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India

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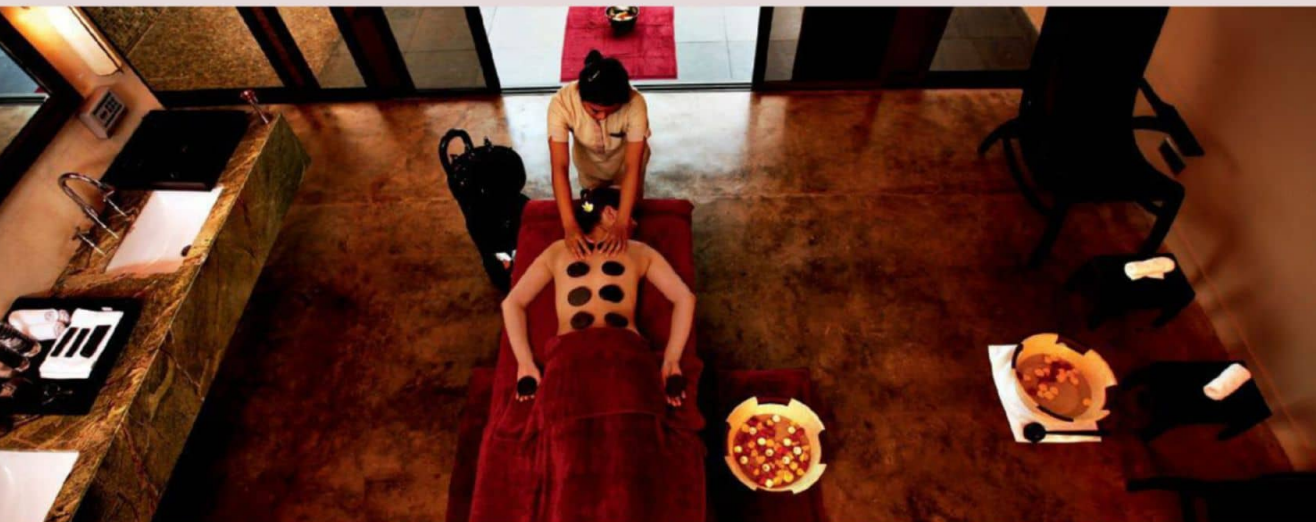
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Cover Story

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Priyanka Chakrabarti  
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**R**ecently, I experienced forest bathing for the first time in my life. Lying under a powder-blue sky in the lap of Siswan Forest in Chandigarh, I felt my senses getting heightened, and counted my breaths mindfully. I saw portraits of green leaves on a blue expanse; I heard the chirping of birds, a faint prayer song from a distant Gurdwara, rambling of fallen autumn leaves, and the mellow voice of our meditation instructor; I sniffed the pale notes of blossomed Frangipanis; I tasted the dryness in the October morning breeze; and I felt the early morning moist grass under my feet. If each of these elements is not wellness makers in their own way, I don't know what is!

In this issue, we bring you elements that are consequential in enhancing the wellness quotient in your life. From choicest winter spa therapies to exquisite wellness travel tales, and from industry expert insight on health, beauty and fashion to an exclusive interview with our Cover Girl, Bhumi Pednekar—this issue packs a punch.

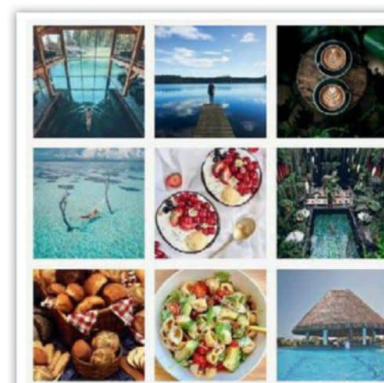
Bhumi's transformational journey into the world of fitness is downright inspirational. When I asked her, what's your definition of fitness, she said, "It's about discipline and loving yourself." She is a believer of alternative healing therapies, homemade *ubtans* and mindfulness, and in this issue, these are some of the crucial topics we've tried to tap into. Read celebrated nutritionist, Dr Archana Batra's exclusive tips and tricks to gain that bridal glow. Also, like us, if you believe in whipping face masks with your kitchen ingredients, take a look at the Homemade *Ubtan* story.

To keep yourself updated on all things wellness, follow us on Instagram: [@asiaspa.india](#) and Facebook: [indiaasiaspa](#)



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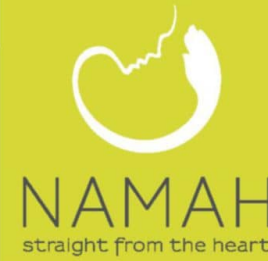
Bhumi Pednekar shot at **The LaLiT Mumbai**. Photographed by Taras Taraporvala; Assisted by Kewal Chholak; Styled by Divyak D'Souza; Assisted by Gauravi Desai; Hair & Makeup by Elton Fernandez; Assisted by Krishna Kami; Produced by P Productions. On Bhumi: Outfit, **Juju by Moksha Rai**; Earrings, **Anmol Jewellers**.



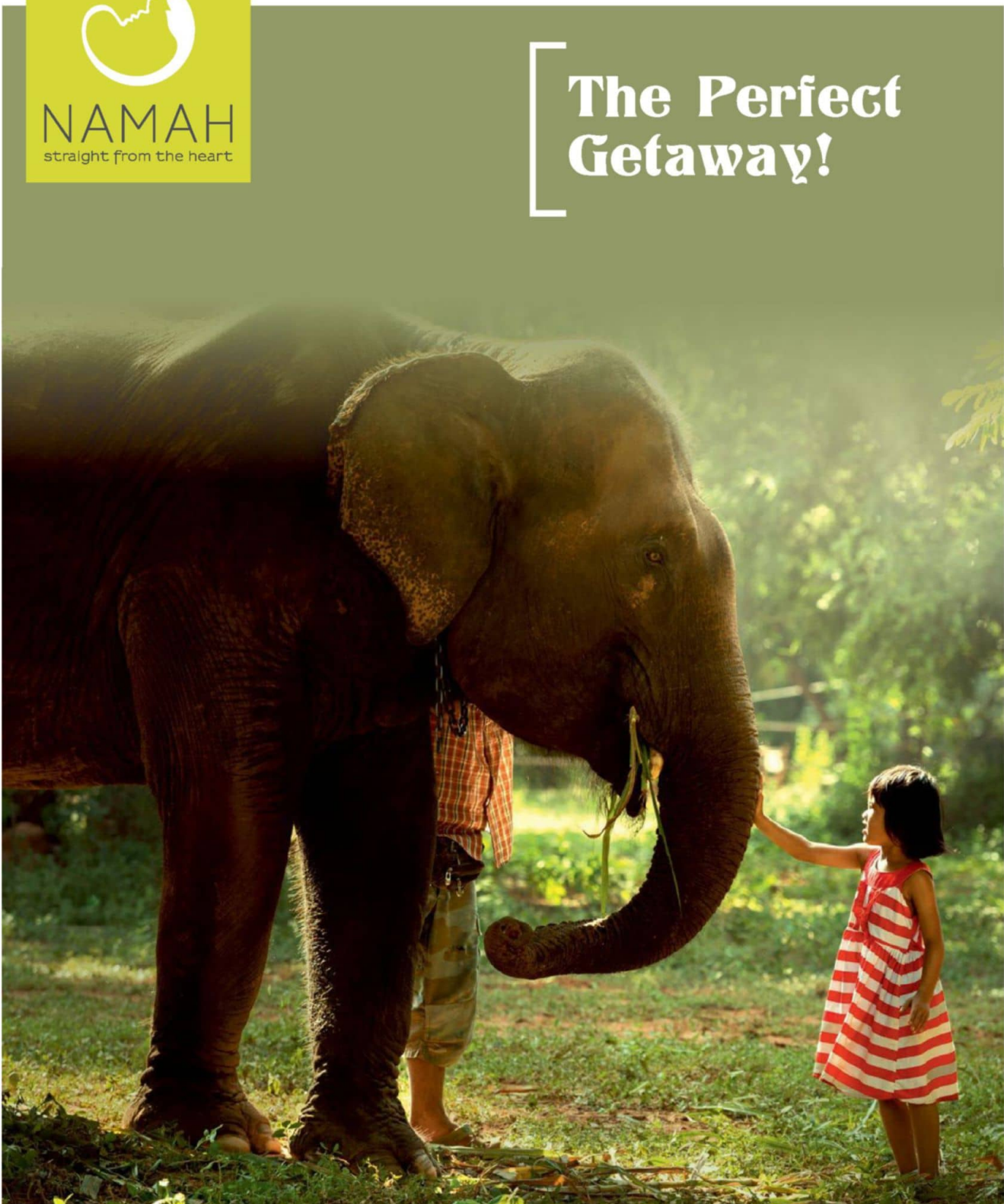
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## Dr Archana Batra

NUTRITIONIST

Backed with over 12 years' worth of experience in nutrition and diet counselling, Batra's specialisation lies in diets related to metabolic disorders like diabetes, high cholesterol levels, and hypertension. Turn to pg 66 to get a dose of her knowledge on bridal glow diets to follow this wedding season.



## Vaibhav Sharma

TECH & TRAVEL  
JOURNALIST

He's been writing on tech and travel for almost a decade, but still yearns for a world without notifications and with very short layovers. In his spare time, he can be found sipping espresso and listening to heavy metal.

## Satarupa Paul

JOURNALIST

An independent journalist based in Delhi, Paul has over a decade's experience in writing on travel, fashion, food and drinks, culture and wellness for various publications. Along with being a licensed scuba diver, she loves going on long treks in the Himalayas.



## Divyak D'Souza

CELEBRITY STYLIST

D'Souza's made a name for himself by deciding what stars like Parineeti Chopra, Jacqueline Fernandez, and Farhan Akhtar should wear. He does TV and print campaigns, and consults for brands and designers. Flip to pg 52 to see how he dressed our Cover Girl.



## Elton Fernandez

CELEBRITY MAKEUP AND  
HAIR ARTIST

With a keen eye for beauty, Fernandez has been a makeup artist to celebrities like Alia Bhatt, Radhika Apte, Diana Penty and more. Check out how he elevates the beauty of our Cover Girl on pg 52.



## Taras Taraporvala

CELEBRITY PHOTOGRAPHER

Leave it to the prolific Taraporvala to create visual imagery like no other. After having captured the likes of Aditi Rao Hydari, Lisa Haydon, Kareena Kapoor and Sushant Singh Rajput, see how he has framed our Cover Girl on pg 52.

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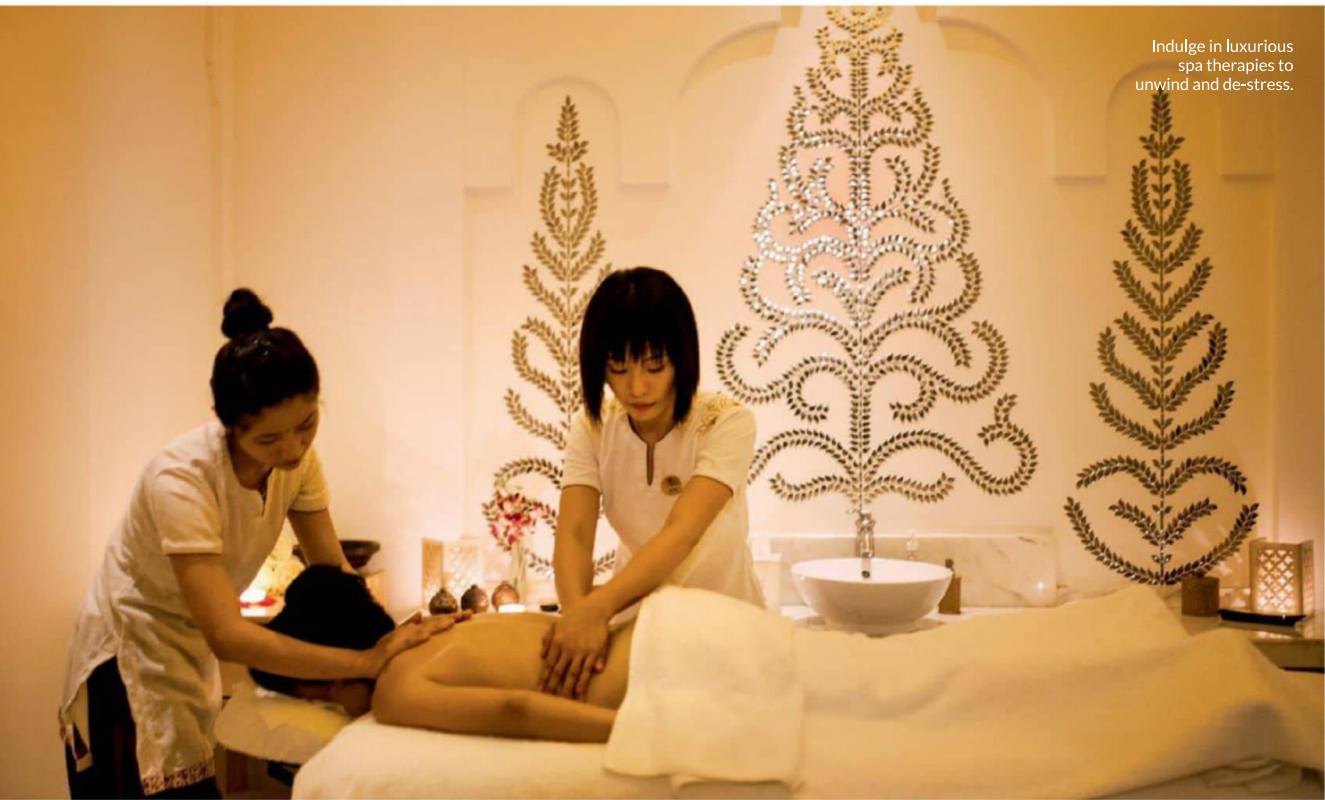
# RELAX

08 Spa Reviews / 14 Salon Review / 16 In Focus / 20 Lifelines



Bathing in a concoction of milk and rose petals has been in practice since ancient times. It's not an unknown fact that milk is a great moisturising agent. Irrespective of what your skin type is, it works wonders on you. Adding rose to this natural body lotion not only gives it the required fragrance but also acts as a good source of minerals and vitamins.





# Blissful Beginnings

If an indulgent session of pampering is on your mind, look no further than The Imperial Spa and Salon in New Delhi.

By Aindril Mitra

It's one of those days when nothing goes the way you expect. I am stressed, exasperated, and need some serious 'me' time to deal with the anomalies that life throws your way. Fortunately, I have an appointment at The Imperial Spa and Salon, New Delhi for an afternoon session, and in hindsight, it'd turn out to be the best decision of the day!

The uber-luxurious spa at The Imperial, a stately five-star hotel in the heart of the capital, is only meant for in-house guests. But thanks to friends from the fraternity, I am allowed an exception. I segue through the magnificent corridors and the lush gardens to find myself nestled in a cocoon of peace and tranquillity. The architecture of the spa, with influences of Mughal and Indian motifs, interestingly makes you feel like you're in a royal chamber. And with all the pampering the amiable staff members extend, you can't help but feel like a princess.

I'm welcomed by Jacqueline Tara Herron, director of the spa, and after a brief consultation that identifies my very high



The Imperial Spa & Salon is a unique sanctuary for experiencing wellness in its truest form.

cortisol levels, I'm recommended the signature Imperial Balance treatment—comprising a 30-minute scrub, followed by a 60-minute Sufi body massage. She also adds the O2 Awakening Facial, meant for frequent flyers and smokers, to the mix. I'm thoroughly impressed by Tara's accurate prognosis and head for my session right away.

After a quick round of steam and sauna, I'm guided to the massage room, where Sandhya, my masseuse, welcomes me with a warm smile. I'm asked to choose the blend of Sufi oil (a 100 per cent pure essential oil made with a therapeutic blend of Moroccan, Argan, Jojoba, sweet almond and carrot seed base oils) for my massage. I opt for the Jaipur blend—it's supposed to help you relax and rejuvenate. Sandhya starts with a full body scrub with Himalayan pink salt. I can feel my dead skin peel off, and whilst I take a quick shower, she preps for the 60-minute body massage.

Sandhya is adept with her massage techniques; she knows just the right spots to concentrate on and applies the perfect pressure

to help detangle my knots. My shoulders feel a little stiff, and so she focuses her energy on those areas, as well as on my lower back. The aromatic fragrance of the Sufi oil adds to the calming effect, and I soon find myself dozing off, only to wake up at the sound of the *manjira* when the massage is done. I feel refreshed, stress-free and relaxed. Sandhya recommends to not wash off the oil, and since its texture isn't greasy, I abide.

After a round of ginger tea, I head for my facial. Natura Bisse's result-driven skincare products, made of pure oxygen-enriched formulations to revive overworked, dehydrated and tired skin, are used for this 60-minute ritual that starts with a cleansing process. This is followed by the removal of blackheads, and then an effective facial massage. Once the treatment is over, I can feel my skin heaving a sigh of relief. I look at the mirror, and my face looks moisturised, fresh and almost glowing.

I saunter my way to the reception to get dressed for a party later that night, feeling refreshed, re-energised and beautiful! 🌿



# All About Me Time

At their Essence Spa, Radisson Blu Atria in Bengaluru upholds the spirit of holistic healing. For them, the importance of ‘making time for yourself’ is a fundamental belief system.

By Priyanka Chakrabarti



● If you are a fan of four-hands massage, go for their Balinese therapy. In this, two therapists perform synchronised relaxing movements all over the body, which leave you relaxed and rejuvenated.



The spa has three therapy rooms and a dedicated wet area that has a steam, sauna, and pool facility.

After a hectic travel schedule, I finally arrive in Bengaluru, where Radisson Blu Atria is my home for the weekend. This Sunday morning begins with an hour-long relaxing therapy at their in-house spa called Essence.

As I enter the spa, the swift aroma of burning incense sticks engulfs me in a warm, relaxing embrace. Charcoal and dusty-grey walls, hints of greenery in the form of indoor plants placed in frequent corners, and shiny wooden flooring, make it a relaxing place to unwind. I spot electric blue mood-lighting spilling on to the corridor from the ceiling. Blue, as they say, is a calming colour, and as I walk through the corridor towards my therapy room, I surely begin to feel its peaceful effect on me.

I opt for a 60-minute relaxing massage called ‘Harmony’. My masseuse, Dorothy, guides me to the therapy room. I change my clothes and lie face-down on the massage bed. I am asked to take three deep breaths. Dorothy sprinkles mild-warm lavender oil on my back, and with soft, long strokes, begins to knead my muscles. I ask her to explain the technique of the massage, to which she says, “Harmony is a relaxing treatment, wherein I will apply light pressure on you, with lavender oil that is great for relaxation and de-stressing. This massage will put you in the holiday mood right away.”

She moves on to my legs next, and finally, my feet. Dorothy uses her fingers to apply pressure at certain points on my feet, which

almost immediately puts me in a deep slumber. After 30 minutes into the treatment, she asks me to turn over. She then starts pressing the centre of my forehead with both index fingers smeared in lavender oil. I can feel a sense of tranquillity wash over me. She uses the same technique behind my ears, neck, chin and jaw. I feel fresh, alert and at the same time, relaxed.

Once the session is complete, Dorothy wakes me up and sets a warm bath for me. She leaves the room for me to unwind and get ready. I sit up, touch my face and hands, and I decide to leave the oil on for a little longer; my skin feels butter-soft and I am not yet ready to let go of this silken touch. I skip the shower and head back to my room for a nap. 🌿



# Wellness In The City

Leave the hustle-bustle of hectic city life behind and escape to a world of wellness centred around you at ESPA, The Leela Palace New Delhi.

By Sushmita Gupta

It's rare to find a space in the capital city, which offers respite from the incessant honking and the chaos of daily life. At ESPA, The Leela Palace New Delhi, however, luxurious restful spaces greet you, each with the aim of offering guests moments of calm and an array of treatments to help harmonise the mind and body. The natural wood, hand-carved stone, and soft furnishings here, spanning across two levels of the 16,730 sq. foot space perfectly complements India's glorious heritage. Their advanced rejuvenation techniques bring in the element of contemporary modernity, creating a perfect balance of the old and the new. When here, striking amethyst crystal steam rooms warm and soothe your muscles, while Indian stone showers wash away daily stresses.

Spanning two levels, ESPA features a cafe, fitness studio with techno-gym equipment, relaxation areas, and steam and sauna rooms on the lower level. The second level heightens this sense of comfort. With seven treatment rooms, a spa suite for couples, a dedicated relaxation room for women, and ‘The Finishing Studio’—an exclusive destination for luxury manicures and pedicures, a sense of profound peacefulness is a given. The treatments offered at this spa reinforce this further.

ESPA blends the latest scientific advances in European wellness with therapies from Ayurveda, enabling you to gain the best of both worlds. While the Kiziswedana Ritual is a synchronised massage with two therapists working in unison, The Royal Leela Facial uses marma-



point massage and warm herb-filled poultices to tone and firm your skin. In the Shirodhara therapy, the therapist runs a fine stream of warm oil on your forehead and scalp, creating the ideal setup for stress to escape through every pore. Pre-natal, Balinese massages, and firming eye treatments are some of the other options to choose from.

Adding to this varied list are their treatments catering exclusively to men. The menu features a 90-minute Stress Buster, which includes skin brushing, exfoliation, and a body massage with hot stones. Once done, make it a point to stop by at their enchanting central fireplace, reminiscing about the day's memorable spa journey. 🌿



# Multi-Sensorial Affair

Rejuve—The Spa at The LaLiT Mumbai offers the most perfect respite from the travails of daily life in its wellness cocoon.

By Priyanka Chakrabarti



Rejuve offers the most luxurious treatments, perfect for urbanites, who are seeking holistic wellness sessions.

After a long week of travelling, I finally find some time to hit the spa, and god knows, how much I’ve been craving a good massage to get rid of muscle aches. I’m at The LaLiT Mumbai’s spa, Rejuve. The beige and earthy-toned interiors are warm and welcoming. I meet Mr Lalit Mundkur who heads the spa operations here, and he recommends their signature multi-sensory massage to me. I am told, it’s a 140-minute affair! I walk towards my therapy room, and the sound of soft, soothing music in the backdrop coupled with warm floral fragrance in the corridor immediately relaxes my mind.

My masseuse, Aring, welcomes me with a heartfelt smile. I quickly change into a bathrobe and lie on my back on a unique massage table that has a special built-in hydro-massage brush and drainage system. She starts exfoliating my body from head to toe with a luxurious scrub. I have very sensitive skin, and the scrub initially feels hard textured; however, after 15 minutes, I start enjoying Aring’s long strokes on my body.

After the scrubbing session, a cocoon-like tent is erected around my massage table, and I indulge in a 15-minute steam session. I am sweating, I can feel my pores opening up, and my skin feels velvety-soft. This is followed by a warm, relaxing rinse with a hydro hand-held therapy massage brush right on the massage table. Aring smears away the scrub off my body. I pat myself dry and walk to the adjoining room for the second phase of my therapy.

I see a bed that has a warm water mattress emitting green light. As I lie on this unique therapy bed, the warmth of the water and the soft, embracing sensation of the mattress instantly puts me in a daze. Aring starts massaging my body with hot aromatic oil. She kneads my back muscles and applies hard pressure on my foot—just what I need to release all my anxiety, stress, and body aches. After over an hour, I wake up to take a hot shower. My skin feels unbelievably soft, and I can sense my pain washing off me under the hot stream of water. 🌿

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The 60-minute Signature Asian Blend massage employs a mix of Asian techniques like Thai, Malaysian, Balinese, Chinese and Indian.

# Soothe Yourself

CHI, The Spa at Shangri-La’s—Eros Hotel, New Delhi offers an eclectic mix of therapies that’ll leave you invigorated.

By Priyanka Chakrabarti

Chi means ‘flow of energy’, and this sensation exudes out of every corner of Shangri-La’s—Eros Hotel’s spa. As I walk towards my therapy room, the play of dark wooden hues coupled with soft beiges transports my mind to a tranquil space. It feels like everything around me is in a state of zen.

