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# \*\* Wellness Tourism in India \*\*\*\*\*\*\*\*\*\*

In today's fast-paced world, the pursuit of well-being has become increasingly important as people seek to manage stress, prevent burnout, and maintain overall health. Wellness tourism offers a proactive approach to maintaining balance and enhancing quality of life.

The integration of Ayurveda, Yoga, Siddha, Naturopathy, and spiritual philosophy forms the foundation of India's wellness tourism, offering a unique and comprehensive approach to health and healing.

India's wellness systems are deeply embedded in its cultural and historical fabric. These practices have evolved over thousands of years and are supported by a profound understanding of the mind-body connection.

The potential of these systems lies in their ability to address health and wellness from a holistic perspective, emphasizing balance and harmony rather than merely treating symptoms.

Ayurveda: Often referred to as the "science of life," Ayurveda is an ancient system of medicine that emphasizes the balance of bodily energies (doshas) and the importance of lifestyle and diet. Its therapies, including herbal treatments, Panchakarma (detoxification), and dietary recommendations, are designed to promote overall health and longevity.

Yoga: Yoga, which originated in India over 5,000 years ago, is not just a physical practice but a comprehensive system for mental and spiritual growth. It includes asanas (postures), pranayama (breath control), meditation, and ethical guidelines, all aimed at achieving physical health, mental clarity, and spiritual enlightenment.

Siddha Medicine: Practiced primarily in South India, Siddha medicine is an ancient system of healing that focuses on balancing the body's elements and energies. It incorporates herbal remedies, physical therapies, and spiritual practices to maintain health and treat illnesses.

Popular Wellness Retreat Centres in India:

- Ananda in the Himalayas
- Six Senses Vana, Dehradun
- Shreyas Yoda Retreat, Bengaluru
- Atmantan Wellness, Pune
- CGH SwaSwara Wellness Retreat, Gokarna
- Somatheeram, Kovalam, Kerala
- Carnoustie Ayurveda & Wellness Resort Kerala



## Spotlight on Mr. Mahesh Shirodkar's Experience at Six Senses Vana



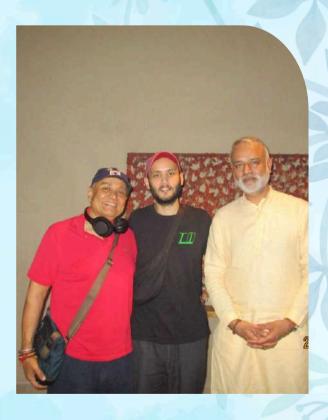
Vana embodies harmony, nourishment, and wellbeing, inviting all beings—people, plants, and animals—to connect as equals. Guests, known as Vanavasis, receive elegant off-white kurta pyjamas and standard footwear, allowing them to focus on their wellness journey without the distraction of attire. The retreat promotes a digital detox, keeping gadgets confined to private spaces and fostering genuine connections with nature and fellow guests.

Upon arrival, guests experience various wellness offerings. I began my stay with a soothing Kai Uzhichil massage, followed by a personalized consultation with a physician who tailored a program featuring therapies like Swedish massage, acupuncture, and group sessions. My days started early, filled with mindful activities, including yoga, aqua sessions, and guided meditations, all emphasizing the importance of being present.



Vana's philosophy influences even the simplest choices, like meal planning and snack options, encouraging moderation and mindfulness. The cuisine is a highlight, creatively curated without unhealthy ingredients and sourced from Vana's own organic gardens. Guests can enjoy buffet lunches or Ayurvedic Thali dinners, all emphasizing nourishing and exciting meals.

Accommodations are luxurious, surrounded by nature, and equipped with thoughtful amenities like Ayurvedic teas and meditation rooms. The retreat features mindful walking paths, meditation gardens, and a library for musical instruments.





The passionate and skilled faculty at Vana enhance the experience, offering expert guidance in wellness practices. Each team member, from chefs to therapists, embodies Vana's philosophy of holistic care, ensuring guests feel supported throughout their stay. Upon departure, guests participate in meaningful rituals—tying a maroon string to a wishing board and receiving a symbolic bracelet—reminding them to continue their wellness journey long after leaving.

Vana is a sanctuary where privacy and well-being is prioritized, genuine connections flourish, and guests leave with lasting memories and insights to nurture their path to wellness. It's a transformative experience that extends far beyond the retreat itself.







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### Sea Breeze Sarovar Portico Varca, Goa

Nestled in the picturesque landscapes of South Goa, Sea Breeze Sarovar Portico Varca offers a serene retreat just 31 km from Dabolim International Airport and 2 km from the renowned Fatrade Beach.

#### Comfortable Accommodation

The hotel boasts 116 spacious rooms, elegantly designed in soothing shades of off-white, light yellow, and grey, complemented by vibrant accents. Each room is thoughtfully appointed with modern amenities, ensuring a comfortable and enjoyable stay for every guest.

