head and Shoulder Massage and facials.

As well as the spa therapy suites, the Spa offers steam rooms and saunas. This is the perfect place to relax and unwind after a long day in the mountains - or in the boardroom. The Gymnasium, located at the level below the Pool, is free to guests.



# Taj Spas

Fisherman's Cove

Chennai



Once an impressive Dutch Fort, Fisherman's Cove today is arguably the Best Luxury 5-star resort in South India. Fisherman's Cove with its spectacular view of the deep blue yonder, is a heavenly place to unwind. To add zest to the splendor, Fisherman's Cove has recently unveiled the Jiva Spa, welcoming guests to an authentic Indian spa experience.

Rambagh Palace

Jaipur



The newly launched Jiva Grande Spa at Rambagh Palace, Jaipur, recreates the grandeur synonymous with royal India at a spa reminiscent of India's beautiful Rajput palaces, water gardens, and fabled regal lifestyle.

Taj Exotica

Goa



Situated on the west coast of India; on a vast expanse of unspoiled beach in South Goa, lies the Taj Exotica, a breathtakingly beautiful resort.

Signature Jiva Spa experience bring in secret rejuvenation and engaging experiences from the splendor of Regal India. Blending ancient Indian wisdom with contemporary therapies, Jiva Spa offers the best in Indian rejuvenation therapies ranging from Indian aromatherapy massages, time-honored Indian treatments, body scrubs and wraps

Taj Mahal Palace & Tower

Mumbai



# Taj Spas

Over the past century, The Taj Mahal Palace & Tower has remained classical yet contemporary.

Indulge yourself in the finest Indian rejuvenation therapies ranging from Signature treatments, Indian aromatherapy massages, time-honored Indian treatments, body scrubs and wraps, Yoga and Meditation, beauty treatments and an exclusive range of holistic healing therapies.

Taj Green Cove Resort      Kovalam



A unique combination of a beach resort, backwater escape, hill retreat and spa, the Taj Green Cove Resort, Kovalam invites guests to savour the true essence of the scenic coastal State of Kerala.

Blending ancient Indian wisdom with contemporary therapies, the Jiva Spa unveils the best in Indian rejuvenation therapies ranging from Indian aromatherapy massages, time-honored Indian treatments, body scrubs and wraps, Yoga & Meditation. A well-equipped gymnasium, a beauty room and spa shop are some of the other indulgences here.

Taj Lake Palace

Udaipur



Jiva Spa at Taj Lake Palace, Udaipur offers a Royal Spa experience to its guests. The treatments suites are endowed with heritage frescos on the walls all evocative of the sensuous and romantic Rajasthani Royal leitmotif. Opulent silks, richly coloured murals, and ornately carved wood furniture are just a few of the design details that cloak guests in exotic mystique. A unique signature treatment 'Mewar Khas' (Speciality of the Mewar Region) indulges guests in a pre bathing ritual practised by erstwhile Royalty in preparation for their wedding day.



# Independent Spas

Devi Garh Resort      Near Udaipur



Devi Garh, away from the stress of the city, is a perfect place to optimise your wellbeing. Soothe your body, stimulate your mind, and strengthen your spirit. Combined with the gymnasium, steam, sauna, jacuzzi, and beauty parlor, Devi Garh offers something more profound: holistic Serena Spa wellness therapies based on a unique combination of Ayurvedic and modern Spa concepts.

The Devi Garh Spa creates a sense of calm and tranquility. The renewal of your energies, in an environment of total harmony creates an innerpeace. Enhance the experience of Yoga (control on the body,

breath and mind) and Dhyana (meditation) on the ramparts of the palace, at sunrise. Through your stay, the tranquil silence is broken occasionally only by the sounds of running water in the courtyards. Make your holiday a complete one. Leave rejuvenated and refreshed; with your individual self in harmony with the universal self.