I decide to go for a 60-minute Signature Asian Blend massage. Anar, my masseuse, tells me, the massage employs a mix of Asian techniques like Thai, Malaysian, Balinese, Chinese and Indian, and the pressure ranges from medium to firm in order to balance and re-energise one’s body.

I sit on the chair while Anar brings me a tray of essential oils to sniff out the massage oil of my choice. I smell mandarin, oolong, ore and sun, and I pick oolong. This particular oil has a unique aroma that instantly puts me in a state of trance; it’s a serene blend of lavender, lime and oolong tea, which is great for harmonising and revitalising.

I lie down on my stomach: Anar sprinkles the oil on a towel and

hangs it in front of my head so that I can keep inhaling its soft notes throughout the session. After cleaning my feet with a warm towel, she dives right into the therapy. She starts with my legs, working her way up to my back, shoulders, and neck. I turn over, and the kneading continues. She uses a mix of long and short strokes coupled with circular movements with her knuckles. I can feel my muscle tension slipping away, and my body begins to feel lighter.

Now, she gently starts massaging my head, and in no time, I fall asleep. I can sense the smell of her oil-laden fingers, but I am too drowsy to open my eyes or move for that matter. I stay cosy and warm under the white sheets for a few minutes after the therapy ends. I soak in this gorgeous feeling of revival that the massage seems to have brought over me.

I head for a 10-minute sauna, followed by quick steam, and a dip in the Jacuzzi. The warm stream of water continues to re-energise me. After all, this spa is all about the flow of energy! 🌿

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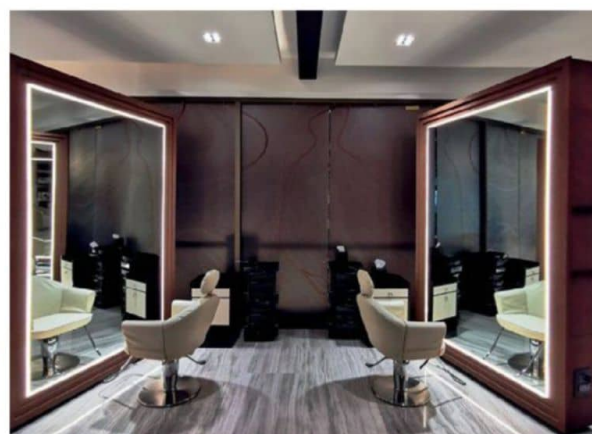
# Journey to the New, Now

Indulge in luxury beauty treatments and experience rejuvenation at its finest at the Taj Lands End Mumbai's new unisex salon, niu&nau.

By Shaoni De



niu&nau brings forth a full regimen of services spanning hair, beauty, and skincare.



**For Men:** A Luxury Shave in the gentleman's barbering section is a complete session of pampering in itself. It includes a mini facial, styling, and hair treatment. Whether one prefers a fusion or a contemporary haircut, be assured that a well-trained stylist will take care of it for you.

Once I settled into the private treatment room, my therapist started the ritual with cleansing my skin. A steaming session followed next, culminating in the application of a Cellular Regeneration Complex. In its essence, it is a concoction of red clover extract and fermented tea or Kombucha. Once the cleansing, toning, and scrubbing were taken care of, it was time for my favourite part—a massage! Gentle strokes along my neck, shoulders and face sent me to seventh heaven. I could feel the inner me loosen up and dive straight into infinite bliss. Around 90 minutes of pampering later, my skin felt rejuvenated, and my face was glowing anew.

Meanwhile, my next therapist, Rohit had prepped for my hair spa session. On identifying my hair as dry and frizzy, he recommended a Moroccan Hydrating hair spa. As I sipped on a glass of fresh juice, he explained the finer nuances of this treatment. Instant hydration and nourishment would be the result, he said. First, he washed my hair with a hydrating shampoo. Next, he divided my hair into sections and applied argan oil infused with a Moroccan hydrating cream in each section. A relaxing head and shoulder massage later, he rinsed my now soft and frizz-free hair. Turns out a 45-minute treatment was all I needed to bring back the bounce that I always wanted in my hair. 🌿

The newly launched unisex salon, niu&nau at Taj Lands End, Mumbai, made me feel energised with their tasteful, vibrant and elegant décor, from the word go. I was looking for something more than the usual, something 'new' to start 'now'. At once, the pedicure and manicure stations overlooking the Arabian Sea caught my attention. The thought of getting pampered while watching the sunset against the vast sea instantly put me in a relaxed state of mind. A private nail treatment area and an art section adjoining the pedicure station added to the tranquillity of the space.

While I was soaking in my thoughts, Shraddha, my therapist, ushered me to the skincare treatment room. She examined my skin, and suggested the Janssen Advance Care Ritual, using German skincare products. The treatment, she explained, would help rehydrate my skin and restore its vibrancy. Currently, the salon is equipped with products from brands like Remy Laure, while Forest Essentials is going to follow suit soon.

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## Where Food Meets Magic

The notion of 'Eat Mindful. Shop Artisanal. Raise Awareness' permeates through every experience at **AnnaMaya**, the must-visit European Food Hall at Andaz Delhi—a luxury lifestyle hotel by Hyatt.

Designed with natural materials, layers of patterns, indigenously-sourced slabs of stone, glass and food, AnnaMaya, the European Food Hall at Andaz Delhi focuses on sophisticated informality paired with an eclectic mix of styles. Here are some of the reasons why AnnaMaya is worth visiting:

• **Haven of Mindful Eating:** A healthy lifestyle and mindful meals lie at the heart of any experience here. The menu itself features a selection of grilled meats, seafood, vibrant salads, modern curries, and re-imagined cocktails.

• **From Farm-to-Table:** Within the food hall lies a temperature-controlled cabinet for microgreens, which are grown in-house, only to weave their way into the dishes here. A live kitchen and a *tandoor* section where fresh ingredients and artisanal products are converted into delicious dishes seek refuge here as well.

• **Sustainably Sourced:** The menu is designed around consciously-sourced ingredients from local artisans—or AnnaMaya Heroes—who contribute to the wellbeing of the society. Artisanal products like rock salt quarried by the women of Ranikhet's tough terrain; premium chocolates from fairly paid cocoa farmers; and, coffee from roasters who highlight



Vikram Ganpule, Executive Chef of Andaz Delhi.



the deliciousness of Indian coffee are some of the producers AnnaMaya associates itself with.

• **Foods that Raise Awareness:** Vikram Ganpule, Executive Chef of Andaz Delhi says, "The essence of AnnaMaya lies in helping society and encouraging a healthy lifestyle through mindful meals and exceptional experiences. Our guests come here not just for the food but also because they feel a social responsibility towards the people and places around them."

• **Sweet Heaven and Bread Lovers' Delight:** The sugary corner of AnnaMaya allows guests to begin their food experience with retro-themed sweet dishes. Balancing this is their delightful bakery which offers

various breads and quiches served piping hot out of the oven. Made from organic flour, AnnaMaya Delhi also offers these loafs on retail.

• **Sundays made Better:** If serving the best breakfast every day of the week wasn't enough, The Lazy Sunday Breakfast at AnnaMaya is a notch a higher. Here, all breakfast treats are served on the spread: while hot appetizers, main course and desserts are prepared a-la-minute and served fresh at the table. Pair this with their Sunday Market, where you can shop for thoughtfully sourced organic vegetables, healthy food grains and artisanal products, and you've got yourself the best way to end a hectic week. 🌿

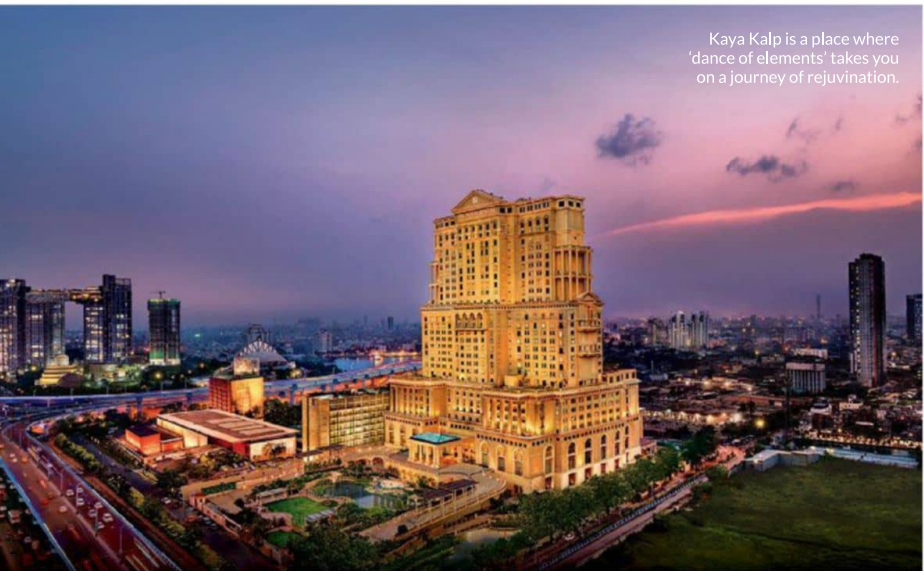
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# Healing of the Yesteryears

Draped in luxury, travel back in time with therapies of the simpler times at Kaya Kalp—The Royal Spa, ITC Royal Bengal.

By Bayar Jain



Kaya Kalp is a place where 'dance of elements' takes you on a journey of rejuvenation.



In a world pacing towards hi-tech cities, bullet trains, and an ocean of modernities, it's hard to imagine any space celebrating the nation's ancient customs and rituals. Yet, look close enough and you'll find pockets of peace trotting along this very train of thought. At Kaya Kalp—The Royal Spa at ITC Royal Bengal—a cultural heritage in itself—healing stones, soothing music, and the gentle hands of therapists take you back to simpler times. Some of the world's most precious stones and metals like diamonds, rubies, gold, and platinum join hands at this wellness sanctuary, allowing you to reap benefits of yesteryears, without having to compromise on luxury. Here, a 'dance of elements' takes you on a journey of rejuvenation, giving you a glimpse of life's secret symphonies.

The first instance of India's ancient traditions can be seen with the spa's two-hour-long Ayurvedic journey. Aptly named the 'Passage to India', this quest for solitude begins with a guided meditation to prepare you for the spiritual experience that lays ahead. Next, indigenous herbs and spices are lavishly applied, followed by Abhyanga—a full body massage—by two skilled therapists. As their long strokes ease the pain away, a blend of traditional oils awakens your inner wisdom. Shirodhara, a treatment aimed at improving blood supply, follows suit. In this, a warm medicated oil is continuously poured on the forehead to unblock nerve impulses and relieve mental tension. An Ayurvedic exfoliation ends the wellness saga. Serving as the perfect way to connect and ground yourself with nature, in this, your body is cocooned in a natural blend of *mung bean*.



Whether you take a 60-minute long treatment or a 90-minute one, the dynamic blend of essential oils is guaranteed to take you to seventh heaven.

On metamorphosis, emerges a cleansed mind, body, and spirit. Nationwide traditions aside, a wide variety of indigenous ingredients native to Bengal also find a space in the spa menu here. The 'Eastern Spa Journey', spanning two hours, is one such therapy. During the therapeutic experience, a body scrub made of *Gobindobhog* rice exfoliates your body, a Juhi oil massage rejuvenates your senses, and Sunderban honey and mandarin orange face mask cleanses your skin, giving it an instant glow. Inhaling the aroma of their home-grown *Gondhoraj* lemon serves as the ideal end to a relaxation journey that it was.

A similar love for all things natural weaves its way into their other spa treatments as well. In the 'Exotic Pomegranate Exfoliation', for example, a unique combination of a deep-cleansing antioxidant pomegranate and lime, mixed with brown sugar gives a cameo, while Kaya Kalp's signature blend of pomegranate, milk, lemon skin and brown sugar feature in their pomegranate sugar scrub. Pair these with the vigorous workout of the deep rhythmic movements of the therapists' hands, and you're sure to escape from the stresses of daily life.

The powerful therapeutic massage here also helps achieve the same results. Whether you choose a 60-minute long treatment or a 90-minute one, the dynamic blend of essential oils is guaranteed to take you to seventh heaven. Beginning with a de-stressing blend of Mysore sandalwood, a detoxifying mix of lime and ginger helps usher in the much-needed revitalisation. The warming properties of eucalyptus and black pepper help in melting muscle pain.

For a more centred approach, you can pamper yourself to coconut oil, hibiscus and *japapatti* infused head massage or facial, which uses a concoction of specially curated ingredients based on one's skin type. While the former allows your mane to restore to its former, silky, nourished self, the latter treatment gives your skin a refreshed new look. Facials, however, are not restricted just to females. Here, an intensive daily care system designed to purify and rebalance the oiliness of men's skin is also available. The Pure Performance Facial for men not only aims at reducing the appearance of pores, blackheads and skin imperfections, but it also gives the skin a luminous, smooth and uniform appearance. 🌿

T1, JBS Haldane Ave, Tangra, Kolkata-700046, West Bengal | Tel: +91 33 4446 4646 | [itchotels.in](http://itchotels.in)



Nimoli Wellness Spa at Karma Chalets, Gurugram



Clockwise from left: Nature resides within Nimoli Wellness Spa; their massages focus on holistic healing; special oils are used in the Reflexology Signature Foot Massage.



# Nature’s Kiss

Experience rejuvenation with a tinge of green at the Neem tree inspired Nimoli Wellness Spa at Karma Chalets, Gurugram.

By Bayar Jain

Sometimes, the best way to reconnect is to disconnect. At Karma Chalets, you can make time for self-analysis. Just 20 minutes away from the hustle-bustle of Gurugram, here the sensibilities of purity and mindfulness come in proximity with nature. Peace and tranquillity join hands with the vast expanses of greenery, making Karma Chalets an ideal space to laze around in a hammock, or to retire in a cosy nook with a book in hand. With the space already doubling as a home away from home, the Nimoli Wellness Spa here extends this experience further, allowing you to relax, rejuvenate, and rejoice.

The omnipresent theme of nature permeates through the essence of the Nimoli Wellness Spa as well. Seeking inspiration from the Neem tree (Indian Lilac), which flourishes within the property, the spa derives its name from the bittersweet fruit of this tree—a fruit loved by the variety of birds that find comfort at Karma Lakelands. Calm, plush interiors accompanied with tranquil music add another layer of inner mindfulness while earthy and warm tones add an element of surprise. Within the spa itself, a mix of traditional and Thai massage therapies focusing on holistic healing can be found. A basket of bespoke wellness treatments in the peaceful setting of Nimoli take you on a sensorial journey, enabling you to delve into the idea of relaxation with ease. To get a taste of this quintessential experience, their signature Deep Tissue Massage is ideal. With the

promise of providing instant relief, this full-body massage relieves muscle tension.

In case you’re short of time, get a Nimoli Special Head Massage. In this therapy, magical oils are used to relieve hangovers, headaches, migraines, and insomnia. This usage of special oils can also be found in the Reflexology Signature Foot Massage, an authentic massage to relax your tired feet. These special oils soak into your muscles and ligaments to increase blood flow and reduce muscle tension.

This sense of holistic wellbeing, however, transcends the four walls of the Nimoli Wellness Spa. At Karma Chalets, you can participate in activities like cycling and bee farming as well. A farm-to-table cuisine at Under The Neem, their in-house café allows you to interact with fellow nature lovers while also gorging on scrumptious healthy meals. 🌿

NH-8, Sector 80, Gurugram, Haryana-122002 | Tel: +91 9958635559 | Email: reservations@karmachalets.co.in | [karmachalets.co.in](http://karmachalets.co.in)

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**The Lodhi Spa, The Lodhi |  
Sawadhee Traditional Thai Spa, New Delhi**

# Winter Wonderland



Winters are best spent indoors with a cup of hot cocoa and a good read to go with it. Laziness often becomes synonymous with winter blues, and massage therapy is the ideal way to unwind. Aware of this, The Lodhi Spa is offering a range

of luxuriously indulgent, warming treatments to help counter winter blues, one of which is the Moisturising Candle Massage. The therapy uses an eco-friendly candle hand-blended with natural soy wax to help nourish your skin and provide antioxidant benefits. This



ultra-rich emollient seeps into your skin, leaving it deeply moisturised.

Another comforting therapy this season is the Hot Stone Massage—a traditional method of massage that’s been in use for ages. The therapy uses hot basalt lava stones to increase blood circulation, relieve stress and reduce any weather-related stiffness. The Lodhi Spa also offers an exclusive Traditional Hammam (*Posha*) experience. This treatment begins with hot and cold plunges to soften skin, followed by an extensive full-body exfoliation using a kese glove to get rid of dead skin. A nourishing massage with olive oil soap follows suit. The pampering ends with a fruit platter and a hot cup of calming herbal tea.

Address: Lodhi Road, CGO Complex, Pragati Vihar, New Delhi, Delhi-110003  
Tel: +91 11 43633333 | [thelodhi.com](http://thelodhi.com)

# Rooted in Luxury

Extravagance lies at the heart of the Eros Hotel, New Delhi. It’s only natural, then, that glimpses of this permeate through the crevices of their in-house spa, Healthy Self as well. However, despite providing their guests with a taste of lavishness, each therapy here continues to stay true to traditional Indian roots. Their half-hour-long turmeric skin purifier treatment is one such incredible experience. Using turmeric, milk, and sandalwood, the therapist begins by preparing a special mixture to warm you for the heavenly affair that lays ahead. Not only does it serve as a skin toner, which reduces the effect of tanning, but it also helps refresh your skin and improve your complexion. For those with stressed muscles, the Deep Tissue Massage works as the ideal winter therapy. Spread across one hour, this deeply restorative



treatment is specifically designed for tight, aching muscles. Swedish and cross-muscle fibre massage techniques are combined with essential oils that are known for their beneficial effects for blood circulation. The use of black pepper, rosemary, and ginger during

the therapy helps disperse the built-up lactic acid—the cause of muscle stiffness. An additional dose of lavender works as an anti-inflammatory anecdote, in turn working wonders in soothing your skin.

Address: Nehru Place, New Delhi-110019  
Tel: +91 11 4122 3344 | [eroshotels.co.in](http://eroshotels.co.in)



# Indulgence Galore

A slice of Thai heritage doubles as the perfect cure from the cold winds of Northern India. At New Delhi’s Sawadhee Traditional Thai Spa, this medicine takes an alluring form owing to their modern take on traditional Thai therapies. With a focus on rejuvenation for the mind, body, and soul, the spa relies on their carefully crafted massages and scrubs to help melt stress. The go-minute Sawadhee Traditional Massage is one such treatment. This remedy for spondylitis and muscle cramps combines an invigorating massage with the placement of potlis filled with Thai herbs along with the application of herbal balms and aromatic oils. As blood circulation improves, the potlis relax, nourish and emanate a therapeutic effect on the body, allowing tense muscle fibres to breathe. This motto of ‘relieving sore muscles’ paints their Hot Stone Massage

as well. This is a unique therapy aimed at balancing and enhancing your body’s chakras by using black volcanic stones. These stones once warmed and applied onto your skin, expand blood vessels, thus improving blood circulation. It also helps reduce stress and anxiety, aid detoxification, stimulate immune system, and promotes sleep.

Sawadhee Traditional Thai Spa gives an epic winter experience with its in-house chocolate scrub whose antioxidant properties help fight ageing, protect skin from UV rays, prevent premature skin discolouration, and even reduce tan. It is especially good for exfoliating sensitive or acne-prone skin without irritating it. Besides, who can turn down a dose of such heavenly goodness?

Address: Plot No. 3, Local Shopping Center, Pocket C-9, Vasant Kunj 9, New Delhi, Delhi-110070  
Tel: +91 11 4057 6340 | [sawadhee.com](http://sawadhee.com)



# Healing Beckons

Falling prey to winter-related skin conditions? Indulgent spa therapy is your key to make it look healthy and glowing again. Club Olympus Fitness Centre and Spa knows this too well. Inspired by Indian wellness traditions, this spa housed within Hyatt Regency Delhi understands one’s innate desire to discover and achieve mind and body wellness. The winter therapies here help your skin restore its former radiance. One such magical treatment is the Herbal Heat Revival. During this go-minute journey, the therapist begins with a herbal compress interspersed with pure aromatherapy oils. Along the way, acupressure and massage techniques for the face and body aid in



destressing and entering a state of bliss. Another alternative here is their stone therapy—a thermal therapy technique that eases stiffness. Each session promotes deeper muscle relaxation through the placement of smooth, heated basalt stones rich in magnesium and iron content over your body. The stones loosen stiff muscles, leaving your skin looking supple and charming.

Address: Ring Road, Bhikaji Cama Place, Rama Krishna Puram, New Delhi, Delhi-110066  
Tel: +91 11 2679 1234 | [hyatt.com](http://hyatt.com)

**Healthy Self, The Eros Hotel, New Delhi |  
Club Olympus Fitness Centre and Spa, Hyatt Regency Delhi**



# Spoilt for Choice

Defined by the concept of lifestyle modification, Spa by JW at JW Marriott Hotel Bengaluru provides local guests and discerning travellers with a relaxed environment. Six treatment rooms, a sauna, steam room, Jacuzzi, a fitness centre, and a yoga studio set the scene at the spa where experts offer signature treatments inspired by Indian, Western and Asian therapies. Clubbed under four major sections, namely Calm (for de-stressing), Invigorate (for the mind), Indulge (for the senses), and Renewal (for self-discovery), each offering is designed to provide absolute indulgence. Couple this with a range of products from Aromatherapy Associates and you've got yourself the ideal wellness destination. Guests here can choose from a host of spa treatment options with services, treatments and amenities like Ayurvedic treatments, body scrubs, body wraps,



couple's massages and facials. Foot baths, hair and scalp treatments and therapy baths further elongate the list of options available here. Indulgence reaches its zenith with their pool-side cabanas. Bengaluru, known for its amazing

weather, is best enjoyed with a drink in hand—a type of pampering which Spa by JW understands well!

Address: 24/1, Vittal Mallya Road, Ashok Nagar, Bengaluru  
Tel: +91 8067189999 | [marriott.com](http://marriott.com)

# Holistic Healing

The best spas are those which create a confluence of harmonious living with nature, without compromising on luxury. At Rogner Bad Blumau, Austria, this theme is the underlying motto for all their therapies. They combine their natural cosmetics with homemade organic sun oil extracts, Damask roses and marigolds—straight from their field for nourishment. Whether it's a half-hour Breuss back massage using vulcanite mineral body poultices, or a full-body lavender exfoliation coupled with a facial, manicure, and pedicure, bespoke rejuvenation is a given. They also offer a combination of massages and treatments, which can be tailored as per an individual's needs and choice of harmonising oils. At Rogner Bad Blumau, guests can arrive at 9:00 am and use the in-house thermal springs and saunas till 11:00 am on the day of departure. There is also a dedicated snack room, the key for which substitutes the presence of a minibar. Whether it's pickled gherkins, chocolates, or even organic ice-creams, this vault of cheat meals houses it all. Once done, simply plop down on your pure natural rubber, latex core mattress and enter a world of blissful sleep, dreaming of the relaxing day that it was.

Address: Bad Blumau 100, 8283 Bad Blumau, Austria  
Tel: +43 (0) 3383 5100 9720 | [blumau.com](http://blumau.com)



# Garden of Wellness

Aesthetically located behind a veil of a cascading water body, the Infuse Spa at Four Seasons Hotel Bengaluru is an uplifting hideaway for modern and holistic wellness. On entering this new space, lightly coloured textured walls greet

you, while recurring arches create the illusion of walking through a waterway. Here, a bouquet of wellness offerings such as body polishes, scrubs, wraps, and massages await you in each of the seven treatment rooms—including one for couples. Inspired

by all things local, shadows of the close by coffee estate, Coorg, paint the treatments here. An hour-long Mocha Mantra, the scrub taps into the goodness of java and its cellulite-fighting properties. Reflections of the garden city, too, seep into the luxurious therapies. Inspired by the garden walks in Bengaluru's iconic neighbourhoods, the Flower at Four Seasons is a full body massage, which hydrates and realigns with the essence of the city's flora. Infuse Candle Massage, Allure's Signature Massage Oil Blend, and a chocolate mask are some of the other options in their menu.