#### Culinary Delights and Leisure

Indulge in a diverse range of world cuisines at Flavours, the hotel's all-day dining restaurant, which offers both buffet and à la carte options. For a more relaxed atmosphere, visit Chill - The Bar, where you can enjoy refreshing drinks and casual bites. The hotel also features a swimming pool and a holistic spa, perfect for unwinding and rejuvenating after a day of exploration.

#### Versatile Event Spaces

Sea Breeze Sarovar Portico Varca features two spacious banquet halls, equipped with state-of-the-art amenities, making them perfect for grand events and celebrations. Additionally, a well-appointed boardroom is available for more intimate meetings and gatherings. These versatile spaces ensure that every event is executed with elegance and ease.

#### Places of Interest

Guests can explore nearby attractions like Fatrade Beach, known for its pristine shoreline and serene ambiance, perfect for swimming and sunbathing. Margao Market provides a vibrant experience with fresh produce, seafood, spices, and local handicrafts, while Lady of Gloria Church, a 17th-century colonial gem, offers a glimpse into Goan heritage with its stunning Portuguese architecture and panoramic countryside views.

### Lemon Tree Somnath, Gujarat

Nestled along the pristine coastline of Veraval, Lemon Tree Resort, Somnath offers a tranquil retreat marked by breathtaking sunsets and a soothing ambiance. Just a 5-minute stroll from Veraval Beach and a 30-minute drive to the revered Somnath Temple, this resort blends modern comforts with a signature lemon fragrance that invigorates the senses.

#### **Elegant Accommodations**

The resort boasts 52 well-appointed rooms and suites, designed with contemporary interiors to ensure a cozy stay. Room options range from the Deluxe King Room with Balcony and Sea View to the Superior Suite with a Private Garden, catering to every traveler's needs.

#### Delightful Dining

Savour culinary delights at the Citrus Café, a bright multi-cuisine coffee shop offering an all-day vegetarian menu. Guests can relish a variety of dishes, including popular North and South Indian specialties, along with European and pan-Asian fare for breakfast and beyond.

#### Versatile Event Spaces

Ideal for both leisure and business, the resort features the Tangerine Garden, an expansive 1,394 sq. m. outdoor space perfect for social events, and a 33.5 sq. m. conference room equipped with state-of-the-art facilities, including high-speed WiFi and a Smart LED TV.

#### Local Attractions

Experience the cultural richness of the area with organized visits to iconic sites such as the ancient Somnath Temple, serene Somnath Beach, and the Triveni Sangam, where three holy rivers converge, each promising a unique glimpse into the heritage of Gujarat.









### Parallel Hotel Udaipur, Rajasthan

Nestled in the heart of Udaipur, Parallel Hotel redefines hospitality by offering an urban sanctuary for those seeking modern luxury and authentic experiences. Renowned as one of the best hotels in Udaipur, it presents plush accommodations across five unique themes —Art Deco, Bollywood, Contemporary, Hollywood, and Industrial. Guests are treated to stunning views of the lakes and mountains, paired with state-of-the-art amenities that elevate the experience.

#### **Exquisite Dining Experiences**

Culinary adventures await at Parallel. Taro invites guests on a Mediterranean journey, celebrating exquisite dishes crafted from vibrant ingredients. For family dining, Firki delivers a delightful fusion of traditional flavors and modern twists, creating memorable meals that spark conversation. The House of Things features H Lounge, a cultural haven serving expertly crafted coffees and signature dishes in a chic, artistic atmosphere.

Don't miss the Infinity Deck, an enchanting rooftop dining experience that offers breathtaking views of the Udaipur skyline—perfect for intimate dinners and special celebrations.

#### Wellness and Event Facilities

The wellness chamber, PARO, provides a spectrum of treatments focused on holistic well-being, complemented by a fully equipped fitness center and an upscale salon.

Parallel offers a contemporary event hall in Udaipur, ideal for conferences and corporate gatherings. Their meticulously designed meeting room measures 441.32 sq. ft. and can comfortably accommodate up to 16 people in boardroom seating or 30 in classroom style without tables. With an experienced event planning team dedicated to your success, you can trust that every detail will be handled seamlessly, ensuring a flawless experience for your event.





### Radisson Hotel Vrindavan, Uttar Pradesh

In Vrindavan's spiritual core, Radisson Hotel Vrindavan merges divine calm with modern luxury for a truly unique experience. As the childhood home of Lord Krishna, Vrindavan's vibrant cultural heritage and historic temples create an enchanting backdrop for an unforgettable stay.

Their 90 elegantly designed rooms and suites offer a tranquil retreat in vibrant Vrindavan, with some featuring stunning temple views. Experience restful nights and modern comforts for a memorable stay.