JW Marriott

Mumbai



Quan Spa (in JW Marriott, Mumbai) is a world away from the relentless whirl of bustling Mumbai, as it welcomes guests to a hushed ambience inspired by Chakra décor and the hypnotic sound of water. Water is at the heart of the Quan spa immersion, a rejuvenating journey that offers Vichy showers, baths, and treatments using Thalgo products created with ingredients from the sea. The healing properties of water, combined with Ayurvedic and other Indian life-enhancing therapies, define the breathtaking experience at Quan Spa Mumbai.

# Independent Spas

Park Hyatt

Goa



Spread over 36,000 sq ft, Sereno Spa at Park Hyatt Goa is a complete wellness spa destination, offering holistic treatments and a blend of unique therapies inspired by Ayurvedic and Yogic traditions, and designed to restore, refresh and revitalise. A serene sanctuary for the senses, Sereno Spa offers personalised treatments and programmes that promote wellness, detoxification and serenity.

Ananda

In the Himalayas



The 24,000 square foot spa offers an extensive menu of over 79 body and beauty treatments, integrating the traditional Indian systems of Ayurveda with the more contemporary Western spa approach. The spa experience strives to achieve the ultimate harmony between the physical and the mental realms of the individual.

With unique focus on the traditional Indian sciences of Yoga and Ayurveda; Ananda Spa creates the skillful synthesis between age-old therapies and modern spa technology. The personalized therapy and activities programme are designed to meet individual needs and health goals - de-stress, detoxification and cleansing, deep relaxation, anti-ageing, weight & inch loss, while also offering guidance in the areas of nutrition and exercise.

Four Seasons Hotel

Mumbai



The Spa at Four Seasons Hotel Mumbai is a haven of calm and rejuvenation, where Indian philosophies meld with Western sensibilities. Retreat to one of eight treatment rooms, including two spacious suites - Natrajasana and Vajrasana - that function as private spas, allowing for hours of uninterrupted escapism. Discover modern ayurvedic-inspired therapies in a setting of contemporary sophistication. Experience the regenerative power of aromatic and medicinal herbs, spices and flowers imbued with the healing touch of skilful therapists. Revitalise the senses through a combination of aquatherapy rituals in the Vitality Lounge.



## Independent Spas

Kumarakom Lake Resort Kottayam



Kumarakom Lake Resort, nestling in the recesses of nature's grand splendor, is home to the Ayurmana, the heritage retreat of Ayurvedic healing. The 200-year-old Ayurmana, had been the home of the Chathamangalathu Mana, a family of renowned Ayurvedic practitioners. This rich legacy lives on, as the Ayurmana stands with pride as the renowned Ayurveda spa of equally befitting calibre.

May the body and soul glow with well being with the cleansing power of Panchakarma, the Ayurvedic approach to nutrition and lifestyle and the life-affirming science of Yoga reach into you, cleanse you and teach you to sustain this goodness in your daily life. Shed the extra flab, through a revolutionary programme that is a scientific blend of Yoga, diet, customized massages and herbal medicines. Eliminate toxins, improve your immunity, soothe your tired nerves and feel better than you have felt in years! Come soak in healing oils. In centuries of heritage. In nature's bounty. Only at the Ayurmana.



ITC Mughal

Agra



'Kaya Kalp' -The Royal Spa at the hotel is the country's largest spa at over 99,000 square feet. A harmonious blend of Mughal and contemporary design, it offers an oasis of tranquillity where holistic therapies and services are offered in royal style.

Eight luxurious treatment suites provide varied experiences of pampered luxury, including a Royal Mughal Hamam – the first luxury Hamam in India, outdoor rain showers in enclosed gardens, a regal beauty saloon, and a water therapy room with steam, whirlpool, and sauna. Nature is omnipresent at this unique spa, where the spacious state-of-the-art fitness centre with its attached sundeck, faces a picturesque pond. The 25-metre lap pool, yoga gardens, relaxation areas, orchard walkway, bird trail, butterfly park, conservatory, and islands of palm trees are all elements that come together to create a spa like no other. Experience the world with an Indian soul.