Apart from the repertoire of treatments curated in-house, the highlight at Infuse Spa are products by Gemology. Founded by Chrystelle Lanoy in France, Gemology is a mineral cosmetic skincare line, which combines gem extracts with plants for extra efficiency. Irrespective of the treatment you choose, you are guaranteed a blissful experience at this sanctuary of wellness.

Address: 8, Bellary Road, Ganganagar, Bengaluru-560032, Karnataka  
Tel: +91 80 4522-2222 | [fourseasons.com](http://fourseasons.com)

# Path to Revitalisation

The soothing sound of gurgling waters and a bevvvy of potted plants herald you into the serene surrounds of the in-house spa at Mayfair Lagoon, Bhubaneswar. Drawing upon age-old methods of healing, their Ayurvedic massage is one such rejuvenating voyage. An Abhyanga or a full-body oil massage lies at the heart of this treatment, at the end of which your *doshas* are balanced, and your body thoroughly nourished. For an added dose of luxe, follow this up with a body scrub and wrap. A good way to give your skin a well-deserved pampering is by incorporating natural and organic elements into your skincare routine; all of which can be accomplished at the Mayfair spa. The hydrating body wraps here use creams and gels to soften, soothe, and hydrate your skin and the body scrubs buff away dead skin. Complete your skincare routine with some of the facials like the hydra memory advance, which includes double peels to help moisturise your skin down to its core. For those feeling the wrath of winter, a hot stone massage doubles as a temporary solution. During the massage, heated and smoothened basalt stones are placed on your body, allowing the warmth to ease tense muscles and tissues.

Address: Jaydev Vihar, Bhubaneswar-751 013  
Tel: +91 674 2660101 | [mayfairhotels.com](http://mayfairhotels.com)





Shine Spa for Sheraton™. Sheraton Grand Bengaluru Whitefield Hotel & Convention Center | Conrad Spa, Conrad Bengaluru



## Rise and Shine

The buzzing city of Bengaluru known as the Silicon Valley of India, carries a tag of being so stress-inducive that the need to relax becomes mandatory. Sheraton Grand Hotel Bangalore at Brigade Gateway understands this very well. Nestled in the bustling Malleswaram-Rajajinagar,

this property is home to Shine Spa—a wellness haven. While locally inspired massages and beauty treatments help restore balance, indigenous ingredients are also included. Offering the natural richness of fragrant sandalwood, their two-hour long Shine Touch treatment also contains



lavender body scrub, followed by a full-body oil massage. This helps in calming acne inflammation and skin tightening. Shine Choice, its extended version, which spans for four hours allows you to choose from scrub, massage, body envelopment and facial. Both conclude with a Shine Luxury Bath. Shine Spa's go-minute Coffee Cleanse, a solution to recapture youth starts with body exfoliation using a fine coffee ground scrub to remove dead cells, and it ends with a coffee body wrap. Naturally anti-inflammatory and replete with antioxidants, the caffeine helps temporary reduction of cellulite, improves blood circulation and leaves the skin deeply rejuvenated. The journey ends with an application of body butter, allowing you to slowly slip back to life.

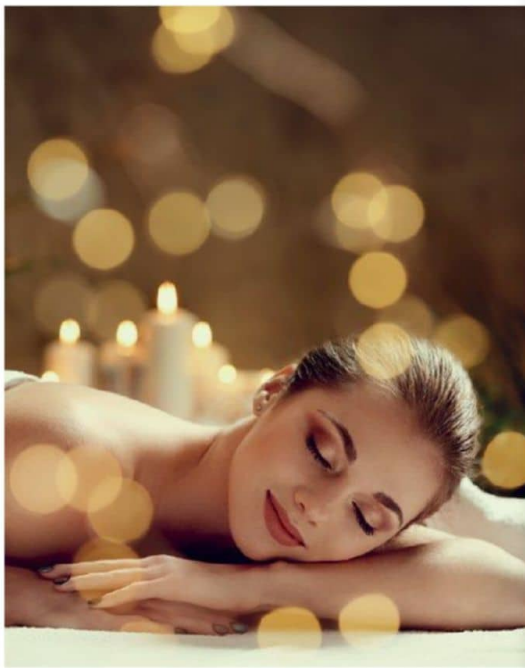
Address: 26/1 Dr. Rajkumar Road, Malleswaram-Rajajinagar, Bengaluru-560055  
Tel: +91 80 4252 1000 | [marriott.com](http://marriott.com)

## Radiance and More

Soaring 24 stories above Bengaluru's Central Business District, Conrad Bengaluru is a beacon of luxury. Housed within this towering structure is a dedicated lifestyle floor, within which their signature Conrad Spa caters to the bespoke needs of wellness enthusiasts. While a range of treatments delight the senses, rejuvenate your body and uplift your spirits, the soothing backdrop of the calm Ulsoor Lake intensifies it all. Here you can choose from massages, body wraps and nourishing facials, or even refresh your style with a manicure, pedicure or salon service. A Tibetan Ku Nye full body treatment is one such option. Aiming to rebalance your body's five elements, this 90-minute procedure imbibes Tibetan techniques to restore a harmonious flow of energy and vitality.

Release of physical and mental tension alongside is a happy icing on the cake! Taking this feeling of exuberance a notch higher is their Amethyst gel body wrap. Starting with a body scrub, the gem-based cocoon then helps in stimulating circulation and cell growth. Couple this with the added benefits of skin cell regeneration, and you've got a radiating new you. Gems, however, are not the only natural ingredients cameoing in their indulgent menu. At Conrad Spa, the hour-long City Elements facial draws on the intensely healing Amazon forest extracts to brighten, hydrate and restore your skin tone. All you need to do is sit back, relax and let nature take its (healing) course.

Address: 25/3, Kensington Road, Ulsoor, Bengaluru-560 008  
Tel: +91 8022144444 | [conradbengaluru.com](http://conradbengaluru.com)



## Radiating Wellness

The philosophy of 'Rejuvenate. Relax. Replenish' flourishes in the 20,000 sq. ft R—The Spa, Radisson Blu Plaza Delhi Airport. Spread across three levels, the moment you enter this urban spa, gentle fragrances entice you and their holistic programmes keep you captivated. They offer a range of massages imbibing the right blend of Asian traditions and European therapies. Take the Sabai Stone Therapy for instance. Smooth, heated stones glide across your body in long flowing strokes, while some others are placed on various energy points. The radiant heat along with the stone massage melts away deep muscular tension, all while dissolving stress alongside. In the Indian Marma Energy Massage, heated pouches are used instead. The resonance of a singing bowl placed on your back further helps open the main chakras.



For the lovers of something more traditional, the spa even offers Abhyanga, which includes pouring of oil on the forehead to help blood circulation, and Shirodhara, which imbibes ancient natural medical system of Ayurveda. Their expertly trained spa therapists aim to give you the

ultimate personalised spa experience. Once done, you're bound to re-emerge as a new person, empowered, energised and revitalised.

Address: Radisson Blu Plaza NH8, Mahipalpur, Delhi-110037 | Tel: +91 11 2677 9065  
[radissonhotels.com](http://radissonhotels.com)



## Island of Tranquillity

Translating to 'balance' in Sanskrit, The Shamana Spa at Grand Hyatt Goa is a temple of wellness in the midst of a peaceful and serene retreat. With a combination of modern and ancient

Indian techniques, the essence of this tranquil abode is the perfect balance of wellbeing and lifestyle for a youthful you. Mirroring the surrounding environs, natural ingredients weave their way into the spa

menu as well. The goodness of milk cream and turmeric for a body scrub is one such celebration of the same. Combined with vetiver, this concoction helps in protecting and moisturising your skin. A similar thread of all things organic seeps into the Indian spices body wrap. The use of spices for its therapeutic benefits has been passed on for generations. Staying true to the same, this body wrap too, makes use of traditional spices that help increase the blood circulation. This in turn helps relax overworked muscles, while deeply restoring your body's moisture levels. If wraps feel too constrictive for you, then you can even choose to reap the benefits of these magical kitchen ingredients with the spa's herbal poultice therapy. The technique involves poultices made of herbs and spices wrapped in cotton and steam heated. During massage, these cloth-wrapped little wonders provide moist and nutrient-rich relaxation to the skin and muscles.

Address: P.O Goa University, Road, Bambolim, Goa-403206 | Tel: +91 832 711 1234 | [hyatt.com](http://hyatt.com)

R—The Spa, Radisson Blu Plaza Delhi Airport | Shamana Spa, Grand Hyatt Goa



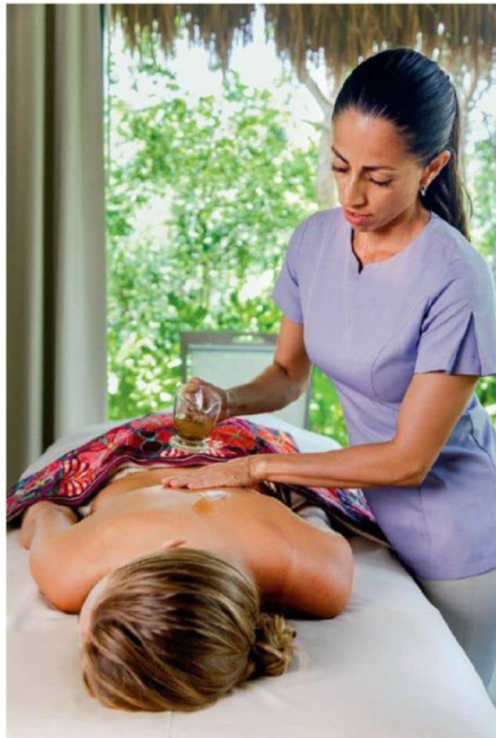
Club Prana Spa, Hyatt Regency Mumbai |  
Arogya Spa, Hyatt Regency Pune

# Ancient Wellness

A plethora of wellness offerings greets you at Club Prana Spa, the abode of calm at Hyatt Regency Mumbai. Of the many therapies here, one is the Sama Abhyangam. Based on a traditional massage from Kerala, two therapists collectively facilitate the removal of toxins from the body using deep-tissue oils. This treatment is designed especially for detoxification, to revive skin's lustre, and to address sleeplessness and fatigue. Shirodhara, or the third eye treatment of Lord Shiva is another Ayurvedic ritual here. This ancient therapy aims to bring physical and emotional balance by pouring a mix of bespoke warm oils over the forehead. As drops of the mixture drip on your head, a sense of deep relaxation settles instead.

This use of traditional methods percolates through the Choorma Pinda Swedam treatment—a herbal poultice-based full body massage, and the Udwarthanam treatment—a dry herbal powder massage for sensitive skin as well. Facials too are a part of Club Prana Spa's already expansive list. While the Elixir of Youth boosts skin nourishment, the Sense of Balance ritual rebalances uneven pigmentation. For environmentally sensitised skin, the Derma Delicacy is ideal. The soothing treatments use sandalwood, lavender, eucalyptus extracts and an oatmeal masque that instantly calm redness and reduce inflammation.

Address: Sahar Airport Road, Mumbai, Maharashtra, India, 400 099  
Tel: +91-22-6696-1234 | [hyatt.com](http://hyatt.com)



# Elementary Healing

Elements of the world seem to fuse together at The Arogya Spa in Hyatt Regency Pune. Known for their ancient Earth, water, and sun remedies that join hands to instill wellbeing in the body and soul, the emergence of a rejuvenated you comes naturally. Six aesthetically designed treatment rooms coupled with an indoor temperature-controlled swimming pool add to the peaceful aura of the space. The exquisite facials, massages, and body treatments here, however, steal the show. Their Wine and Honey Wrap is one such luxurious experience. By utilising the powerful antioxidant and exfoliating properties of these core ingredients, the therapy allows your skin to breathe a renewed life. This wrap contains a high concentration of zinc, iron and calcium, along with equally high

levels, if not more, of ellagic acid. Wine removes dead skin cells and hydrates your derma. On the other hand, honey enhances the skin's elasticity and allows it to glow naturally. Once done, you can choose to unwind at their sun deck relaxation lounge by simply sipping on wellness drinks from their beverage menu.



Address: Hyatt Regency Pune, Weikfield IT Park, Nagar Road, Pune-411014 |  
Tel: ++91 20 6645 1555 | [hyatt.com](http://hyatt.com)



# MAYFAIR Spa, Raipur

*A Haven of Serenity and Indulgence!*

A haven of blissful serenity and utter indulgence: the wonderful MAYFAIR Spa, Raipur beckons one and all not only with its all around alluring ambiance but also the wide range of spa and salon treatments on offer to the discerning customer. It goes above and beyond in endeavouring to bring to the guests a spa and salon experience like no other: pampering and indulging them in a way that makes them want to keep on coming back for more from this rather special spa.

Located at the absolutely gorgeous MAYFAIR Lake Resort in a beautiful corner of the city, MAYFAIR Spa Raipur pulls out all stops in trying to bring a fantastic experience to the guests looking for the best spa therapies and treatments out here in Raipur. It has been aesthetically designed in such a way which seems to induce a joyous sense of relaxation and complete peace in guests who visit here. There are several charmingly designed therapy rooms where guests can choose from a number of holistic wellness and spa massages and treatments. MAYFAIR Spa, Raipur also has a Bridal Make-up Room, a manicure and pedicure station, a unisex salon and a well-equipped adjoining fitness centre.

Some of the therapies which are available to the guests at MAYFAIR Spa, Raipur include

excellent massages like the Balinese Massage which uses a divine combination of acupressure and holistic massage with gentle stretches to stimulate blood flow and oxygen around the body. Also available are the Aroma Oil Massage which is a very relaxing full body therapeutic massage using a fine selection of aromatic oils and Abhyanga Massage which is in turn a rejuvenating Ayurvedic massage using warm herbal oil expertly applied with the



correct pressure to help in stimulating the system. The Mayfair Signature Massage is a delightful combination massage which uses the best from Swedish, Balinese & Deep Tissue massages. A very unique "four hands" massage technique is then used by two therapists to administer this signature spa experience. For couples looking to share a

memorable and romantic spa experience, the Couple Massage which includes a lovely candlelit setting is just perfect. There are oxygenating anti-ageing skin treatments which help reduce dark spots and nourishing facials to leave skin looking young. These treatments are all incredibly relaxing, especially at the end of a long day sightseeing.

MAYFAIR Spa, Raipur also offers specially customised bridal packages for wedding days which will leave you looking and feeling just as special. There is a wide array of rejuvenating therapies and soothing treatments to ensure our guests gain a memorable and luxurious experience which will help prepare you - body and mind - for your big wedding day. The bridal packages include a comprehensive variety of different spa and salon services including facials, full body waxing, threading, body scrub, body wrap, luxury manicures and pedicures, massages, make up and even Saree draping. All in all, MAYFAIR Spa, Raipur can truly be termed as a wonderful haven of serenity where guests can head to for an amazing spa experience.

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# A Slice of Thai

Nestled in the heart of Southeast Asia, globetrotters have long considered Thailand an ideal destination for medical and wellness procedures. Home to world-class hospitals, top-notch medical facilities, reputed doctors and excellent post-operative care—typical of the signature Thai hospitality—it comes as no surprise, then, that the kingdom is favoured for wellness enthusiasts. Adding to this range is their quintessential spa culture. Thailand offers a variety of wellness and spa experiences in luxury hotels and resorts, as well as authentic Thai massages by local therapists. Irrespective of your taste, luxury spa holidays in the ‘Land of Smiles’ can be tailored to include fitness programmes, yoga getaways and detox retreats as well. Here, pampering and self-indulgence is second nature.



If a spa isn’t your idea of relaxation, then Thailand doesn’t disappoint. A trip to Trang Archipelago can be thrown into your Thai vacation for your dose of outdoor fun. Think white sands, turquoise waters and a glass of Pina Colada in hand. Add in the pristine

beaches of Koh Samui, Krabi, Phuket or Koh Phi Phi, coupled with doses of island-hopping, and you’ve got yourself the epitome of mental repose. End your holiday with the nation’s famous fish pedicure, and feel the pain of your sore feet melt away. [tourismthailand.org](http://tourismthailand.org)

# Wellness of Yore

There’s no dearth of options in Spain: whether you want to savour platefuls of Paella, or party the night away in Ibiza, this European nation has the key to all your woes. Andalusia, located in the southern coastal region of Spain, is one such wellness haven. Blessed with natural diversity, and replete with a rich historic heritage, this region allows you to recharge your batteries the way Caliphs did.

Keeping the tonality of all things natural consistent, glimpses of these environs are visible in Malaga. The Tolox complex, which succeeds the Sierra de las Nieves Mountains, is one of the eight places in Andalusia designed as Biosphere reserves. In the heart of the Costa de la Luz, the scenery of the Bahía de Cádiz Nature Reserve and the beaches of Chiclana de la Frontera form an idyllic setting for spa centres.

Even today, a visit to the spas of Granada and Almería allows you to soak in these therapeutic waters. Within the confines of the park is the Alpujarras region—an area of small, whitewashed villages with an abundance of mineral and medicinal springs for people. It is believed that the therapeutic properties of Andalusian waters were known to be enjoyed during the Roman and Moorish times: tinges of which continue to paint southern Spain.

Recreations of the typical hammam, swimming pools with different temperatures, and exfoliating massages coupled with mint tea are some of the varied possibilities here. The fact that these Moorish baths are usually located in the historic centre of cities like Córdoba, Granada, and Malaga, adds to their appeal, enabling you to transport back to the era of Al-Andalus. [spain.info](http://spain.info)



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## Hospitality Partner



On August 24, 2019, *Travel+Leisure India & South Asia* transformed the capital city into a culinary carnival with the second edition of its annual readers' choice **Delicious Food Awards**. Leading chefs, hoteliers, restaurateurs, and gourmands from all over the country came together to celebrate the best in the industry—as voted by our readers across 22 categories—at The Imperial New Delhi. A separate set of three awards were decided by an esteemed jury that comprised the Editor-in-Chief Aindrila Mitra, chefs Kunal Kapur, Ranveer Brar, and Anahita Dhondy. On the list of attendees were Vijay Wanchoo, Sr Executive VP and GM, The Imperial, New Delhi; art connoisseur Shalini Passi; designer Gaurav Jai Gupta; Jasdeep Singh, CPO, Sage Apothecary among others. The awards ceremony also saw the announcement of *Travel+Leisure India & South Asia*'s first-ever A-List featuring advisers like Chef Anahita Dhondy, designer duo Shivan & Narresh, Shoba Mohan, Founder, Rare India, and Ajeet Bajaj, Founder, Snow Leopard Adventures, who graced the event with their presence.



Björn Rettig, CEO, Burda Media India.



Vijay Wanchoo, Sr Executive Vice President & General Manager, The Imperial, New Delhi.



Aindrila Mitra, Editor-in-chief, Travel+Leisure India & South Asia.



Host for the evening, actor Aahana Kumra.



A full house at The Royal Ballroom of The Imperial, New Delhi.

## Gifting Partners



The team of Nostalgia at 1911 Brasserie, The Imperial, New Delhi—(L-R) Surender Singh Thakur, Director F&B; Prem K Pogakula, Executive Chef; Anoop Singh Adhikari, Asst Restaurant Manager, 1911 Restaurant; Chef Anil Kumar Jaiswal, Chef de Cuisine, 1911 Restaurant; John Charles Dean, Sr Restaurant Manager, 1911 Restaurant; Ralph D'Silva, Asst Restaurant Manager, 1911 Restaurant—receive the award for Best Continental Cuisine from Chandni Nath Israni, Director of Logix Group.



Designers Shivan & Narresh present the Best Farm-to-Table award for Haveli, Allia Fort Bishangarh to Parinita Samanta, Director of Marketing and Communications, Hyatt Regency Delhi & Allia Fort Bishangarh.



(L-R) Art connoisseur Shalini Passi; Pratiti Rajpal, Cluster Director of Marketing Communications, Andaz Delhi & Grand Hyatt Gurgaon receives the Best Sunday Brunch award for The Café, Hyatt Regency Pune; Sushmita Gupta, Business Director, Travel+Leisure India & South Asia.



Shoba Mohan, Founder, Rare India (extreme left) and Priyanshi Manya, Brand Manager, Baked by Ratna Saluja (third from left) present the award for Best Vegetarian Cuisine to the team of Royal Vega, ITC Grand Chola.



The glorious team of The Imperial, New Delhi. (L-R) Mandeep Abrol, Security Manager; Surender Singh Thakur, Director F&B; Aparupa Ray Ganguly, Head PR & Marketing; Jitendra Kumar, Banquets Manager; John Charles Dean, Sr Restaurant Manager, 1911 Restaurant; Vijay Wanchoo, Sr EVP & GM; Ruchi Jain, PR Manager; Satbir Kaur Sandhu, Head, Interiors and Estate; Puneet Chaudhary, Restaurant Manager, Daniell's Tavern; Lieutenant Colonel (Retd) Satish Bhati, Chief of Security; Prahlad Kumar, Asst Manager, Banquets.



(L-R) Ajeet Bajaj, Founder, Snow Leopard Adventures; Prachi Tandon, Marketing & Communications Manager, Conrad Bengaluru, receives the Best Pan-Asian Cuisine award for Mikusu, Conrad Bengaluru; Jasdeep Singh, CPO, Sage Apothecary.



(Third from left) Manoj Bisht, Head Bartender of Cirrus 9, and Simon Rastrick, Executive Assistant Manager, F&B, The Oberoi, New Delhi receive the Editor's Choice award for Best Rooftop Bar from designers Shivan & Narresh.



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# INDULGE

34 Experience / 38 Travel / 42 Sustainable Wellness

It's imperative to pause sometimes and introspect. And, what better way to do it than indulging in a wellness retreat! Cut out the chaos of bustling city life and spend some time in nature's lap to rejuvenate your mind, soul, and body.

SHUTTERSTOCK (PICTURE FOR REPRESENTATION PURPOSE ONLY)



# Wellness, The Holistic Way

With their new integrative medical services and a range of intensive wellness immersions, Amanpuri in Phuket guarantees complete nourishment of body and soul.

By Mitrajit Bhattacharya

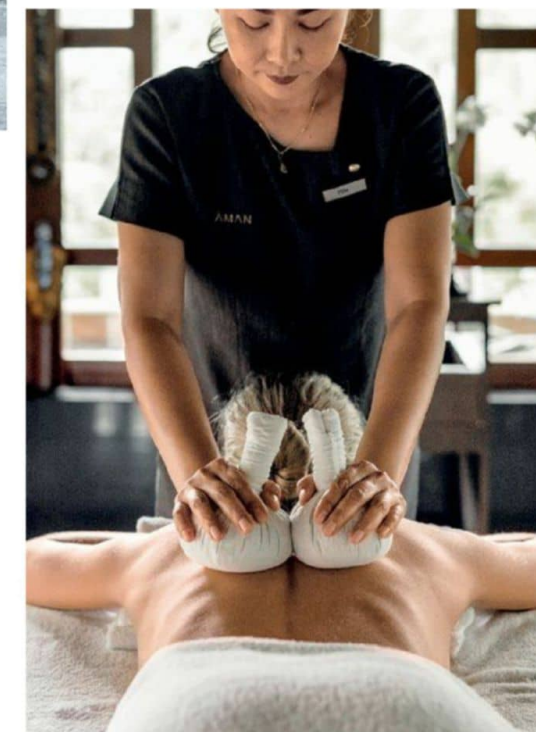


It was one of those unplanned trips. A quick phone call, and there I was, on a midnight GoAir direct flight from Mumbai to Phuket. My stay for the duration of the trip was at the luxury beachfront resort of Amanpuri, nestled in a coconut grove overlooking the turquoise Andaman sea. Having earlier stayed at various Aman properties, including the iconic ones at Venice and Tokyo, I was looking forward to spending a few nights at their flagship property in Phuket that has been in operation since 1988. Each Aman experience is handcrafted to perfection, as per the location and the requirements of the guest. This time, my agenda was to check out their holistic wellness programme that was introduced at the property earlier this year.