Indulge in a range of delightful dishes at Divine Dine, their all-day dining restaurant, featuring Saatvik cuisine and homemade desserts like Makhan Mishri and Ghewar. For a more relaxed seating, The Basil Cafe, their cozy lobby lounge, is perfect for savouring finger foods, pastries, savoury items, and a variety of teas and refreshing beverages. For added convenience, a grab and go option is also available.

Relax in the outdoor pool after visiting Vrindavan's spiritual landmarks. Whether you're relaxing or soaking up the sun, pool provides a refreshing escape. Keep up with your wellness routine at their modern fitness centre or pamper yourself with revitalising treatments at full-service spa.

With 40,000 sqft. of adaptable space they are ready to turn your weddings, conferences, and social gatherings into extraordinary experiences. Let them help you create unforgettable moments in a setting designed to impress.

Located minutes from Prem Mandir and Banke Bihari Temple, Radisson Hotel Vrindavan offers easy access to the city's sacred heritage. Enjoy tranquility and luxury at our hotel, conveniently located opposite Rukmani Vihar parking on Chhatikara Vrindavan Road.





### MJ Sarovar Portico Haridwar, Uttarakhand

Nestled along the sacred banks of the River Ganga, MJ Sarovar Portico Haridwar enjoys a prime location with easy access to Haridwar, Rishikesh, and Dehradun making it an ideal haven for pilgrimage, leisure and business travelers.

#### Comfort and Elegance in Accommodation

The hotel features 75 well-appointed rooms and suites, each designed in a pristine palette of white and midnight blue, adorned with chic floral upholstery.

#### Culinary Delights

For those seeking delicious vegetarian cuisine, Flavours – the all-day dining restaurant – is a must-visit. Guests can delight in watching chefs at live counters while enjoying refreshing drinks from the dedicated beverage counter, all set in a vibrant and beautifully designed ambiance.

#### Versatile Event Spaces

MJ Sarovar Portico offers four versatile event spaces suitable for various occasions. For grand celebrations, Sargam and Sangeet halls accommodate up to 500 guests. For more intimate events, Sampark and Sanjog halls cater to up to 60 guests, equipped with modern amenities to ensure seamless execution.

#### **Exploring Haridwar**

Har ki Pauri: A holy ghat on the River Ganga, believed to be where Lord Vishnu left his footprint, it's a must-visit for a holy dip and the enchanting evening Ganga Aarti.

Maa Mansa Devi Temple: This revered temple atop Bilwa Parvat, dedicated to the goddess of wishes, offers stunning views of Haridwar and the Ganga, accessible via a scenic ropeway.

Maa Chandi Devi Temple: Situated on Neel Parvat, this shrine dedicated to Goddess Chandi attracts many pilgrims, especially during Navratri and Kumbh Mela, and is also reachable by ropeway.





# \*\* Tamarind Suggests \*\*\*\*\*\*\*\*

### Azaya Beach Resort - A Luxury Lifestyle Resort in Benaulim, Goa

#### Luxurious Accommodations

Azaya Beach Resort in South Goa is an experiential paradise featuring luxurious accommodations designed for comfort and elegance. With 114 impeccably designed rooms and suites inspired by Portuguese architecture, guests can choose from spacious Azaya suites, private pool villas, and deluxe patio rooms. Each accommodation boasts plush furnishings, modern amenities, and stunning views, ensuring an extraordinary stay through attention to detail and personalized service.

#### Beach-Side Bliss

The resort draws inspiration from the Maldivian ambiance, offering breathtaking sea views and powder-soft white sands. One of the resort's most captivating features is its private beach, a serene haven where the golden sands meet the azure waves. Guests can enjoy activities like surfing, rejuvenating massages at the spa, or sipping sundowners in beachfront cabanas. The tranquil atmosphere is perfect for evening strolls, with sunsets painting the sky in romantic hues of orange and pink, making it ideal for relaxation and beach nightlife.

#### Gourmet Dining with a View

A sensory culinary journey awaits you at Azaya Beach Resort – prepare to be excited, enticed and enchanted by innovative and decadent preparations at the best family holiday luxury resort in South Goa. Indulge in relaxing meals in private cabanas at Blue Iris or enjoy vibrant atmospheres at Lynx, where you can savor sea views. La Concha offers live kitchen experiences, while Cerulean provides laid-back bites by the poolside. With some of the best restaurants in South Goa, dining at Azaya is sure to be unforgettable.





### Rejuvenate at Prana

At Azaya, wellness is a way of life. Guests can unwind with rejuvenating therapies amidst the resort's natural beauty. Prana Spa, arguably the best spa in South Goa, is nestled in a palm grove by the sea, offering private treatment pods that blend luxury with nature. Skilled therapists provide soothing treatments, and in-room services are also available. Customized wellness packages ensure that each guest can recharge and rejuvenate in the tranquil spa ambiance, leaving them refreshed and renewed.



### India Product Update in Saigon, Vietnam











### Kerala Travel Mart 2024







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