At its revolutionary new Holistic Wellness Centre at Amanpuri, the hotel group has added integrative medical services as well as intensive wellness immersions to the entire experience. This is the brand's first resort to provide medical services, run by a certified medical

team from the world-class health and sports resort of Thanyapura. Amanpuri's integrative medical services fall into three broad categories: anti-ageing and preventive medicine, aesthetic, and sports performance. The medical team works alongside and complements the treatments of Aman's renowned experts, who are well-versed in ancient healing techniques and alternative therapies, and include chiropractors, nutritionists, Traditional Chinese Medicine (TCM) practitioners and Ayurvedic physicians.

Guests who embark on a journey of medical therapy at Amanpuri are first assessed by a doctor, during a comprehensive diagnostic consultation. This might include live blood analysis, food intolerance or micronutrient blood tests, performance blood tests, a heavy-metal OligoScan, and urine Indican testing. Analysis of all test results, along with in-depth discussions regarding lifestyle and personal goals, lead to the prescription of specific medical treatments



Claiming an entire peninsula and one of Phuket's finest white sand beaches, Amanpuri offers the idyllic Thailand escape of days gone by. The property has private villas and guest pavilions, world-class restaurants and a medical grade Holistic Wellness Centre.





as part of a bespoke wellness programme. A personalised nutrition plan is also created by Amanpuri's naturopaths and experienced raw/vegan chefs. I had the chance to sample a specially curated wellness menu for lunch at the Italian restaurant, Arva.

Medical services offered at Amanpuri include Intravenous (IV) Nutrient Infusion Therapy, Chelation injections, Nebido and Genotropin hormone injections, a personalised supplement plan, colon hydrotherapy, cryotherapy, CoolSculpting, physiotherapy, High Intensity Laser (HIL) therapy, radio frequency therapy, ultrasound therapy, red light therapy, non-invasive High Intensity Focused Ultrasound (HIFU) facials, Botox injections, chemical peel, and cosmetic acupuncture. TCM services include Traditional Herbal Medicine, Traditional Acupuncture, Acu-Laser Therapy, Moxibustion and Cupping, while Ayurvedic therapies range from a four-handed Abhyanga oil massage to Shirodhara (the gentle pouring of warm oil onto the forehead and over the scalp). DNA Lifestyle Genetic Analysis and basic wellness gene tests are also provided.



Above: Nama, the Japanese restaurant at Amanpuri. Below: Shinichi Kiyose, Spa & Wellness Director at Amanpuri Phuket.

A Japanese by origin who was educated in the US, Shinichi Kiyose is the Spa and Wellness Director at Amanpuri, and also an expert in TCM. While taking me through the facilities, he informed, "Our HIFU facials work on ultrasound mechanism that lasts for just 45-60 minutes. The results include lifting of

cheeks, correcting eye lines, and more. These are conducted under a doctor's supervision. Patients can go back the very next day. And since these are non-invasive, the operations are completely safe, as well."

The CoolSculpting, Kiyose added, "Helps to lose fat at specific parts of the body. The machine freezes the fat cells, and once the fat cells get crystallised, the body naturally processes it. The fat then goes away, week by week. One can see the results in four to six months. In the beginning, the area turns reddish, and within four weeks, you see that the fat in the applied area has dissipated. Yet again, we have set protocols under the strict guidance of doctors."

Targeted and tailored to the finest detail, the Intensive Wellness Immersions offer a variety of 'pathways'—stress management, weight management, transformation and detox, and cleansing are all offered as both original and intensive immersions. Whereas, sports recovery, rehabilitation and rejuvenation, and optimal wellbeing are exclusively intensive. All immersions include daily spa treatments, private movement classes, specialist therapies, and comprehensive nutritional plans.

SERVICE HIGHLIGHTS

Acupuncture: 60min/gomin	5,500/6,500 THB (₹ 12,800/15,100)
Blood Test - Advance Performance (Male/Female) [Result in 2-3 days]	19,000 THB (₹44,200)
Blood Test - Food Intolerance [Result in a week]	23,000 THB (₹ 53,500)
Heavy Metal Test (Oligoscan) [Takes 15 mins, the result comes right away]	5,000 THB (₹11,600)
Intravenous (IV) Nutrient Infusion Therapy [60-90 mins for each category]	8,000 THB (₹18,600)
CoolSculpting [45 mins for each area of the body]	20,000 THB (₹46,500)
Chi Nei Tsang (Chinese/Thai abdominal massage) [60 min/90 min]	7,500/9,900 THB (₹17,450/23,000)

"Focusing on women, we have Thermiva that works on rejuvenating women's reproductive systems by ultrasound. It's just a 60-minute treatment, but the effect lasts for one to three months. One normally needs three such treatments as part of the course," Kiyose elaborated. He further added, "We also have the Ozone Therapy machines that are meant to oxygenate the blood. We take out 200ml of blood, oxygenate the same, and put the blood back in. It's an intense and effective treatment, good for even active

sportspeople. One can start feeling the effects the very next day."

Besides medical services, the wellness centre continues to offer specialist health and beauty treatments alongside energy healing. Options include cranial sacral therapy, mind training, *Chi Nei Tsang* (internal organ chi massage), connective tissue massage, and reconnection healing

Amanpuri's Wellness Centre provides a range of adaptable wellbeing programmes tailored from start to finish to meet personal goals.



and lymphatic drainage massage, among other treatments. Amanpuri's wellness menu also features an array of practices to strengthen the connection between body and mind—from mindfulness coaching and guided meditation, to Tai Chi (internal Chinese martial art) and Qigong (breathing exercises related to Tai Chi).

Situated at the heart of the property, the Amanpuri Holistic Wellness Centre has, in addition to the new medical services, a 12-suite Aman Spa with infrared saunas, hydrotherapy areas and a finishing salon. There is also a two-storey hilltop fitness centre, with a Pilates studio, Muay Thai (Thai kick-boxing) studio with a boxing ring, yoga pavilions, a glass-walled gym and a juice bar.

Before I left for my signature Aman spa treatment, Kiyose showed me their special spa therapy bottles. Developed by the group over the past three years, these come in three lines of products—"grounding" to relax, "purifying" to detox, and "nourishing", as the name suggests, to nourish. All Aman properties across the world offer the same products now, depending on the specific spa therapy they provide. The beautiful bottles have been developed by the famed Japanese designer and architect Kengo Kuma, who has also designed the 2020 Tokyo Olympics Dome. 🌿





# The Pursuit of Happiness

Faraway in the mountains of the Eastern Himalayas, the luxurious **Six Senses Bhutan** is bringing a bouquet of holistic wellness services to the world's happiest country. Join in for a retreat of the body, mind and soul.

By Satarupa Paul

If 'calm' had a sound, it'd be the deep, lingering timbre of a Himalayan singing bowl. That is what it felt like as Kinley, my massage therapist, gently struck one such hand-carved bell-metal bowl with a wooden mallet, and moved it around my ears. The pure tones emanating from it created a strange tingle that emerged from the back of my neck, travelled down my spine, and settled cosily somewhere around the pit of my stomach. That ASMR effect swiftly manifested in a sensation of absolute calm and a feeling of great relaxation, which put me in a state of tranquil acceptance for all the goodness that was to follow, over the next six days of my wellness sojourn with the recently-launched outpost of the Six Senses Hotels Resorts & Spas, in the Kingdom of Happiness—that is Bhutan.

That afternoon, I had arrived on a choppy flight at the exquisite Paro International Airport of our picturesque neighbouring country,

cocooned in a little nook of the Eastern Himalayas. Known for pioneering the concept of Gross National Happiness, Bhutan draws in architecture, nature, spirituality and Buddhism enthusiasts, with its magnificent dzongs (fortresses), peaceful monasteries, invigorating nature hikes, scores of *chortens* (stupas), and other such delights. As a first-time traveller to this colourful country, I too looked forward to experiencing all that Bhutan had to offer, but my primary agenda, quite predictably, was the elusive pursuit of wholesome happiness—of the body, mind and soul.

Earlier this year, 'burnout' was officially recognised as a medical syndrome by the World Health Organisation. I too, was inching towards this overwhelming condition, courtesy my fast-paced, peripatetic lifestyle that was beginning to take a toll on my physical, mental, and emotional wellbeing. It was about time that I hit pause,

rejuvenated and rebooted myself. And Six Senses Bhutan, with its luxury lodges set across three gorgeous locations, sustainable practices and holistic treatments, presented just the right setup for a complete wellness makeover.

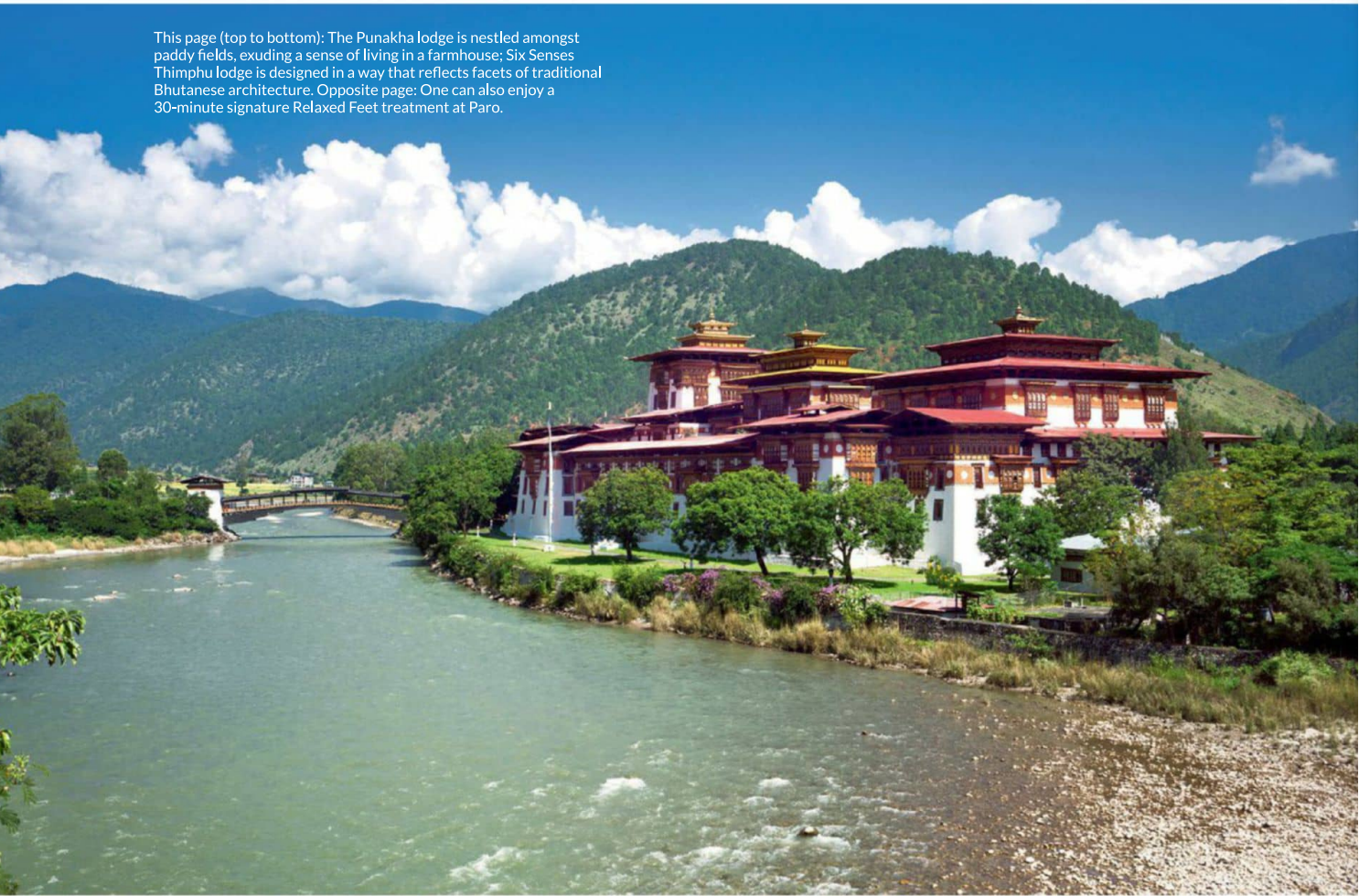
My first port of call was the Six Senses Thimphu lodge, located a little over an hour away from the airport at Paro, on a hilltop overlooking the bustling city of Thimphu—the capital of Bhutan. The vista that greeted me, as I walked into the high-ceilinged entrance courtyard, made me stop in my tracks. Fronted by an all-glass façade and surrounded by a serene, mirror-like pond that reflected the sky above, it looked over the Thimphu valley and the city sprawled below, with rolling mountains around, and the Buddha Dordenma—a gigantic statue of the Shakyamuni Buddha welded in bronze, sitting serenely atop a hill across.



Clockwise from left: Six Senses Bhutan runs three lodges in Thimphu, Paro and Punakha; the Buddha Dordenma is a gigantic statue of the Shakyamuni Buddha welded in bronze; the lodge at Paro is located on the premises of a ruined fortress.



This page (top to bottom): The Punakha lodge is nestled amongst paddy fields, exuding a sense of living in a farmhouse; Six Senses Thimphu lodge is designed in a way that reflects facets of traditional Bhutanese architecture. Opposite page: One can also enjoy a 30-minute signature Relaxed Feet treatment at Paro.



My suite too opened to this all-encompassing view, and its design like the rest of the lodge, drew from traditional Bhutanese architecture—high-pitched roofs clad with wooden shingles, hand-beaten and white-washed thick walls, timber-framed windows, furniture in muted, natural tones, and vegetable-dyed antique rugs. The soothing interiors, quiet surroundings of apple orchards and blue pine forests, and the piercingly fresh air, instantly helped calm my frayed city nerves.

Later that evening, I met the Wellness Manager, Dr Apurva Tamhane, for a very interesting session of wellness screening. A curious apparatus occupied a portion of his work desk at the Six Senses Spa. He made me sit down and place my palms on a flat hand-plate and my feet on a similar foot-plate below. He then stuck two sticky electrodes to my forehead, strapped a blood pressure machine to one arm, and fixed a Pulse Oximeter onto one index finger. Demonstrating its function, he explained, “Just like how an ECG collects signals from your heart, this machine uses Galvanic Skin Response and Bioimpedance to collect electric signals from all



COURTESY OF SIX SENSES

### FACT FILE

**REACH:** Bhutan is served by Druk Air and Bhutan Airlines, connected to Delhi, Kolkata and Guwahati. You can drive into Bhutan from Bagdogra Airport in Bengal.

**VISA REQUIREMENTS:** Indian nationals don’t need a visa but you need to obtain a permit by showing a passport at Paro if flying in, and at Phuentsholing if travelling by road.

**GETTING AROUND:** Taxis are available for hire in Paro and Thimphu.

**STAY:** Six Senses Bhutan runs three lodges in Thimphu, Paro and Punakha, with a fourth one just launched in Gangtey, and a fifth opening next year in Bumthang Valley. [sixsenses.com](http://sixsenses.com)

**TARIFF** starts from ₹89,000 / night with all three meals, non-alcoholic beverages, laundry, WIFI, private airport transfers, English-speaking guide, driver and transportation for six nights or more. Indian residents can enjoy special rate of ₹78,000 / night, for two consecutive nights or more.

**SPA MENU:** Every lodge offers a selection of treatments, ranging from 30 minutes to 2 hours 15 minutes, with prices from ₹4,550 to ₹20,650.

over your body.” The entire exercise took barely 10 minutes, but at the end, it generated a mind-blowing report that addressed a staggering number of parameters—from my Stress Index and Fat Mass (both of which were ‘abnormal’) to my Cardiac Output, Recovery Capacity, Blood Oxygen Saturation and many more. Over the next half hour, Dr Tamhane patiently explained each assessment, pointing out where my body was lacking, how one outcome was related to the other, and what I could do to improve it all, with balanced diet and a couple of activity recommendations.

With the feeling that I already knew my body better, I headed for my first spa treatment—a 60-minute Jetlag Soother, which began with my therapist Kinley gifting me a clear quartz crystal. “Hold it in the palm of your hand during the massage; it’ll clear your mind off negativity and help you heal,” she said, before laying me face down, sounding the soothing singing bowl and accompanying it with a beautiful Buddhist chant in her lovely, soft voice. From then on, it was a voyage of letting go—of my stress, physical tensions and mental blockages, and letting in all the good of health, mind and spirit, to the perfectly-pressured kneading and strokes of Kinley’s fingers, palms and arms on my body. The Lavender oil used for the massage had a calming effect that put me in a deep sleep, like the kind I was craving for so long!

This wellness journey continued over the next two Six Senses lodges as well—one, in the enchanting valley of Punakha dotted with terraced paddy fields, and the other, on a hilltop above the cute little town of Paro. All the lodges are seamlessly integrated, allowing guests to move between them without the hassle of checking in and out again and again. The interiors of the suites are similar too, making you feel at home at once. Each lodge though, incorporates little elements of surprise in the exteriors and surroundings. The Punakha lodge, for instance, is nestled amongst paddy fields, giving you the sense of living in a farmhouse; while, the lodge at Paro is located in the premises of a ruined fortress, with a 15th century monastery next door and pine forests all around. All lodges take great care in integrating sustainable practices, such as energy and water conservation, waste management and locally-sourced materials, to help preserve and protect the world’s only carbon-negative country.

This philosophy extends to dining as well, with each lodge offering a unique culinary journey of seasonally-inspired menus highlighting Bhutanese, Western, Indian and Asian specialties, prepared from fresh produce sourced from their own organic gardens. Hearty dips and detox shots, made from a combination of vegetables and fruits, are offered at each meal, initiating you on your endeavour of healthy eating practices. Each lodge also extends complimentary wellness activities, such as yoga, meditation, pranayama and chanting. The spas in the various lodges offer a unique set of treatments, so you can experience the best of each as you travel around Bhutan. At the Six Senses Punakha lodge, for instance, I opted for a 60-minute Ayurvedic Abhyanga massage to relieve fatigue and induce sleep, followed by a 30-minute stress-releasing Shirodhara treatment. At Paro, it was a 30-minute signature Relaxed Feet treatment, much-needed after the long, arduous hike up to the most famous landmark of Bhutan—the Paro Taktsang or the Tiger’s Nest Monastery.

In the end, it all culminated in a journey of discovery—of not just a beautiful country and its warm, welcoming people, their rich culture and heritage, of devoted spirituality and an ancient religion, but also of the self, of me and my happiness. 🌿





# Bike the Bay in Santa Monica

When beach calls, go to **Santa Monica** and treat yourself with a healthy dose of life. Californian yoga, vegan cuisine and fresh air, the beach city of Los Angeles has got it all covered. Rent a bike or just walk it off—it's up to you. Speaking to Misti Kerns, President and CEO, Santa Monica Travel and Tourism, we came across the must-visit places for your next trip.

By Priyanka Chakrabarti



### What makes Santa Monica a chosen holiday destination for wellness-seeking Indian travellers?

Santa Monica is Los Angeles' beach city, making us a great base for a nice Southern California visit. We are a small city that is highly explorable either on bike or on foot, and with 3.5 miles of coastline there are plenty of natural spaces to relax and enjoy abundance of fresh air, wide beaches, and ocean breezes.

Yoga is a way of life for Santa Monicans so Indian travellers may enjoy a Californian take on yoga with their toes in the sand or on the world-famous Santa Monica Pier. With four weekly farmers markets, healthy eating is also the way of life in Santa Monica. Of course, our many luxury properties have spas that will rejuvenate the weary traveller, both for overnight guests as well as day visitors.

Breathtaking view of the Santa Monica Pier.



### Tell us about some of the best vegan food joints of Santa Monica.

With more than 400 restaurants in just 8.5 square miles, there is an option that will meet every traveller's taste in Santa Monica. Many locals are vegan, so most restaurants in the city are quite familiar with vegan cuisine and have several options on their menus. However, there are a few notable restaurants that are known specifically for vegan cuisine. Flower Child makes every bite from scratch, sourcing many ingredients from the Santa Monica's farmers market, while True Food Kitchen located at Santa Monica Place, is a health-driven seasonal restaurant. For travellers looking for a taste of home, Tumbi Craft Indian Kitchen offers a Californian twist on many classic Indian dishes.

### What is the best way to spend a wellness-filled weekend in Santa Monica?

For starters, Santa Monica is a perfect place to go car free. With more than 100 miles of bike lanes (along with plenty of easily accessible rentals) and walkable streets, travellers can enjoy a weekend without getting into the car.

Santa Monica offers number of ways to rejuvenate in nature. Walk along the beach, pedal down our beach bike path, and soak up the fresh air with Perry's beach butler service—a luxurious way to experience the beach with your own private butler. Many of our hotels are also home to renowned spas that offer treatments to truly refresh, relax and even meditate with a local expert.

### What are the top wellness travel trends that Santa Monica will cater to in 2020?

In 2020, Santa Monica Proper Hotel will open the highly coveted 5,000-square-foot Surya Spa. The flagship location is a collaboration with Martha Soffer, an internationally acclaimed Ayurvedic doctor, chef and herbalist. One can explore age-old Indian wellness principles from the leaders of modern Ayurveda, including therapeutic massages, steam and oil treatments, cooking, yoga, meditation, and three to 21-day Panchakarma programmes designed to cleanse and restore balance of the body, mind, and emotions.

### What are the hidden gems of Santa Monica that Indians should definitely check out while visiting the city?

For a day at the beach, head to Annenberg community Beach House, the country's only public beach house. For just \$10 (INR 712) you can enjoy facilities like a historic pool, a splash pad and a vintage café that serves healthy meals while children play in the sand by the tables.

See Santa Monica from a different angle at Camera Obscura, an antiquated lens located along the Ocean Avenue. Walk along the Santa Monica Pier and discover the 'Route 66 End of the Trail' sign that commemorates the conclusion of this historic highway, or head to the California Heritage Museum to learn about the region's unique history. Afterwards, spend time in one of our local parks.

On Third Street Promenade The Void offers immersive virtual reality experiences. Looking to satiate your sweet tooth? The Sweet Spots Dessert Bike tour offered by Santa Monica Bike Tour takes you to some of the tastiest locations in our downtown. 🌿

DESTINATION PHOTO CREDIT: JOAKIM LLOYD RABOFF (2)



# Ancient Healing Secrets

Seer Secrets is a world of wellness products where beauty regimes from the past create a melange with natural ingredients. **Jasdeep Singh**, founder and CEO of Seer Secrets, tells us about the forgotten recipes that weave their way into their many offerings.

By Bayar Jain



## What was the idea behind creating Seer Secrets?

Being devoted to herbs and Ayurveda, I aim to heal people in the most organic way. This same notion of curing and healing people with the help of nature can be found in all our products. Each item contains Ayurvedic intelligence, which allows the ingredients to speak for themselves. We've tried to make the forgotten beauty recipes of ancient sages and seers, accessible to those who love to take care of their skin.

## What are your range of products?

We create unique formulations that are rich in healing properties and address modern-day issues using ancient methods. Our formulations are unparalleled in their authenticity. We use rare ingredients in our products, such as mother of pearl, volcanic ash, Guggul-Soy Phytosterol, Japanese mint, etc. For instance, our unique cooling agent used in products such as body mist helps absorb body heat and control sweat effectively. It is infused with not one, but five mint species, so your skin can stay calm. Given the fact that India is the largest producer of various mint species, our Five Mint Specie Heat Absorbing Body and Foot Mist is made using technical knowledge.

## What is Seer Secrets' philosophy of wellness?

Preserving ancient wellness is our motto. We bring secrets from the past that will help build the future of wellness. Inspired by age-old holistic care methods, we preserve the ancient wisdom of wellness using all-natural ingredients in our products. Methods originated by the seers and sages of India thousands of years ago, continue to be some of the best in the world even today. Through our products and their formulations, people can now enjoy access to these ancient secrets.



## How does Seer Secrets stand out from other beauty and skincare product brands?

Primarily, by providing nature-intelligence, Ayurvedic-based formulae that help one rejuvenate and achieve wellness. We blend ancient-healing sciences across all our products, infusing earthy ingredients sourced from the motherland of Ayurveda and herbs—India. The uniqueness of our ingredients is unmatched and helps us stand out.

## How does your brand strike a balance between age-old healing methods and modern manufacturing philosophies?

Our professionals derive unique formulae to cure common problems by using recipes left by our wise men of yore, and mixing it with the wonders of nature. Every product is handcrafted at our quality-controlled manufacturing unit. Our products are created by doctors and artisanal practitioners of scientific Ayurveda.

## How has Seer Secrets evolved over the years?

Over the past years, we have slowly evolved to being available on every e-commerce platform in India. We have also been associated with several big hotel chains, across India and internationally.

## What can we expect from Seer Secrets in the coming years?

We aim to reach more international shores, as currently, we are only available in the USA. We also hope to launch our stores in India, soon. 🌿



BOTTOM: SHUTTERSTOCK

# Lipsticks That Nurture

Just Herbs, a modern Ayurvedic result-driven beauty brand launches a unique range of herb-enriched nourishing lipsticks, which don't compromise on the glam quotient.



Choosing between a product that looks good on the skin and is healthy as well is a choice you should never have to make. With this initiative in mind, Just Herbs initiated #MakingMakeupHealthy challenge, a crowdsourcing campaign that aims to show people how they don't have to compromise between what they put on their face with what is actually healthy for both their skin, and the environment.

## #MakingMakeupHealthy

Just Herbs has the distinction of being the first beauty company in our country to create products entirely rooting from customer feedback. Wanting to create awareness among their consumers about the potentially harmful chemicals lurking in some of the beauty products, Just Herbs has launched two star products under this campaign, namely, Herb-Enriched Skin Tint and Sapta Jal Ayurvedic Micellar Water.

Creating a range of healthy colour cosmetics was an organic progression for the brand. "A lot of our customers wanted us to come up with lipsticks that not only make you look great but are also packed with nutritional herbs, oils and vegetable wax that nurture and repair. Hence, combining this makeup essential with the science of Ayurveda, we have created 16 shades. This time, we

are crowdsourcing for their texture, shades, stay and moisturising ability amongst other things," says Arush Chopra, CEO and Co-founder of Just Herbs. Using the hashtag #GlamorouslyGreen, Just Herbs Ayurvedic lipsticks is taking this campaign a step further to bridge the gap between makeup and skincare.

## What's different about these herb-enriched lipsticks?

The skin on the lips being much thinner than the rest of the body is the first casualty of *Vata* aggravation, according to Ayurveda. "Dry, chapped lips are a manifestation of *koshthagata raukshya* (internal dryness), which is symptomatic of *Vata* aggravation. Our herb-enriched Ayurvedic lipsticks are infused with *Vata*-pacifying herbs such as Indian Kudzu, Shatavari, Bhrami, Guduchi, Yashtimadhu, Bala, and Manjishtha in a base of *go-ghrita* (cow's milk ghee) and *til* (sesame) oil that help carry the nutritive benefits of the herbs to the innermost layers of the skin," informs Chopra.

Just Herbs' Ayurvedic lipsticks do not contain silicone oils, which is commonly found in most lipsticks. This is important because silicones merely act as fillers and have zero nutritive value. Instead of relying on silicone fillers, Just Herbs uses organic cold-pressed oils in its lipsticks, which not just lend a satiny-smooth glamorous texture but also nourish the lips inside out! 🌿



# Globally Indian

From working towards reviving traditional textiles and crafts to dressing international style icons, designer **Payal Jain** is all about promoting Indian sensibilities on the global platform. Here, she opens up about her journey, sustainable practices in fashion, and what drives her passion.

By Priyanka Chakrabarti

What does your brand signify?

My creations speak a global language, and yet are strongly Indian at heart. They are subtle, minimalistic and appeal to international citizens. I feel design is about translating an idea into form, shape, colour and texture, whatever the medium may be. I follow a simple approach of 'less is more' when it comes to design.

From humble beginnings in Delhi to dressing global trendsetters such as Victoria Beckham, Priyanka Chopra, and many others, your journey seems incredible.

I started my career almost two decades ago when I returned to India with a degree in fashion. It has been an incredible journey from the cobblestone streets of Hauz Khas Village to London's Regent Street, Faubourg's St Honore in Paris, Fifth Avenue in New York and San Francisco's Union Square. The first few years of struggle still remain my most cherished memories, as they taught me to be self-reliant!

When I started my label, fashion was a grossly misunderstood term. We designers were treated as glorified tailors. Today, designers have a huge fan following and are treated like celebrities, but the journey to this has been long and hard. I feel blessed to have been a part of this evolution. Today, my creations sell across the globe and I have had the privilege of dressing some very discerning and successful women, who continue to be my inspiration.

What is the Indian fashion industry doing to promote Indian craftsmanship?

We are blessed to have such a rich and varied heritage of textiles and crafts, where each state has something unique to offer: from weaves to embroideries, and prints. Personally, it has been my prerogative to uphold our craft heritage. My team works with experts and clusters across the country to drive this tradition forward. However, it may not be possible for one single design house to change the landscape. It is my sincere hope that all Indian designers work with crafts in some way to create a strong revival. Having said that, I do feel we have made headway as far as promoting Indian textiles and crafts are concerned, but it is still a long journey ahead. Much sustained work and commitment are required from everyone in the fashion and textile industry to better the lives of weavers and artisans across



India. I am happy to see the government creating so many new initiatives to promote textiles, and I sincerely hope this movement will gain momentum. It is up to our generation of designers to bring this heritage to the world, and make sure it translates into income for our talented craftspeople.

Sustainability is an emerging trend in Indian fashion. According to you, what does it really stand for?

I think it is time for the youth to start looking at sustainable fashion as a cool choice, besides being mindful of the benefits it would have for our planet. The design community must collectively become cognizant to the grave threats of rampantly growing landfills on Earth. A big culprit of this crisis is the garment industry and the concept of disposable fashion, where things are bought and discarded, simply because they are cheap! It is imperative for fashion designers to start using fabrics and yarns that do not simply collect somewhere and outlive us, humans. Also, mindlessly producing garments and turning them into trends must change before it is too late. We must all do our bit to minimise the burden on the planet and mindfully reduce, reuse and recycle.

Any advice for budding fashion designers who wish to carve a career in this industry?

You need to be passionate and madly in love with what you do. There is no short cut to hard work. It's a long and arduous journey to the top, but one that can make all the hardships worthwhile, if you have



faith in yourself and are willing to give it passion, integrity and commitment. Strong technical knowledge, the ability to reinvent yourself each season, skills to overcome hurdles, the ability to take both positive and negative feedback in your stride, forward-looking attitude, creative mindset, and resilience are attributes you must have to survive and succeed in the fashion business. It is also very important to be humble and learn to accept failure with the same grace as success.

What inspires your creations?

Travel, nature, history, and art. I feel that each garment should be an heirloom piece, to be passed down generations with pride. It should take the wearer on a resplendent journey of heritage and textile while telling a unique story. My love for India and its glorious past, rich culture, vast textile heritage, incredible costumes, musical legacy, art and architecture, have also been major inspiration.

How do you adapt yourself to the ever-evolving fashion industry, while retaining your individual style?

My fashion label is an extension of my personality. Fashion in India, in the past decade, has become experimental and very adventurous. It has been about the discovery and celebration of our glorious past and roots. Indian design has finally come of age, and its rich textile heritage is being rejoiced by designers and artists across several mediums. 'Indianness', which was once disregarded by the global audience, has become our biggest strength and identity. The world is looking at India for inspiration and we are at the helm of this revolution—a creative journey of exploration, experimentation and expression of our textile and craft legacy.

Fashion designers you look up to

Elsa Schiaparelli, Paul Poiret and Azzedine Alaïa

Top three styling advice for modern Indian women

- Comfort, simplicity, understated elegance are important for a great corporate look
- Less is more. Don't overdo your style statement
- Let your personality dictate your fashion and not the other way round!



When it comes to conscious styling, what kind of breathable fabrics would you recommend that are good for the skin?

I think it is time for the youth to start looking at khadi as a fashionable choice for their wardrobe. The ruling perception is that khadi is a boring length of hand-spun cloth, which can be used only in saris, *dhotis* or *kurtas*, at best. This is far from true, as khadi cotton and silk can be used to create Western, Indian, Indo-Western and even couture silhouettes when used creatively. It is our responsibility, as Indians, to create new avatars of khadi and other handloom woven fabrics. 🌿



# The Journey Within

Dr Arun Pillai, Wellness Director, Dharana at Shillim, decodes the many facets of sustainable wellness, and talks about upcoming trends.

By Priyanka Chakrabarti



### What's your definition of sustainable wellness?

It's a transformative journey that brings about a change in one's life by adopting wholesome, mindful practices. There's a saying that prevention is better than cure, and I think, this mantra seamlessly applies to the sustainable wellness sphere too. Treat your disorder before it turns into a disease by following sustainable healing practices. Sustainable wellness doesn't mean sticking to a restricted diet or spending hours at the gym; it simply means—integrate all essential mindful wellness aspects into your lifestyle.

### Can you share your insight on fitness regimes that complement a plant-based diet?

It's a myth that there are limitations to fitness regimens when someone is practising a plant-based diet. A balanced plant-based diet can provide both energy and nutrients essential for all fitness regimes; be it muscle growth through proteins or carbohydrates for endurance, a plant-based diet can deliver it all! The presence of antioxidants in plant-based diets play a crucial role in tissue repair.

### How is the wellness industry shaping up in India?

'Wellness' may be the word of the hour globally, but it is not a new concept in India; thanks to yoga, Ayurveda, siddha and many other such holistic practices that have originated in India. The wellness industry here is worth billions. Unfortunately, the knowledge that we've always had within our culture took a back seat, until

the whole world started hyping over the benefits of holistic healing and practices. Today, our youth is getting more aware, disposable incomes are rising, and so are communicable and non-communicable diseases. And hence, we are embracing a conscious way of living. If we look back at the 2015 Financial Year, the wellness industry in India was valued at USD 13 billion. With a spike in health risks and growing need for quality healthcare, the sector is now poised to grow at a Compound Annual Growth Rate (CAGR) of nearly 12 per cent and will reach USD 23 billion by 2020.

### What kind of alternative healing techniques will do the rounds in India in 2020?

Although Ayurveda, yoga, siddha, and meditation will continue to enjoy its popularity in 2020, there will be a paradigm shift in new emergences from global influxes, too. Mental wellbeing will be on the forefront with rising work stress tendencies amongst urbanites. Corporate wellness, the change in perception of value-adding to an employee's wellbeing, will take lead as it is directly proportional to the business growth of a company. Virtual wellness is also a trend that will do the rounds because internet access is



BOTTOM: SHUTTERSTOCK



growing at the speed of light. This means more apps for remote wellness and mindfulness. Also, I foresee huge growth in the arena of natural wellness; people will seek immersive experiences in 'deep nature' that is far from technological and industrial influences. We will become more attune to the variability, beauty and fragility of local flora and fauna and the changes humans are imposing on it. *(Reference: Dr Marc)*

### What are the top three things one should keep in mind before embarking on a detox journey?

Firstly, one has to realise that a detox journey is not a magical transformation of the body where one can get rid of all the toxins at one go. It's only an effort to cleanse and balance the body's humoral factors; there's a lot to do before and after the commencement of a detox journey to reap the sustainable benefits of the detoxification process. Secondly, time and commitment are key. Adhere to the rules laid down by your expert healer to reap benefits. Lastly, a detox journey means a lot of physiological changes that will happen in your gut system as there will be an impact on the microbiome bringing in variations, which is a healing crisis, so keeping yourself prepared for this journey will decrease anxiety and psychological stress.

### Spa-cation has become a booming trend amongst millennials in India. What's your take on this?

Spa-cation represents vacations, which are in the wellness hospitality space, such as retreats, destination spas, wellness resorts, and hotel spas. Indian millennials are the world's fastest-growing

economy with a considerable dispensable income who are thriving to embrace wellness on all perspectives. Spa-cations are becoming extremely popular amongst urbanites as a lifestyle modifier, as they are exposed to very high intensity of day-to-day stress, not only at workplaces but also in the environment they live in. According to NSDC and KPMG report (2017), the estimated market size of the global spa and wellness industry is around \$1.4 trillion with a CAGR of 15 per cent over the last five years. And, destination wellness realm represents at least 30 per cent of this sizable space. In the next three years, it's estimated that the Indian wellness industry will grow at a CAGR of 20 per cent to reach INR 875 bn.

### Shinrin-Yoku (forest bathing in Japan) has become a very popular wellness practice. Is India ready to embrace a trend like this?

Yes, humble Indians with a liberal approach towards wellness practices have welcomed Japanese Shinrin Yoku, which is the process of mindful meditative walk in the woods—a unifying practice of integrating forest ambience through all senses for deeper healing of the mind, body, and soul. There has been several workshops, courses and retreats held in Delhi, Pune, Mumbai, Bengaluru, Rishikesh, Lucknow, and Noida. These walks generally cover the aspects of touch, sight, scent, sound, and taste. Forest-healing walks are known to boost the immune system, reduce blood pressure and stress, improve mood and the ability to focus amongst other things. It can also reduce anxiety, anger, depression, and can improve one's cardiovascular and metabolic health. 🌿

SHUTTERSTOCK



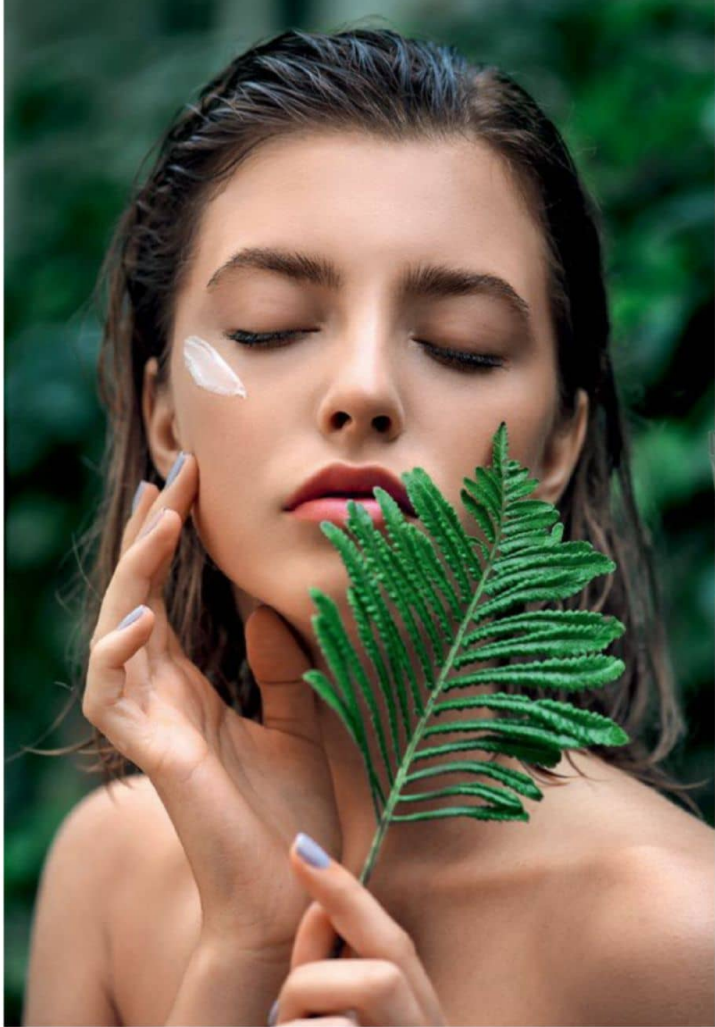
# Sustainable Beauty

Swedish beauty brand Oriflame is continuously striving towards making their products environment-friendly. **Frederic Widell**, VP and Head of South Asia, and MD of Oriflame India talks about sustainability in beauty practices, worldwide trends, and new design collaborations.  
By Bayar Jain



**How is Oriflame blending the best of fashion and beauty through its collaboration with Indian designer, Rohit Bal?**  
Beauty and fashion are completely interlinked, especially for women. We sell some accessories ourselves, and they are doing well across the world. So, for us to collaborate with Rohit again makes 100 per cent sense. I think that our brands blend together in a good way. We are a very old beauty brand, and Rohit is one of the pioneering fashion designers in India, who has a very strong presence here. We have collaborated with him before as well when he designed a few accessories for us that were a huge success.

**What, according to you, are the top sustainable trends in the beauty industry?**  
I think sustainable beauty is the fashion of the hour, especially with millennials and GenX. And it makes perfect sense. If I was going to buy something, I would want to make sure it doesn't have a negative impact on the environment. Oriflame is at the forefront in this regard. We derive inspiration from around the world in terms of trends, and so forth. For instance, to get rid of the parabens and plastic particles in shower gels, we use natural exfoliants.



**How is Oriflame contributing to the segment of 'Conscious Beauty'?**  
We are a Swedish company, and Sweden is, in fact, one of the most environmentally sustainable countries in the world. The state of our planet requires that the bigger countries take responsibility towards the environment, too. I believe that environmental sustainability must not be driven by governments and governmental organisations alone. They can only do so much; the rest is to be taxed. If individual companies take their responsibility well, then a lot of the problems will diminish. We try to be at the forefront not only with our products, but also on how we do business. We had a huge conference recently with 3,000 Asians in Stockholm for six days. The entire conference was climate neutral. Not a single thing was negative for the environment. The CO<sub>2</sub> emission of the flights we take can be offset by purchasing trees and planting them. We use solar panels and offset other sources of energy consumption by investing in nature. Our aim, going forward, is to have as little impact on the environment as possible. We've moved from being 30 per cent to being 60 per cent environmentally-neutral.

**What does sustainability look like in the beauty and skincare industry, today?**  
The way forward for the beauty industry to work towards sustainability is to get away from all harmful chemicals, and make sure you use whatever nature has to offer—which is a bunch of things! Combine that with the best of science to make sure your products do not have a negative impact on the environment.

**What kind of eco-friendly innovations is Oriflame working upon right now?**  
We have a bunch of eco-friendly products: from skincare to makeup. We're looking more into lipsticks now. We have a complete range called Eco-Beauty, which is 100 per cent natural and uses coconut ingredients sourced from sustainable farms in Kerala.

**What are the top three beauty trends that'll do the rounds in India this winter?**  
I think the trends will continue to be more daring. In the past, we've seen more pastel colours as well as offbeat shades such as turquoise, light blue, and even orange. I think that should continue over the winter this time around, as well. Here, in India, people use darker colours more, which makes sense complexion-wise. But I see now, Indians are increasingly going for light pink and other trendier colours. Indians are becoming more experimental and daring with their colour choices.

**What are a few must-have skincare products that you would recommend for Indians?**  
I would suggest our skincare routine products. They are basically pre-decided sets that include an entire routine. To only use a standalone skincare product is not enough. You need a cleanser, toner, and then maybe, a day cream and a night cream. And perhaps, something sensitive earlier. We have that in sets for oily skin, dry skin, combination skin, and etc.

**Define ethical beauty in one sentence.**  
I would say, treating others and planet Earth the way you wish to treat yourself. 🌱

TOP LEFT: SHUTTERSTOCK



# In Her Element

Just four years into the industry, and Bollywood's gritty star **Bhumi Pednekar** has taken on many forms—an overweight bride, a lust-worthy maid, and even an elderly sharpshooter.

In an exclusive chat with **asiaSpa India**, she gives us a glimpse into her formerly unseen avatar—speaking about her love for superfoods, Pilates and massages.

By Priyanka Chakrabarti

Photographed by Taras Taraporvala

Assisted by Kewal Chholak

Hair & Makeup by Elton Fernandez

Assisted by Krishna Kami

Styled by Divyak D'Souza

Assisted by Gauravi Desai

Production by P Productions

Location The LaLiT Mumbai

Outfit : Crepe silk  
draped blouse,  
Abhishek Studio



# Bhumi Pednekar

can be feisty and surreal at the same time. Someone who weighs quality over quantity, she is an emotive actress who has carved out a niche in the industry with her unconventional choice of scripts, and a personal physical transformation journey. From shutting down stereotypes in *Dum Laga Ke Haisha* to making you go weak in the knees with her understated seductiveness in *Lust Stories*, Bhumi is a force to reckon with.

## What's your definition of wellness?

*Bhumi:* Wellness for me is a mix of a lot of things, but it starts with good mental health. Your mind should be free of burden, to begin with. Then, taking care of your body, eating right, meditating, indulging in art and music, and of course, embarking on a spiritual journey—all these factors add on to form my definition of wellness.

## Tell us about your favourite wellness resort.

*Bhumi:* It's a place in Austria called VIVAMAYR. I absolutely love this spa resort. In fact, I visit this place pretty often because it truly disconnects me from the world outside. This is my rejuvenation haven.

## What's your favourite type of massage?

*Bhumi:* I love all kinds of massages. I am somebody who can take massages for eight hours a day. In fact, I have been obsessed with massages since I was a child. However, if I must pick one, I would say I love a good deep tissue session: since I exercise a lot, this massage technique works out very well for me. I also love relaxing Ayurvedic massages.

## Your favourite workout format?

*Bhumi:* I thoroughly enjoy Pilates. I've been doing this for the past two years, and it has truly helped me open up my body, increase my flexibility, and enhance my core strength. It's just amazing.

## What's your beauty routine like?

*Bhumi:* It's a mix of skincare practices, drinking plenty of water, eating healthy, and of course, some beautiful cosmetics.

## Mountains or beaches, what calms you more?

*Bhumi:* I'm a mountain lover!

## And, what's your favourite mountain destination?

*Bhumi:* If I am travelling with my family, I would say Switzerland, but otherwise I love Manali. In fact, I love Himachal Pradesh and Kashmir too.

## What's comfort food for you?

*Bhumi:* It's homemade *dal chawal*.

Outfit: Deme by Gabriella  
Finger Ring: Kakun Silver Jewellery







Outfit: Rudraksh Dwivedi



Outfit: Rudraksh Dwivedi  
Earrings: Anmol Jewellers



Outfit: Not so serious by Pallavi Mohan  
Inner: Hera by Aj  
Jewellery: Kakun Silver Jewellery

Are you into superfoods too?

*Bhano:* Oh yes, all the time! I consume a lot of superfoods, daily; be it hempseed, quinoa, avocado, or blueberries—I could literally survive on them.

Your best spa experience ever?

*Bhano:* I went to a spa in Kerala, and I was there for 12 days straight; it was a beautiful Ayurvedic resort. I ate clean and light food, and took almost eight to nine massages there. It was a detox vacation for me.

Describe a usual day in your life when you are not shooting or working.

*Bhano:* Honestly, I'm just in bed watching TV, chilling with my family, and eating some comfort food. I don't leave my house if I'm not shooting or working because I miss home a lot. I also enjoy cleaning my room, organising my things, and basically putting things in order.

Do you believe in kitchen remedies when it comes to skincare?

*Bhano:* A hundred per cent! In fact, I use a lot of kitchen remedies, especially for my *ubtans*.

Have you ever had a day of digital detox, where you've stayed away from your phone or any form of social media?

*Bhano:* I have, actually! I remember being at this spa where they were promoting being on a digital detox for good 48 hours, and that's where I did it. It was difficult, but totally worth it.

How do you unwind after a workout session?

*Bhano:* I make sure to hydrate myself, and I hit the sauna as often as possible.

Do you believe in alternative healing therapies?

*Bhano:* I am a true believer of alternative healing therapies. I have deep faith in naturopathy, acupuncture, and acupressure, and I know how powerful and effective these techniques are.

Are you also a believer of healing through energies like Reiki and Pranic healing?

*Bhano:* Oh yes, absolutely! I feel at the end of the day, you are reacting to vibrations and energies. I believe Reiki and Pranic healing are very powerful healing tools because it is all about channeling positive energy into your body and mind.

Lastly, what's your take on conscious travelling?

*Bhano:* I actually feel, we all need to be conscious beings, and that automatically leads to being conscious about a lot of other things. We have to love our environment, and conscious travelling means, wherever you go, you don't pollute; you try and be respectful to the country or the place that you are travelling to, its climate, its environment, and of course, mother nature. I think that's what conscious travelling is all about. 🌿



# Put That Glow On!

A curated list of 10 *ubtan* recipes for the Indian skin, made with ingredients right off your kitchen shelves, guaranteed to take care of all your skin woes and beauty fixes.

Compiled by Payal Dhar



SHUTTERSTOCK; OPPOSITE, CLOCKWISE FROM TOP LEFT: MIRZAMLK/ GETTYIMAGES, SHUTTERSTOCK, MIRZAMLK/ GETTYIMAGES, SHUTTERSTOCK



## SANDALWOOD & LEMON PEEL UBTAN *For oily skin*

### WHAT YOU'LL NEED

- 1 tbsp chickpea flour (*besan*)
- 2 tbsp sandalwood powder
- Some dried lemon peels
- Dash of rosewater

### METHOD

Dry-grind the lemon peels into a fine powder. Mix one tablespoon of this powder with the rest of the ingredients to form a thick paste. Apply on your face and body, allow it to dry, and wash off with plain water. This quick, simple *ubtan* has cleansing and rejuvenating properties.



## MILK POWDER UBTAN *For dry skin*

### WHAT YOU'LL NEED

- 2 tbsp chickpea flour (*besan*)
- A pinch of turmeric
- 2 tbsp almond powder
- 2 tbsp milk powder
- 1 tbsp milk cream
- 1 tbsp lemon juice
- Dash of rosewater
- Dash of olive oil

### METHOD

Mix all the dry ingredients with the milk cream, and then add lemon juice, olive oil and rosewater. Whisk it into a smooth paste. Apply all over the body, including your face, or as required. Allow it to dry thoroughly, before rinsing off with lukewarm water. Use two to three times a week for a smooth, moisturising effect.







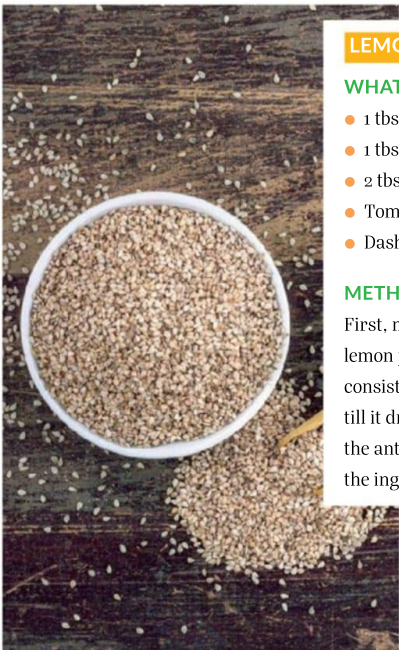
**AMLA UBTAN** *For younger-looking skin*

**WHAT YOU'LL NEED**

- 2 tbsp chickpea flour (*besan*)
- 0.5 tbsp sandalwood powder
- 1 tbsp rose petals
- 1 tsp Indian gooseberry or *amla* powder
- 2 drops each of turmeric and rosewood essential oils
- Dash of rosewater

**METHOD**

Mix the dry ingredients and essential oils, and then add rosewater to make it into a thin paste. Apply on clean skin, while massaging with circular strokes. Leave the pack on for about 10 minutes. Once it has dried, rinse off with cool water and pat dry. Use regularly for younger-looking, and healthier skin.



**LEMON JUICE & SESAME UBTAN** *For acne*

**WHAT YOU'LL NEED**

- 1 tbsp chickpea flour (*besan*)
- 1 tbsp sesame powder
- 2 tbsp lemon juice
- Tomato juice (as needed to make a paste)
- Dash of rosewater

**METHOD**

First, mix the dry ingredients, and then add the lemon juice, tomato juice and rosewater to form a consistent paste. Apply on the affected areas. Wait till it dries, and then rinse with water. Use daily, as the antiseptic and anti-inflammatory properties of the ingredients help heal acne scars.



SHUTTERSTOCK (4)



**CHICKPEA UBTAN** *For radiance*

**WHAT YOU'LL NEED**

- 1 cup chickpea flour (*besan*)
- 1 tsp mustard powder
- 0.5 cup mustard oil
- A few drops of rosewater

**METHOD**

In a bowl, mix *besan* and mustard powder, and then add mustard oil slowly to form a consistent paste. Whisk well to avoid lumps. Add a few drops of rosewater to the paste. This *ubtan* can be applied to the whole body. Let it dry till the mask cracks and starts to fall off. Rub in a gentle circular motion to remove the dried *ubtan* and then take a bath with plain water.

**NEEM UBTAN** *For acne*

**WHAT YOU'LL NEED**

- 0.5 tsp lentil or *masoor dal* powder
- 0.5 tsp sandalwood powder
- 0.25 tsp ground turmeric
- 0.25 tsp neem powder
- 1 tbsp fresh lemon juice
- 1 tbsp milk

**METHOD**

Mix everything to make a smooth paste. Apply evenly on the face and leave it till dry. Once it has dried, massage in small, circular strokes to scrub the *ubtan* off the skin. Wash your face with normal water and pat dry. For best results, apply at least twice a week.



CLOCKWISE FROM TOP LEFT: SHUTTERSTOCK, ECATERINALEONTE/GETTYIMAGES, SHUTTERSTOCK(2)



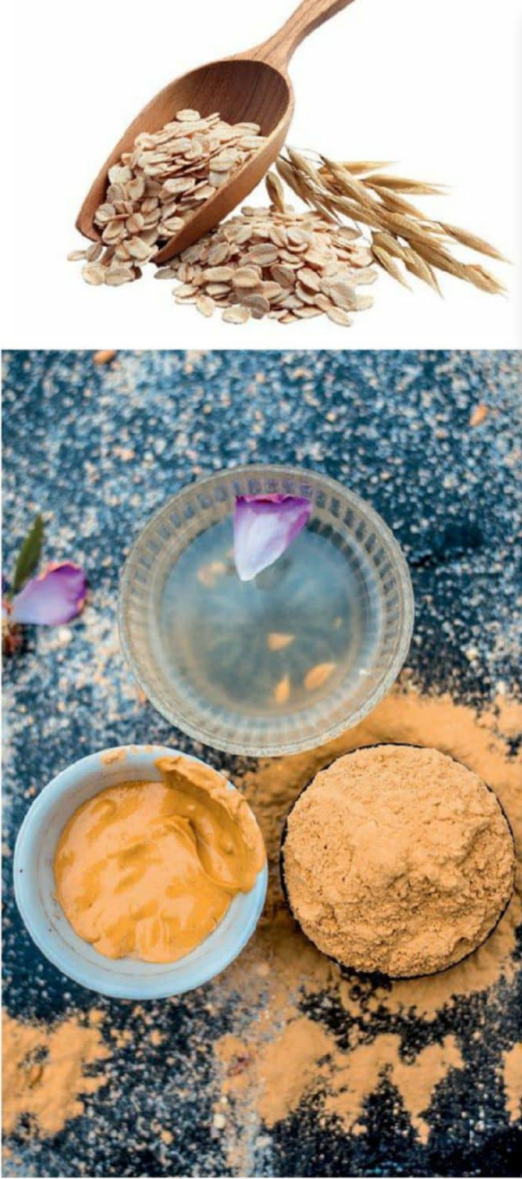
TURMERIC & SANDALWOOD  
UBTAN *To reduce hair growth*

WHAT YOU'LL NEED

- 2 tbsp chickpea flour (*besan*)
- 2 tbsp sandalwood powder
- A pinch of turmeric
- 1 tbsp mustard oil
- 1 tbsp fresh cream
- 1 tbsp rosewater

METHOD

Mix the ingredients to make a paste. Apply the *ubtan* and wait for 15 to 20 minutes for the paste to dry. Remove the dried paste by rubbing against the direction of hair growth, and wash with cool water. Use this *ubtan* at least once a week to see a visible reduction in facial hair.



LENTIL & OATMEAL UBTAN  
*For exfoliation*

WHAT YOU'LL NEED

- 0.25 cup lentil (*masoor dal*)
- 0.25 cup oatmeal
- 0.25 cup uncooked rice
- 1 tsp turmeric powder
- Almonds (a few)
- Dash of rosewater

METHOD

This one needs some pre-prep. Soak the almonds in water overnight; then, peel and grind into a paste the next morning. Dry-grind the lentil, rice and oatmeal, and add turmeric powder, almond paste and rosewater to make a smooth concoction. Use as an exfoliant for the whole body before a shower.

CLOCKWISE FROM LEFT: SHUTTERSTOCK(2); MIRZAMLK/ GETTYIMAGES



COCONUT OIL & CREAM UBTAN  
*To bleach or remove facial hair*

WHAT YOU'LL NEED

- 2 tbsp chickpea flour (*besan*)
- 0.5 tsp turmeric powder
- 2 tbsp milk (raw, if you can manage)
- 1.5 tbsp fresh cream
- A few drops of coconut oil

METHOD

Mix the ingredients into a paste, and apply in a thick layer on the areas of the face from where you wish to remove the facial hair. Let it dry, for around 20 to 30 minutes. Gently massage the skin against the direction of hair growth until the *ubtan* comes off. Leave for another hour and then wash with water. Regular use will not only curb hair growth but will also make your skin softer and clearer.

GINGER-GARLIC UBTAN *For pain relief*

WHAT YOU'LL NEED

- 4 tbsp chickpea flour (*besan*)
- 1 heaped tsp fenugreek powder
- 1 tsp mustard oil
- A pinch of ginger-garlic powder
- 1.5 tsp coconut oil

METHOD

Mix the ingredients into a paste and apply the mixture on the affected parts. Massage well and cover with a gauze bandage. After half an hour (or more, if required), wash it off with water. This home remedy is said to be particularly effective for painful joints.

FROM TOP: MIRZAMLK/ GETTYIMAGES; SHUTTERSTOCK(2)



# All for that Bridal Blush

Having 12 years of experience in the field of nutrition and diet counselling, health and lifestyle coach, **Dr Archana Batra** believes that a tailored health routine packed with balanced nutritional diets and workout sessions, is all that a would-be bride needs for that gorgeous glow on her dream day. Here she spills the beans on the beauty secrets all future brides must know by heart.

By Sushmita Srivastav

## What's the first and foremost fitness tip you'd like to give to our brides-to-be?

I'd like to start with two words—plan ahead! Often, women come all stressed out just a month before their weddings with too many expectations. That's just not the right way to go about it. Make realistic goals and invest enough time to achieve them. Give your body and mind at least three months to prep for your special day.

Expert recommends to pen down fitness goals along with deadlines, which should cover both physical as well as emotional fitness.



and pen down all your fitness goals along with deadlines. However, staying fit doesn't just limit to the body, you must feel emotionally fit for this new journey of your life too. So make sure to keep your stress levels under check.

## What exercise routine a future bride must follow?

Well, forming a routine might sound hard but it's quite simple, really. Figure out your problem areas and start the exercise programme early—giving the entire routine at least 12 weeks to work is a wise idea. There are many reasons why you must start early; you have ample time to get into that perfect fit of your dream wedding dress, and more time means less stress, and more glowing skin. Research says that strength training can take from few weeks to even a month's time to tone up your muscles.

Once you are set to start, take help of a personal trainer or make your own personalised workout depending upon your schedule and the focus areas. Make sure to include both cardio and strength training in your exercise. You may add HIIT (high intensity interval training) or a form of dance to the list to make it more fun but there has to be two days a week dedicated to strength training or resistance exercise sessions. But remember, no heavy weights for arms as that may make them bulkier.

It is equally important to know when to leave the exercise routine. Stop your intense workout sessions a week before the wedding day to avoid sore muscles, added weight, water retention, and puffy skin. If you want, you can switch to relaxation and meditation for the final week till the wedding day.

## Tell us about the best bridal nutrition plan that's there.

Healthy nutrition is a must to look fresh and radiating on your D-day, and is crucial for overall wellbeing. As per the American Academy of Dermatology, the best bridal diet to prevent a troubled skin and add glow is the low GI diet. What's that you ask? Well, a low glycaemic index diet means completely staying off the foods that lead to rapid rise in blood glucose leading to a spike in insulin, which can cause inflammation, more sebum production, and hence, acne formation. Bid goodbye to the sugary indulgences and fried or processed foods, and switch to foods with low GI like vegetables, whole grains, beans, and legumes. Replace your spicy meals with salads, fruits, nuts and

“Study says that low GI diet is the best bridal diet to prevent troubled skin”

—Dr Archana Batra





fish. Plus, include yogurt in your daily diet to build up healthy gut microbiota that leads to clearer, healthier skin. However, it is understandable to have a cheat meal once a week as I know you'd like to go out dining or partying with your fiancé, family and friends. You would want to make the most memorable and fun memories during this course of time, I get it, but try not to over indulge until you're ready to sweat out those extra calories or compensate really hard.



**Superfoods are very popular today. How can those be included in the bridal routine?**  
Yes, superfoods have some amazing effects on your skin and hair, and have endless health benefits as well. Rich in antioxidants (Vitamin A, C and E) and phytochemicals (lycopene, anthocyanins, and chlorophyll), superfoods are widely used in cosmetic products too. Try lemon, berries, beetroot, bell peppers, broccoli, leafy vegetables, and citrus fruits for healthy collagen formation, repairing damaged skin cells, and adding to the skin glow. Papaya is another superfood with Vitamin A and papain enzyme that helps in skin rejuvenation. It's a great ingredient for face mask. Pumpkin seeds with zinc, flaxseeds with Omega 3 fatty acids, and chia seeds can also be included in the meal.

**Enlighten us about the required water intake.**  
Well, it's not a hidden secret that adequate water intake is more important than anything else for radiant, acne-free skin. Drinking less water can lead to dehydration and water retention that can give you swollen skin and weight gain. Drink at least eight glasses of water a day to rid your body off any toxins, increase the elasticity of the skin, vanish wrinkles off your skin, and make your hair shiny and silky. Also, water doesn't have any calories, so it increases your metabolism and helps in weight loss.



Superfoods have endless health benefits. Rich in antioxidants and phytochemicals, superfoods are widely used in cosmetics today, too.



**Suggest few delicious and healthy recipes that a bride-to-be can swear by for skin glow and holistic wellness.**

**Overnight Berry Chia Oats**  
Start your day with this easy, no-cook breakfast that can include all the superfoods you want. Take half to one small cup of Greek yogurt, half to three-fourth cup of milk of your choice (go vegan with almond or soya milk), one to two tablespoon of raw whole oats, handful of berries you love, chia seeds, pumpkin seeds, one tsp of organic honey, and vanilla essence (optional). Mix all the ingredients in a jar and keep it in the refrigerator overnight. And voila! Your berry breakfast is ready with zero efforts and almost no fat. You may also enjoy it post your workout session by just adding almond butter or whey protein for that extra protein intake.

**Green Smoothie**  
This delicious drink can be taken early in the morning for a fresh start. Add your choice of greens (pick from spinach or kale), two fruits of your choice (apple, orange and pineapple go best), and water or brewed green tea for additional antioxidant benefits. Blend and relish. You may also try the yogurt-based apple cinnamon oatmeal smoothie, berry smoothie, or pineapple and banana smoothie.

**Spinach, Beetroot, Pomegranate & Feta Cheese Salad**  
This salad is a miracle worker for your skin. Toss two handfuls of raw spinach leaves into a bowl with half to one pomegranate, one beetroot (raw/partially steamed), half a cup of crumbled feta cheese, and one tbs of pumpkin seeds. Dress it with vinaigrette or make your own vinegar-based dressing using ACV or balsamic vinegar, olive oil, and seasonings of your choice. You can also add chopped tomato to this salad for an added antioxidant called lycopene. Alternative options for



Expert recommends consuming superfoods throughout the day and avoiding carbs at night for every bride-to-be.

this are fruit and nut salad, chicken and avocado salad, and sprouts and cottage cheese salad with tuna.

**For Main Course**  
Try quinoa with chickpeas and veggies, brown rice, *moong* or *arhar dal*, and *ragi* or multigrain *aata chapatti* for a complete meal. Avoid having carbs at night if you are looking for weight or inch loss.

**For In-Between Snacks**  
Have healthy snacks and drinks like coconut water, spiced buttermilk, freshly-cut fruits, fresh juice, unsalted and home-roasted foxnuts, Greek yogurt, hummus with veggies, guacamole with veggie sticks, nuts and seeds trail mix, and green or peppermint tea to tackle those sudden hunger pangs. 🌿






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# ENHANCE

72 Beauty / 74 Fashion / 78 Baubles



There's something supremely surreal about the light aroma of lavender. The scent of this purple-petal flower is known to induce a deep sense of relaxation. And, it's a great ingredient to get rid of anxiety, stress and insomnia.

SHUTTERSTOCK (PICTURE FOR REPRESENTATION PURPOSE ONLY)





# GET YOUR GLAM ON

These beauty and grooming essentials will make sure your Fall skincare and beauty routines are on point.

By Priyanka Chakrabarti



**Revlon**  
Super Lustrous Lipstick  
₹699



**Guerlain**  
Orchidée Impériale  
Rich Cream  
₹24,124



**Clinique**  
Makeup Remover  
₹1,432



**Ecotique**  
Himalayan Saffron  
Body Oil  
₹1,199



**Clarins**  
Four Colour  
Eyeshadow Palette  
₹2,565



**Shangpree**  
Marine Jewel  
Hydrating Mask  
₹1,658



**Nykaa**  
Strobe & Glow Liquid  
Highlighter  
₹699



**Givenchy**  
Disturbia Liquid Eyeliner  
₹1,771



**Charlotte Tilbury**  
Legendary Lashes  
Volume 2 Mascara  
₹1,885



**YSL**  
La Laque Couture  
₹1,621



**Laura Mercier**  
Longwear Lip Pencil  
₹1,508



**BodyCupid**  
Balinese Mango  
Shower Gel  
₹400



**Chopard**  
Oud Malaki  
Eau de Parfum  
₹7,162



**MAC**  
Shape & Shade  
Brow Tint  
₹1,900



**Shiseido**  
Luminance Serum  
₹29,779



**SoulTree**  
Intensive Hair Therapy  
Oil  
₹675



**Forest Essentials**  
Ojas Glow Replenishing Night  
Beauty Balm  
₹3,800



**Global Beauty Secrets**  
Indian Milk and Saffron  
Toner  
₹1,100



**Kaya Clinics**  
Brightening Day Cream  
₹950





**Sunglasses**  
Chloé, Carlina Chain  
Sunglasses, ₹25,303

**Belt**  
Rixo, Tanya  
Starfish Chain  
Belt, ₹11,329



**Bag**  
TOM FORD, Small Python  
Natalia Shoulder Bag,  
₹195,622

**Clothes**  
Zuhair Murad,  
Spring 2019 Couture,  
price on request



**Scarf**  
Alexander McQueen, Silk  
Curiosities Scarf, ₹21,526



**Headgear**  
David Charles, Pearl and  
Leaf Headband,  
₹6,417



**Clutch**  
Jimmy Choo, Sweetie  
Clutch Bag, ₹55,737



**Footwear**  
Kurt Geiger London, Langley  
Sandals 75, ₹7,478

# Unwind in Style

Welcome the festive season in the chicest way possible with these must-have fashion pieces.

By Priyanka Chakrabarti

MODEL CAPTURED BY: ALESSANDRO LUCIONI/GORUNWAY.COM

MODEL CAPTURED BY: YANNIS VLAMOS/INDIGITAL.TV



**Watch**  
Tag Heuer,  
Carrera 43mm  
Formula 1 Watch,  
₹79,307



**Sunglasses**  
Oliver Peoples, Gregory Peck Round  
Sunglasses, ₹20,016

# Style Bible

Add hints of pastel and beige to your wardrobe this season.

By Priyanka Chakrabarti



**Bracelet**  
Bottega Veneta, Chain  
T-Bar Bracelet, ₹46,829



**Wallet**  
Polo Ralph Lauren, Logo  
Embossed Bifold Coin  
Wallet, ₹5,212



**Footwear**  
Doucal's, Leather  
Loafers, ₹26,057



**Luggage**  
Mulberry, Medium Scotchgrain  
Clipper Holdall, ₹52,494



**Perfume**  
Dolce & Gabbana, K  
by Dolce & Gabbana,  
₹4,154

**Clothes**  
Dior Men, Spring  
2019 Menswear,  
price on request



# POWER THROUGH WITH THESE GADGETS

Tech isn't just for play and work. It's also for your workout!  
By Vaibhav Sharma



**GARMIN FORERUNNER 45 running smart watch**

This running watch has got up to seven days battery life (13 hours if using GPS), a silicone band, a display designed for outdoor usage, 50m water resistance, and weighs 36g. Other features include the emergency assistance, live tracking, Vo2 max tracking, and the specialised running (and cycling) profiles. You can also track indoor exercises, and try out new training programmes via the free Garmin Coach app. [garmin.co.in](http://garmin.co.in), ₹19,990



**NIMA GLUTEN Tester**

Food allergies can be life threatening. Nima's gluten tester might help you achieve a gluten-free diet by testing for the presence of certain protein markers in your food. Insert a capsule into the Nima device, place some food in the capsule, and Nima will take just a few minutes to tell you if it detected any gluten. [nimasensor.com](http://nimasensor.com), ₹16,253



**WITHINGS SMART Sleep Sensor**

Slip this lightweight sensor under your mattress to track your sleep cycles. It'll keep a record of how much (and how well) you sleep, how much time you spend in each phase of sleep, and whether you snore. It also doubles up as a smart home device, can act as a trigger for home automation and supports Alexa Skills. [withings.com](http://withings.com), ₹7,093



**DHYANA MEDITATION Biofeedback ring**

This ring has guided sessions that ask you your mood and then comes up with a meditation plan. It keeps track of how many minutes of 'mindfulness' you rack up in a day, and with real-time biofeedback; it's easy to track your progress. Wireless charging, a 24-hour battery life, and hypoallergenic construction make it a sensibly designed gadget. [smartdhyana.com](http://smartdhyana.com), ₹6,999



**STRACK WEARABLE Posture monitor**

Poor posture can lead to many ailments. But if you've tried to correct your posture but have failed to keep at it, try this new wearable. Stick it on your back between your shoulder blades (or use the magnetic clip to attach it to your clothes), install the app on your phone, and that's it. Strack will alert you each time it senses you're slouching. [dipitr.com](http://dipitr.com), ₹5,999



**HIDRATE Spark 3**

Made of BPA-free materials and with a silicone sleeve made for active use, the Spark 3 is a 'smart' water bottle (592ml) that tracks your water consumption. You can sync the data with other apps, and you'll simply love the cool glowing effect that lights up the entire bottle when it's time for you to take another sip. A replaceable battery that lasts for months also makes it perfect for anyone who hates recharging their gadgets. [amazon.com/hidratespark.com](http://amazon.com/hidratespark.com), ₹4,254



**APPLE WATCH Series 5 (with ECG)**

The Apple Watch Series 5 has a noise meter, advanced workout tracking (including live running cadence display), GPS, optional 4G LTE, and with 50m water resistance, you can wear it to your swimming class. There's even a proper ECG function, which can warn you of any irregular heart rhythms. Third-party apps extend its functionality further, with several apps, from workout lessons to hiking maps. [apple.com/in](http://apple.com/in), starts from ₹40,900



**MI BODY Composition Scale**

If you are really serious about getting started with a scientifically devised fitness regimen, you'll know that your weight isn't the only metric worth tracking. You need other data as well—BMI, BMR, bone mass, muscle mass, water content, visceral fat, etc. That's exactly what the Mi Body Composition Scale does. [mi.com/in](http://mi.com/in), ₹1,999



**EUREKA FORBES Aquaguard Nourish**

Proponents of 'Hydrogen Water' say that the extra hydrogen atoms give it antioxidant properties. Eureka Forbes have a new portable bottle (500ml) that gives you just that. Charge it, fill it up, and the Nourish will convert normal water to the one with added hydrogen atoms in an unbonded form. The Aquaguard Nourish also has an LCD display that shows you just how much water you've been drinking, and there's also an in built water purifier. [amazon.in/eurekaforbes.com](http://amazon.in/eurekaforbes.com), ₹5,299



**PIE BY BAGEL Labs Smart Tape Measure**

The Pie is a smart tape measure that can track measurements for up to 100 people—saving them in its app. But what really makes it useful is its accuracy (1mm), and the ability to sync your data with fitness and activity tracking apps like Google Fit, Apple Health, and Samsung Health. The Pie Fit app also comes up with accurate body measurements on its own, which could really be what you need to create a proper fitness routine. [amazon.com/bagel-labs.com](http://amazon.com/bagel-labs.com), ₹5,677





**Bee Goddess**  
Rose Gold and White  
Diamond Oyster Drop  
Earrings, ₹450,069



**Cartier**  
Small Pink Gold and Diamond  
Baaignoire Watch, ₹2,367,197

**Marco Bicego**  
Yellow Gold  
Jaipur Blue Topaz  
Necklace, ₹180,517



## Jewellery Bible

Lay your hands on these exquisite pieces to add the much-needed glam to your glitter casket.

By Priyanka Chakrabarti

**Stephen Webster**  
Magnipheasant  
Diamond Pavé Feather  
Necklace, ₹539,247



**Halcyon Days** Yellow Gold-Plated  
Salamander Bangle, ₹10,197

**Links of London**  
Wishbone Charm  
Pendant, ₹47,205



**Suzanne Kalan**  
Rose Gold, Sapphire  
and Diamond Rainbow  
Eternity Ring, ₹143,162



**Djula**  
Rose Gold and  
Diamond Knuckle  
Ring, ₹100,833

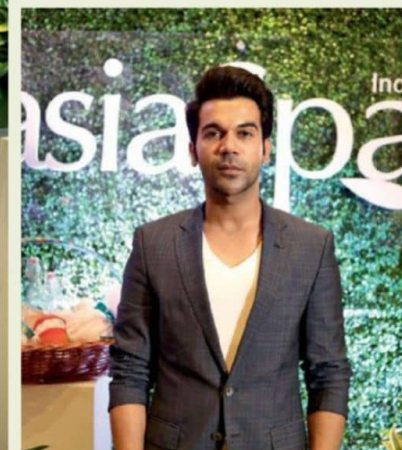


**L'atelier Nawbar**  
Rose Gold and  
Diamond Amulets of  
Light Bracelet, ₹71,620



## THE SHOWSTOPPERS

On **October 23, 2019**, asiaSpa India honoured and commemorated the best in the ever-growing health, wellness, fitness, hospitality, and beauty industries of the world with yet another glitzy edition of the **asiaSpa India Awards 2019** at the **ITC Grand Central, Mumbai**. Bollywood stars and key opinion leaders from these industries graced the red carpet, while some of the world's high fliers got together to celebrate the winners as voted by our readers. With this year's focus revolving around the concept of responsible luxury, a sentiment shared by both asiaSpa India and the venue partner, ITC Grand Central, Mumbai—the evening celebrated the wellness way of life. The awards ceremony also witnessed felicitation of some of the biggest stalwarts from Bollywood like Star of the Year, Kiara Advani; Game Changer of the Year, Rajkummar Rao; asiaSpa Star Personality, Aditi Rao Hydari; and Woman of Substance, Dia Mirza among others.







Krishna Swaroop of Andaz Spa, Andaz Delhi receives award for Most Luxurious Spa Treatment (India) from Sushmita Gupta, Business Director Burda Media India.



asiaSpa India Editor Priyanka Chakrabarti poses with Just Herbs' CEO and co-founder Arush Chopra who won the award for Best Natural Organic Product.



Actor Aditi Rao Hydari wins award for asiaSpa Star Personality.



Burda Media India CEO Björn Rettig and Editor-in Chief of Travel+Leisure India & South Asia Aindriia Mitra pose with Actor Nushrat Bharucha as she wins Beauty Personality of the Year award.



Travel influencers Shashank Sanghvi and Dimpy at asiaSpa India Awards 2019.



Ace fashion photographer Dabboo Ratnani presents award to Spa, The Ritz-Carlton, Bangalore for Best Facial.



Actor Urvashi Rautela at asiaSpa India Awards 2019.



Cholada Siddhiarn of Tourism Authority of Thailand Mumbai receives award from Amit Kumar, General Manager ITC Hotels, and supermodel Elena Fernandes for Best Wellness Destination (International).



Boon Chun Khai of The Fullerton Spa, The Fullerton Hotel Singapore receives award from Actor Soundarya Sharma for Best Hotel Spa (International).



Host for the evening, Mandira Bedi, poses at asiaSpa India Awards 2019 in an attire designed by Charu and Vasundhara paired with earrings by Minerali, and styled by Neha Chugh.



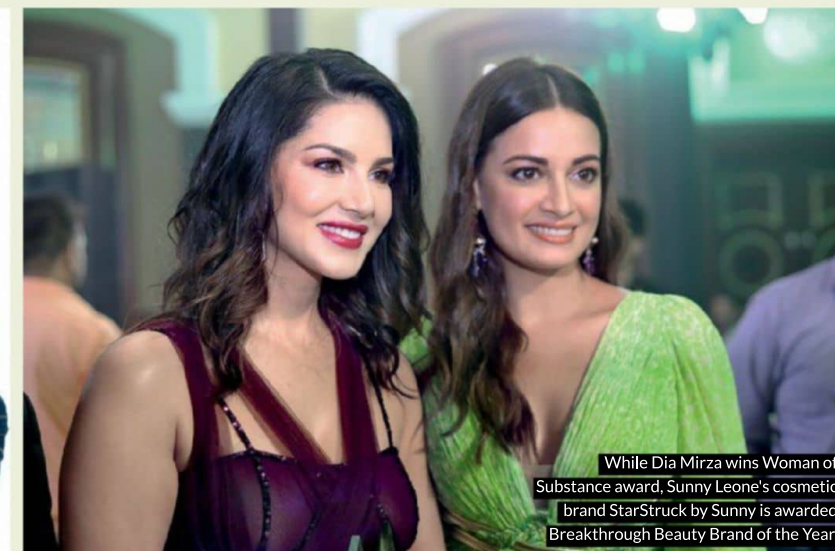
Actor Sayani Gupta receives award for Power Performer of the Year from Dabboo Ratnani.



Sanjiv Bisaria, Director-Global Advertising Partnerships, Burda Media India, presents award to team Kaya Kalp-The Royal Spa, ITC Grand Bharat, Gurugram for Best Destination Spa (India).



Actor Chahat Khanna presents award to Aakash Mathur of Cult.fit by Cure.fit for Best Fitness Centre/Chain.



While Dia Mirza wins Woman of Substance award, Sunny Leone's cosmetic brand StarStruck by Sunny is awarded Breakthrough Beauty Brand of the Year.



Sayani Gupta in the audience.



Team Amatara Wellness Resort, Thailand wins award for Most Luxurious Spa Treatment (International).



Amit Kumar of Kaya Kalp-The Royal Spa at ITC Hotels receives award for Best Indigenous Luxury Spa Chain from actor Sayani Gupta.





Vaishali Bali of Alila Diwa Goa receives award for Best Spa Cuisine (India) from Sushmita Gupta.



Sujan Mariwala of Aheli Spa, The Roseate New Delhi wins award for Most Luxurious Spa Treatment (India).



Actor Saqib Saleem wins in the Fit & Fab category.



Björn Rettig and Aindrila Mitra pose with Aiti Rao Hydari, and Ewelina Wozncia.



Actor Abigail Pande at asiaSpa India Awards 2019.



Sayani Gupta presents award to team Reebok for Best Athleisure.



Soundarya Sharma presents award to team Kaya Kalp-The Royal Spa, ITC Mughal, Agra for Best Hotel Spa (India).



Anaha Spa, Shreyas Yoga Retreat, Begaluru wins for Best Deep-Tissue Massage.



Team Myrah Spa Marine Drive, Mumbai wins for Best Day Spa.



Meher Mankani and Samir Srivastav of Jean-Claude Biguine Spa & Salon, India wins award for Best Spalon.



Dr. Arun Pillai of Dharana Wellness Centre, Hilton Shillim Estate Retreat and Spa wins for Best Hydrotherapy.



Star of Year, Kiara Advani, poses at asiaSpa India Awards 2019.



Team Rene Furterer Paris wins award for Best Spa Product.



Vibha Rastogi of Sawadhee Traditional Thai Spa, New Delhi wins award for Best Day Spa.



Elena Fernandes poses at asiaSpa India Awards 2019.



Actor Anupriya Goenka at asiaSpa India Awards 2019.



Actor Amol Parashar at asiaSpa India Awards 2019.





Wajira Gamage of Santani Wellness Resort & Spa, Sri Lanka receives award for Best Spa Cuisine (International) from Sushmita Gupta.



Team Kama Ayurveda wins award for Best Spa Product.



Anupriya Goenka poses at asiaSpa India Awards 2019.



Rajkumar Rao wins Game Changer of the Year Award.



Father-daughter duo Samir and Namrata Purohit pose with ITC Hotels' Amit Kumar and Elena Fernandes after winning the award for Best Health and Wellness Coach.



Sanjiv Bisaria presents award to Vishal Bhandari of SoulTree for Best Natural/Organic Product.



(L-R) Simmi Sood of The Spa, Radisson Blu Plaza Delhi Airport, receives award for Best Couples' Treatment (India), from Aindrila Mitra along with Dabboo Ratnani.



Jean Claude Bernard of Spa Marie de Bourgogne Hotel Le Cep-Beaune, France receives award for Most Luxurious Spa Treatment (International), from Aindrila Mitra and Björn Rettig.



Manini Sen of Ananda in the Himalayas, Uttarakhand receives award for Best Meditation Ambience from Björn Rettig.



Björn Rettig speaks at asiaSpa India Awards 2019.



Jean Claude Bernard at asiaSpa India Awards 2019.



Aindrila Mitra and Dabboo Ratnani pose with members of Iridium Spa, The St. Regis Mumbai which won Best Facial award.



Dhruv Aima of Chi, The Spa, Shangri-La's Eros Hotel, New Delhi receives award for Best Hotel Spa (India) from Soundarya Sharma.



Actor Sunny Leone poses with husband Daniel Weber at asiaSpa India Awards 2019.



(L-R) Aindrila Mitra, Priyanka Chakrabarti and Dabboo Ratnani, pose with Narayana Prasad of The Spa, Park Hyatt Hyderabad which won award for Best Couples' Treatment (India).



Team ATMANTAN, Wellness Centre, Pune wins for Best Ayurvedic and Wellness Centre (India).





Genu Nair from Shine Spa Sheraton, Sheraton Grand Bengaluru Whitefield Hotel & Convention Centre receives award for Best Deep-Tissue massage from Aindrila Mitra.



Team The Oberoi Spa, The Oberoi Sukhvilas Spa Resort, New Chandigarh receives award for Best Resort Spa (India) from Björn Rettig.



Sayani Gupta presents award to Ajay Singh of HRX for Best Athleisure.



ITC Hotels' Amit Kumar presents Dia Mirza a hamper curated by ITC Grand Central Hotel, Mumbai, reflecting responsible luxury.



Shayamal Vallabhjee receives award for Best Wellness Guru from Vivek Pareek, Editorial Director, Burda Media India.



Team Jiva Spa, Taj Bekal, Resort & Spa, Kerala receives award for Best Hydrotherapy from Aindrila Mitra and Björn Rettig.



Team Organic Tattva receives award for Best Health Food Brand from Sushmita Gupta.



Ritika Bawa of Club Olympus Fitness Centre and Spa at Hyatt Regency Delhi receives award from Björn Rettig for Best Spalon.



Ritu Sharma of Switzerland Tourism poses with ITC Hotels' Amit Kumar and Elena Fernandes as the country is awarded Best Wellness Destination (International).



Meher Mankani and Samir Srivastav of Jean-Claude Biguine Spa & Salon, India receive award for Best Spalon from Björn Rettig.



Actor Payal Ghosh poses at asiaSpa India Awards 2019.



Wellness Guru Shayamal Vallabhjee poses with Chahat Khanna.



Celebrity makeup artist Mehak Oberoi at asiaSpa India Awards 2019.



Social Media Influencer Karishma Sakhrani at asiaSpa India Awards 2019.





Emerging celebrity makeup artist and beauty expert Lekha Gupta.



Ajay Bharti of MAYFAIR Darjeeling receives award for Best Meditation Ambience from Björn Rettig.



Travel and lifestyle blogger Sejal Jain at asiaSpa India Awards 2019.



Best Health and Wellness Coach winners Samir and Namrata Purohit pose at asiaSpa India Awards 2019.



Actor Benafsha Soonawalla poses at asiaSpa India Awards 2019.



Athini Kashe of The Lodhi Spa, The Lodhi, New Delhi receives award for Best Hammam from Björn Rettig.



Zorem Siami, Spa Manager, Le Meridien Mahabaleshwar Resort & Spa, Mahabaleshwar poses with Aindrita Mitra and Dabboo Ratnani as she wins award for Best Couples' Treatment (India).

# THE WINNERS' LIST

THE ASIA SPA AWARDS 2019 WAS HELD ON  
OCTOBER 23, 2019

AT THE ITC GRAND CENTRAL, MUMBAI.

HERE'S A LOOK AT THE SPAS, DESTINATIONS, AND  
WELLNESS BRANDS THAT WOODED OUR READERS.





Andaz Spa, Andaz Delhi

## SPA (DOMESTIC)

### MOST LUXURIOUS SPA TREATMENT

#### ANDAZ SPA, ANDAZ DELHI

With an innovative apothecary approach guided by one's *chakras*, handcrafted products made of fruits, herbs, minerals and essential oils, and six treatment rooms with private rain showers, the spa at Andaz Delhi is your best bet to tailor your own wellness journey. Andaz Spa lets you blend together, and enjoy the purest elements of nature through an experience guided by your aura and physiology. Once done, take a relaxing dip in the swimming pool, unwind at the sauna space or simply pamper yourself at the unisex relaxation room. [hyatt.com](http://hyatt.com)

#### AHELI SPA, THE ROSEATE NEW DELHI

The Roseate New Delhi is an oasis of calm amidst the rushed life of the capital, and the Aheli Spa here stands testament to it. With five treatment suites (including one couple's treatment space) and a special *hammam* with the famous Turkish baths on offer, Aheli is your final call at experiencing absolute luxurious wellness. The signature services at the spa are created to detox, cleanse, nourish, nurture, heal, and rejuvenate your body through various rituals and therapies. [roseatehotels.com](http://roseatehotels.com)

### Best Medi Spa

#### VAIDYASALA, EVOLVE BACK COORG

When you step into the portals of Evolve Back Chikkana Halli Estate, Coorg, you leave one world behind, and step seamlessly into another, experiencing rebirth seeped with ancient secrets of the oldest healing system. At Vaidyasala, the Ayurvedic Village here, masseurs infuse your body with new vigour, and experienced physicians prescribe a customised regimen to suit your constitution. Moreover, being surrounded by the tranquillity of a soothing, lush green environment further enhances the overall state of well-being. [evolveback.com](http://evolveback.com)

#### SKINLAB BY DR JAMUNA PAI

Being backed by the mind of a medical graduate gives SkinLab an extra edge. Dr Jamuna Pai, the brain behind this skin care clinic, has been pursuing aesthetic medicine since 1994. Carrying forward Dr Pai's vision of offering a medically sound experience, the experts here are adept at creating protocols and modifying existing ones to specifically suit Indian skin types. With its services like Ultherapy, MediFacials, Wrinkle Reductions, and even Dermal Fillers, the team here aims to provide personalised and professional client care in each case. [skinlab.in](http://skinlab.in)



Vaidyasala, Evolve Back Coorg

### Best Destination Spa

#### KAYA KALP-THE ROYAL SPA, ITC GRAND BHARAT, GURUGRAM

Not far from the capital lies an abode of wellness. At ITC Grand Bharat, their in-house Kaya Kalp—The Royal Spa houses 64 treatments that take you on a sensory journey into a haven of tranquillity. Their beauty treatments, relaxing massages, and ancient Ayurvedic rituals converge with western style therapies using luxurious products, and an array of hair and beauty services. The aromas coupled with expansive surroundings of ancient Aravallis add on to the ambience. [itchotels.in](http://itchotels.in)

#### AYURMANA, KUMARAKOM LAKE RESORT, KOTTAYAM

Every corner of Kumarakom Lake Resort's Ayurvedic healing retreat pulsates with the power of ancient sciences. Once home to Chatamangalathu Mana—a family of renowned Ayurvedic practitioners, the 200-year-old Ayurmana has kept the legacy alive. 'Nalukettu' or four-sided mansion has been moved and recreated at the Kumarakom Lake Resort. The same expertise permeates through their wellness therapies. Be it hours of treatments, or over 21 nights of bespoke Ayurvedic packages, be assured to be taken care of every single need. [kumarakomlakeresort.in](http://kumarakomlakeresort.in)

### Best Resort Spa

#### THE OBEROI SPA, THE OBEROI SUKHVILAS SPA RESORT, NEW CHANDIGARH

Nestled in the foothills of the Himalayas, holistic wellness at The Oberoi Spa follows you as soon as you walk up the stairs to the peaceful abode. Not only are their facials, body treatments, Ayurvedic therapies, and hammam class apart, but their unique ALQVIMIA experience based on ancient alchemic wisdom takes it a notch higher. The use of 100 per cent natural products in each of their treatments reasserts their strive towards true happiness. [oberoihotels.com](http://oberoihotels.com)



Alila Diwa Goa

### Best Spa Cuisine

#### ALILA DIWA GOA

Set amid lush paddy fields, Alila Diwa Goa blends the best of contemporary Goan architecture, high-pitched roofs, wide verandahs, and tranquil courtyards with rich cultural traditions. Reflections of the surrounding environs permeate through the core of this hotel right up to their dining options. When here, guests can gorge on fresh seasonal delicacies to heighten the sense of wellness, which Alila Diwa Goa so skillfully masters. [alilahotels.com](http://alilahotels.com)

### Best Day Spa



Myrah Spa Marine Drive, Mumbai

#### MYRAH SPA MARINE DRIVE, MUMBAI

Influenced by European architecture and decorative elements creating a synergy of eclectic styles and local art, the Myrah Spa at Mumbai's Marine Drive is an oasis of relaxation. Spanish tiles, wooden flooring, and cosy carpets complete the look. This attention to detail transcends their decor and seeps into the therapies as well. Whether it's their six-week detox journey, Thai-inspired yoga bodywork massage or carefully customised pre-natal therapies, you can be assured of specialised massage therapists and trainers taking care of your every need. [myrahspa.com](http://myrahspa.com)

#### SAWADHEE TRADITIONAL THAI SPA, NEW DELHI

Nestled in the busy city of New Delhi, Sawadhee Traditional Thai Spa is about learning to live and appreciating every moment, all while simultaneously creating a personal path to health and wellness. The therapies in Thai-influenced serene space focus on pampering the skin and body. When here, experience unique stretching and massage techniques to access deep tissue pressure points or indulge in the soothing benefits of steamed herbal balls—a Thai tradition, which when tried, compels you to experience once more. [sawadhee.com](http://sawadhee.com)



Sawadhee Traditional Thai Spa, New Delhi





Chi, The Spa, Shangri-La's-Eros Hotel, New Delhi

### Best Hotel Spa

#### KAYA KALP-THE ROYAL SPA, ITC MUGHAL, AGRA

When channels of running water, fountains, outdoor rain showers, and private courtyards greet you at a spa, you can be assured of an opulent experience. Couple this with stone latticework embellishments, mother of pearls, and mirror work, and you'll find yourself at ITC Mughal's Kaya Kalp-The Royal Spa. Home to four royal Mughal hammams and seven different spa journeys, the reliance on Mughal traditions here is instantly evident. Pepper the experience with spa pool, infrared bath, steams, and Jacuzzi, and feel like royalty. [itchotels.in](http://itchotels.in)

#### CHI, THE SPA, SHANGRI-LA'S-EROS HOTEL, NEW DELHI

It is believed that the Chinese philosophy of Chi is the universal life force that governs well-being and vitality. At the spa in Shangri-La's-Eros Hotel, a range of body treatments allow you to do just that. Spread over 20,000 square feet, Chi, The Spa boasts of five spacious treatment rooms, including a special couple's suite. The use of natural and organic products in each of the wellness journeys, massages, and treatments here facilitate this process enabling one to achieve a state of complete wellness seamlessly. [shangri-la.com](http://shangri-la.com)



The Spa, Park Hyatt Hyderabad

### Best Couples' Treatment

#### R-THE SPA, RADISSON BLU PLAZA DELHI AIRPORT

Spread across three levels, R-The Spa at Radisson Blu Plaza Delhi Airport offers a complete wellness experience with the right blend of Asian traditions and European therapies. Here, new beauty techniques intersect with ancient holistic remedies to offer true respite from the rigours of daily life. Whether you need assistance in specific wellness or health related issues, or simply wish to experience relaxation and rejuvenation, expect expertly trained spa therapists giving you the ultimate personalised spa experience. [radissonhotels.com](http://radissonhotels.com)

#### LE MERIDIEN MAHABALESHWAR RESORT & SPA, MAHABALESHWAR

When at the spa at Le Meridien Mahabaleshwar, get ready to bid adieu to stress. Set amidst 27-acres of pristine evergreen forests, here you can pamper yourself with massages and body treatments, relieve sore muscles in the Vichy shower, or enjoy a relaxing manicure and pedicure. To bring an extra oomph in the relationship, you and your loved one can also unwind together at the resort's popular hammam. The options of couple's massages, and thermal baths here further spoil you for choice. [marriott.com](http://marriott.com)

#### THE SPA, PARK HYATT HYDERABAD

Blending the city's opulent Nizami culture, the latest in contemporary advancements makes The Spa at Park Hyatt Hyderabad a sanctuary where royal fragrances blend with expert crafted pearl rituals and the sophistication of herbal healing. Inspired by local art and design, walk-in showers with private soaking tubs and a relaxation lounge amplify the romantic vibe that it creates. The spa ceremonies are crafted to allow guests to achieve mind-body balance, and are best enjoyed with a loved one in their oversized couple's suite. [hyatt.com](http://hyatt.com)

### Best Indigenous Luxury Spa Chain

#### KAYA KALP-THE ROYAL SPA AT ITC HOTELS

Journey through a majestic land of ancient customs and rituals, and recapture the spiritual and medical legacies of India with Kaya Kalp-The Royal Spa at ITC Hotel group. Rooted in traditional Indian wellness philosophies, each tranquil journey—irrespective of the city—is defined by exotic beauty treatments, relaxing massages, and ancient Ayurvedic rituals. Juxtaposing this are their western style therapies, which use luxurious products amid opulent interiors perfumed with delightful aromas and relaxing surroundings. [itchotels.in](http://itchotels.in)



Kaya Kalp-The Royal Spa, ITC Mughal, Agra



The Lodhi Spa, The Lodhi, New Delhi

### Best Hammam

#### THE LODHI SPA, THE LODHI, NEW DELHI

An oasis of tranquillity, The Lodhi Spa offers many traditional and modern rejuvenation treatments, the most exquisite of which is their hammam. With separate sections for men and women, their temperature-controlled hammams come equipped with warm and cold plunge pools and a marble massage plinth. A private lounge to relax adds to this traditional Turkish therapy. Here guests can choose a 45-minute Traditional Peel treatment—a full body exfoliation, or a 90-minute Traditional Hammam session, which comes with an additional olive oil soap lathering. [thelodhi.com](http://thelodhi.com)

#### THE IMPERIAL SPA, SALON, HEALTH AND RACQUET CLUB, THE IMPERIAL NEW DELHI

The Imperial Spa, Salon, Health and Racquet Club is a unique sanctuary for experiencing true wellness. Not only is it designed over a sprawling 12,000 square feet of cool marble and wood, but it is also embellished with authentic Indian art to lift your mind and spirit. A team of expert practitioners, blessed with a skillful healing touch, helps bring an aura of deep relaxation. Couple this with Sufi, their fully organic massage and bath oils product range, and a rejuvenating experience becomes guaranteed. [theimperialindia.com](http://theimperialindia.com)

### Best Deep Tissue Massage

#### SHINE SPA FOR SHERATON™, SHERATON GRAND BENGALURU WHITEFIELD HOTEL & CONVENTION CENTER

Surrounded by some of the city's most celebrated attractions, Sheraton Grand Bengaluru is a space of refined beauty and luxury. The Shine Spa for Sheraton here takes this opulence a notch higher. Spread over 945 sq. metres with 10 treatment rooms, the wellness haven is designed with the sole purpose of restoring balance. Locally inspired massages, Ayurvedic treatments, couple's massages, and therapy baths help facilitate this. Here you can let your stress melt away with a hot stone massage, or Abhyanga massage designed to improve circulation. [marriott.com](http://marriott.com)

#### ANAHA SPA, SHREYAS YOGA RETREAT, BENGALURU

From age-old Ayurvedic treatments to modern therapies, from naturopathy to a wide range of massages, the Anaha Spa at Shreyas offers best wellness experience. Their five-fold Panchakarma procedure uses Ayurvedic techniques to eliminate accumulated impurities. Crystal salt, forest honey, Aloe Vera, sandalwood, coconut, rose water, brown rice, cinnamon, nutmeg, pepper, cardamom, turmeric, coffee, and chocolate find their way into the face, body, and hair packs. [shreyasretreat.com](http://shreyasretreat.com)





Spa, The Ritz-Carlton, Bangalore

### Best Facial

#### IRIDIUM SPA, THE ST. REGIS MUMBAI

Bespoke and sophisticated treatments at the 119-square-meter Iridium Spa at The St. Regis Mumbai captivate guests, especially so with their curation of facials. Whether it's their Blue Diamond Brightening Treatment, or their Clarifying Facial, the undertones of Hungarian influences help keep the spa above par. Adding onto their laurels is the Biologique Recherche Sculpt. This 75-minute treatment for regeneration, sculpting, and anti-ageing is first of its kind in the nation. [marriott.com](http://marriott.com)

### Best Hydrotherapy

#### JIVA SPA, TAJ BEKAL RESORT & SPA, KERALA

Minimalism interspersed with elements of nature resonates in every treatment room at Taj Bekal's Jiva Spa. Private courtyards against the setting of serene water bodies and lush tropical green landscaping add to the beauty of this peaceful sanctuary. The therapies are rooted in ancient Indian wellness traditions. The Abhisheka pavilion here is dedicated to a purifying bathing ceremony, during which you can experience India's ancient ceremonial cleansing rituals, the *abhisheka*. The presence of steam rooms, vitality pools, and a swimming pool add a contemporary touch. [tajhotels.com](http://tajhotels.com)

#### SPA, THE RITZ-CARLTON, BANGALORE

Filling the hotel's entire fifth floor, the Spa at Ritz-Carlton Bangalore amalgamates Indian and Eastern healing traditions with ease. Here, 12 treatment rooms including a VIP suite and two express service rooms complete the 17,000 sq. km of space. Therapies such as Chiang Mai Samunprai—a Thai herbal massage, the Manoyana—a guided meditation followed by massages, and the Jaali embrace—a four-handed body massage are few of the many offerings here. [ritzcarlton.com](http://ritzcarlton.com)

#### DHARANA WELLNESS CENTRE, HILTON SHILLIM ESTATE RETREAT AND SPA

The Dharana Way of Life aims to help you achieve long-term internal and external well-being through their tailor-made programmes. Your wellness journey begins with a thorough evaluation and non-invasive diagnostic testing, which helps determine any medical needs and risks, after which your specially curated package will help align your inner core with the outer environment. The Shillim Yogic Life, Healing Holiday, MINBOS: The De-stressing programme, and Art of Detox are some of the therapies one can experience at this haven. [shillim.in](http://shillim.in)



### Best Spa Product

#### KAMA AYURVEDA

Known for their iconic beauty treatments such as Bringadi Intensive Hair Treatment and Kumkumadi Miraculous Beauty Fluid and Organic Coconut Oil, Kama Ayurveda has acquired a cult following globally among discerning beauty buyers who look for the gentle care of Ayurveda inspired treatments. Their all-natural range spans across skin care, hair care, and targeted bath and body products, while products catering exclusively to men and expectant mothers give them an extra edge. [kamaayurveda.com](http://kamaayurveda.com)

#### RENÉ FURTERER PARIS

The world of botany brims with vital ingredients ideal for restoring your hair's original strength and beauty, and René Furterer was quick to understand this. Back in 1957, this hairdresser developed a three-phase hair cleansing method, the reflections of which continues to find its way in their products even today. With a range spread across different hair types, whether coloured or not, dry, oily, or even thinning—René Furterer Paris is bound to have something for all manes. [renefurterer.com](http://renefurterer.com)



Jiva Spa, Taj Bekal Resort & Spa, Kerala

## SPA (INTERNATIONAL)

The Fullerton Spa, The Fullerton Hotel Singapore



### Best Hotel Spa

#### IRIDIUM SPA, THE ST. REGIS MALDIVES VOMMULI RESORT, MALDIVES

Marrying tranquillity with elegance, the Iridium Spa at The St Regis Maldives Vommuli Resort impresses discerning travellers. With an 1,850-square-meter overwater sanctuary featuring plush furnishings set against white oak interiors, six couple's treatment suites including two Ayurvedic suites with private steam rooms—the spa's ambience appeals as much as its treatments. While its glass doors allow guests to admire unfettered sea vistas from their spa beds, the soaking bathtubs take the indulgence a notch higher. [marriott.com](http://marriott.com)

#### THE FULLERTON SPA, THE FULLERTON HOTEL SINGAPORE

Housed in the historic building of The Fullerton Hotel Singapore, The Fullerton Spa was awarded Winner of Luxury Business Hotel Spa (Southeast Asia) in 2017 and 2018, and Luxury Business Spa Continent (Asia) in 2019 by World Luxury Spa Awards. Its products use natural, paraben-free ingredients, the purest extracts, and essential oils. The Fullerton Spa's Asian Heritage Signature ritual includes applying physical pressure on pressure points so as to clear blockages, sleep inducement and age repair facials. [fullertonhotels.com](http://fullertonhotels.com)

### Best Resort Spa

#### INTERCONTINENTAL FUJAIRAH RESORT, UNITED ARAB EMIRATES

Home to UAE's first and only O Spa by L'Occitane, InterContinental Fujairah Resort takes you to the heart of Provence with its French-inspired treatments using the finest essential oils and natural ingredients. The 'Wellness Day-Out' programme fills a day with fitness activities, soothing therapies of your

choice, and healthy food at Nama restaurant. If you have more than a day, the 'Wellness Connect' package provides personal training, 'Electrical Muscle Stimulation', steam, Jacuzzi, detox therapies, and access to relaxation lounges where you can choose your own herbal tea. [ihg.com](http://ihg.com)

#### KAMALAYA KOH SAMUI, THAILAND

A multiple award-winning wellness sanctuary and holistic spa resort ideally located amidst a tropical landscape on the southern coastline of Koh Samui, Thailand, Kamalaya's programmes offer solutions for detox, stress and burnout, optimal fitness, weight control, sleep enhancement, emotional balance, and yoga. Their team of international naturopaths work with you to create your own health programme from an extensive range of holistic medicine, spa, and healing therapies. Spend a week, or a fortnight in Kamalaya to make the most of these programmes. [kamalaya.com](http://kamalaya.com)



InterContinental Fujairah Resort, United Arab Emirates

### Best Destination Spa

#### HEAVENLY SPA BY WESTIN™, THE WESTIN MALDIVES MIRIANDHOO RESORT, MALDIVES

From in-suite massages to therapy baths, Heavenly Spa by Westin at The Westin Maldives Miriandhoo Resort is the ideal destination if you are looking for a spa holiday. Experience renewal of not just the body, but also mind with personal sensory experiences. Add to this mesmerising ocean vistas encircling the resort, and you've got yourself the perfect setting for pampering body treatments, soothing massages, relaxing facials, and natural beauty treatments. [marriott.com](http://marriott.com)



## Best Medi Spa

### LANSERHOF TEGERNSEE, GERMANY

Touted as Europe's most modern health resort, Lanserhof Tegernsee is surrounded by Bavarian Alps, and offers magnificent views of the Tegernsee Lake. Its harmonious architecture meets state-of-the-art medicine and natural medicine. The facilities at Lanserhof include consulting and exercise rooms, a separate bath house equipped with an innovative fitness studio, the most modern saunas, an indoor pool, and a lounge featuring an open fireplace housed in a monastery-like layout. Be sure of finding rest, recovery, and revitalisation, irrespective of the duration of your stay here. [lanserhof.com](http://lanserhof.com)

### CLINIQUE LA PRAIRIE, SWITZERLAND

Discover the secret to living a longer, healthier, and fuller life at Clinique La Prairie that has been a pioneer in the field of longevity since 1951. Their team of 50 doctors and over 200 experts help you find something new about yourself every day. The programmes here also focus on well-being, nutrition, and beauty. Their holistic approach uses a combination of progressive medical expertise, internationally trained spa therapists, and an exciting collection of traditional and alternative philosophies. [cliniquelaprairie.com](http://cliniquelaprairie.com)



Clinique La Prairie, Switzerland

## Most Luxurious Spa Treatment



Amatara Wellness Resort, Thailand

### WILLOW STREAM SPA, FAIRMONT MALDIVES SIRRU FEN FUSHI, MALDIVES

Drawing its energy from natural surroundings, Willow Stream Spa at Fairmont Maldives Sirru Fen Fushi offers a luxurious sanctuary. Imagine a 25-metre long serenity pool enhanced by natural sounds and light, soothing aromatherapy scent, and water temperatures varying from tropical warm to refreshing cool. Be it a peaceful guided meditation in lush spa gardens or a relaxing yoga session overlooking the sea, everything is synonymous to local island culture. [fairmont.com](http://fairmont.com)

### AMATARA WELLNESS RESORT, THAILAND

Located by the turquoise Andaman Sea in a peaceful corner of Cape Panwa, Amatara Wellness Resort in Phuket is a haven of all things lavish. Whether it's just for a day, for a course of three, five, seven nights, or for even longer, Amatara Wellness Resort provides you with a variety of treatments and activities. If the Bespoke Wellness package is inspired by naturopathic medicine, the Spa Revive retreat offers a deeply relaxing, rejuvenating, and holistic luxury spa holiday, with majestic views of the Andaman sea. [amataraphuket.com](http://amataraphuket.com)

### SPA MARIE DE BOURGOGNE, HÔTEL LE CEP-BEAUNE, FRANCE

Hotel Le Cep, situated in the heart of Beaune—the wine capital of Burgundy, transports you through time with its private mansions and 16th-century courtyards. A date with Spa Marie de Bourgogne here means two to six days of well-being experience for your body and spirit, combining moments of relaxation, high-end technological treatments, and massages. The solid oak used for the barrels, the colour of the blackcurrant berry, landscapes of vineyards on the fresco, the harvesting scene on the stained-glass window, and the cosmetic line made with Chardonnay, Pinot Noir and blackcurrant berry buds, connect the spa deeply to the vineyards. [hotel-cep-beaune.com](http://hotel-cep-beaune.com)



Spa Marie de Bourgogne, Hôtel Le Cep-Beaune, France

## Best Spa Cuisine

### REVIVÔ WELLNESS RESORT, BALI, INDONESIA

The REVIVÔ Wellness Resort in Bali is as dedicated to your rejuvenation and relaxation needs as it is to your daily diet. So while you enjoy the verdant gardens, private courtyards, and pools, your wellness and fitness needs will also be taken care of. The food and beverage programme here includes a restaurant, a bar, and a pool side lounge. Every menu serves food that's as close to its natural state as possible, with a mission to delight taste buds, while continuously supporting wellness. [revivoresorts.com](http://revivoresorts.com)



### SANTANI WELLNESS RESORT & SPA, SRI LANKA

Santani Wellness Resort & Spa in Sri Lanka follows a personalised approach to gourmet wellness cuisine. Internationally trained chefs prepare a healthy natural custom meal plan as per your health. Their low-carb Keto meal plan including multi-texture strawberry platter with homemade pepper ice cream comprises certified meat, fresh seafood, and garden-fresh vegetables. The Ayurvedic vegetarian diet uses pine nuts, fennel barley, and goat cheese to cleanse the body. The detox diet plan focuses on cleansing the liver, intestines, kidneys, lungs, and skin. [santani.lk](http://santani.lk)



## Best Couples' Treatment

### BANYAN TREE SPA, BANYAN TREE SPA SANCTUARY PHUKET, THAILAND

The Banyan Tree Spa Sanctuary in Phuket is an oasis of tranquillity in its entirety. An intimate enclave of 12 exclusive pool villas sitting on a fringe of lagoons alongside the peaceful Bangtao Beach, the resort focuses on improving one's overall wellbeing through a multitude of offerings inspired by nature and tailored to suit your taste. At the heart of it all is the Banyan Tree Spa experience, which includes a complimentary daily in-villa spa therapy—a highlight among the guests, especially couples. [banyantree.com](http://banyantree.com)



The Secret Beach Spa, Four Seasons Resort Koh Samui, Thailand

### THE SECRET BEACH SPA, FOUR SEASONS RESORT KOH SAMUI, THAILAND

At the Four Seasons Resort Koh Samui, indulgence knows no limit. From secluded hillside villas overlooking the Gulf of Siam to bespoke dining experiences, the range of pampering here is diverse. But the Secret Garden Spa here steals the show unlike anything else. It is tucked in a lush green sanctuary that lends a great sense of calm with a hint of romance. It's no surprise that its exclusive couple's treatments, such as Siam Lovers and Sunset Concoction, have been voted as the best. [fourseasons.com](http://fourseasons.com)



# WELLESS

## Best Ayurvedic And Wellness Centre (India)

### SOMATHEERAM AYURVEDA VILLAGE, THIRUVANANTHAPURAM

Find some quiet, breathe in the sea breeze, gaze at the endless sea, and take a long walk digging your feet deep in the golden sands—your wellness journey begins the moment you arrive at the Somatheeram Ayurveda Village. Set on a hillock amidst 15 acres of lush tropical stretch of the Chowara Beach in Kerala, Somatheeram finds its soul in Ayurveda and has been offering Ayurvedic treatments for over 30 years now. [somatheeram.in](http://somatheeram.in)

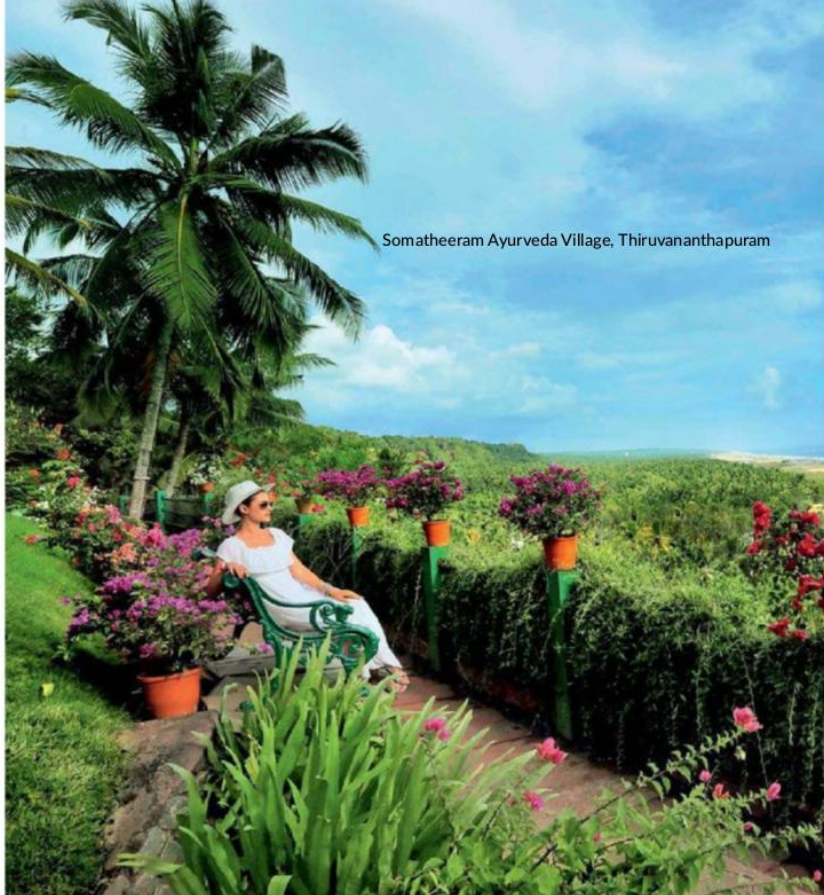
### ATMANTAN WELLNESS RESORT, PUNE

Overlooking the pristine Mulshi Lake near Pune, and far off from the bustling city life, the dreamy location of the resort itself is a reason enough to arrive here. Strongly believing in long lasting changes, the premium international integrated wellness resort is a place for transformation of your body, mind, and soul. Spanned over 42 acres of lush valley, Atmantan has a yoga studio, a dedicated physiotherapy wing, and 25 spacious treatment rooms with traditional Ayurveda therapies, oriental acupressure, aroma therapy massages, purifying body polishes, relaxing wraps, and Pranik Chakra cleansing. [atmantan.com](http://atmantan.com)

## Best Wellness Centre (International)

### SHA WELLNESS CLINIC, SPAIN

SHA doesn't believe in temporary wellness solutions. It effortlessly takes you on a journey of discovering a healthy and conscious lifestyle. Enter SHA, and you are greeted with abundant sunshine and sea views, and an entrance that is flanked by palm trees and waterfall. Bringing together natural therapies, medical innovations, and healthy nutrition, in a super effective fusion, its goal is to ensure that the state of health achieved here is indefinitely maintained. Hence, you will find yourself being re-educated of healthier habits, cultivating a fitness regime for yourself, and disconnecting with the world to connect within. [shawellnessclinic.com](http://shawellnessclinic.com)



Somatheeram Ayurveda Village, Thiruvananthapuram



Kerala

## Best Wellness Destination (India)

### KERALA

The unique way of life in Kerala is more like coming home to the tradition of Ayurveda that goes back a thousand years and the goodness of Mother Nature. Its slender coastal strip surrounded by layered landscapes, the golden beaches next to azure backwaters, hills of the Western Ghats blanketed with tea estates and herbal groves, and the deeply rooted Sanskrit heritage together turn it into an ideal wellness destination that it is. [keralatourism.org](http://keralatourism.org)

### GOA

Gone are the days when a trip to Goa meant drinking like a fish and partying till the dawn. Today, the land of sun, sea, and sand has, over the years, turned into a paradise of holistic healing. Goa's biggest draw—its uninterrupted coastal string of golden beaches stretching along the Arabian Sea—is also home to many wellness retreats where yoga and spiritual healing take over the tropical Goan forest orchards. From sunrise yoga sessions, and reiki healing courses to meditation and wellness through Panchakarma and Ayurveda, Goa has got it all covered. [goa-tourism.com](http://goa-tourism.com)

## Best Wellness Destination (International)

### SWITZERLAND

Thermal pools, world-class spa resorts, positive energy vortexes, outdoor spa treatments, and therapeutic sessions with glacier views—the Swiss Alps bring you all. Soak in the dramatic mountain scenery and enjoy the fresh alpine air. Be it the traditional alpine village of Leukerbad soaking in its thermal springs, the sun-drenched high plateau of the Aletsch Arena with its yoga and forest bathing culture, the wellness courses through pure glacier water at Saas Fee, the Tibetan bowl sound therapy at Verbier, or the healing air of Zermatt—Switzerland is a wellness wonderland. [myswitzerland.com/en-in](http://myswitzerland.com/en-in)

### THAILAND

Counted among world's best wellness destinations, Thailand goes beyond its glittering beaches and sacred temples. While the Thai cuisine brings wellbeing to lives, its rural heartland with the mix of rice paddies and tropical forests is home to authentic healing therapies and ancient remedies. When here, take up the Muay Thai classes at Pai, practice meditation at a peaceful monastery, stay at a health resort in Koh Samui and get pampered with a beach massage. [tourismthailand.org](http://tourismthailand.org)



Switzerland



Ananda In The Himalayas, Uttarakhand

## Best Meditation Ambience

### ANANDA IN THE HIMALAYAS, UTTARAKHAND

Snuggled in the foothills of the Himalayas, Ananda is a luxury wellness retreat dedicated to restoring balance. As if the tranquillity offered by all of its 78 suites and rooms wasn't enough, it also has five dedicated spaces to practice meditation. Be it the open-air Yoga Pavilion surrounded by serene waters, its Viceregal Hall as a hillside lawn, its Winter Garden overlooking the thick grove of sal trees, or the terraced

Hill Amphitheatre—a peaceful meditation session is guaranteed here. [anandaspa.com](http://anandaspa.com)

### MAYFAIR DARJEELING

A heritage property, MAYFAIR Darjeeling wakes up every morning to bird songs and a breathtaking sunrise. As you soak in the bliss of the lush milieu and breathe in the crisp mountain air, the resort lures you into picking yourself a quiet corner, shutting your eyes, and slowly embarking on the journey of finding peace within. [mayfairhotels.com](http://mayfairhotels.com)

## Best Resort Wear Collection

### WENDELL RODRICKS

Putting Goa on the fashion map with his exclusive resort wear designs, Wendell Rodricks is the name that tops the list when it comes to minimalist, eco-friendly, and unique fashion. The concepts of resort wear and eco-friendly clothing were pioneered by the ace designer when the terms weren't even coined in India. Expressing his eternal love for his Goan roots and culture through his label, his attention to details and versatility in couture designing has always garnered worldwide applause. [wendellrodricks.com](http://wendellrodricks.com)

### SHIVAN & NARRESH

The Shivan & Narresh brand is synonymous to India's luxury holiday fashion today. Showing how to holiday in style, the duo, Shivan Bhatia and Narresh Kukreja, believe that they are adding experience to the life of Indian travellers through their resort and swim wear collections. A luxury holiday wear rooted in Indian culture gives a fun touch to exotic vacations. Official partners of Miss Diva Universe India pageant, the duo has also seen global icons like Beyonce and Kim Kardashian dazzle in their eye-catching ensembles. [shivanandnarresh.com](http://shivanandnarresh.com)





Club Olympus Fitness Centre And Spa at Hyatt Regency Delhi

### BEST SPALON

#### CLUB OLYMPUS FITNESS CENTRE AND SPA AT HYATT REGENCY DELHI

The spa at the Hyatt Regency Delhi is home to holistic massages and reflexology treatments based on harmonious synthesis and advanced spa techniques. Arrive here to unwind and restore balance. Escape the hustle of city life only to enter a sanctuary of tranquillity and wellness offered through the spa section with a number of skin and beauty treatments including face polishing, organic facials, hair styling, nail arts, airbrush party makeups, and a complete bridal makeup as well. [hyatt.com](http://hyatt.com)

#### JEAN-CLAUDE BIGUINE SALON & SPA, INDIA

The global beauty chain of Jean-Claude Biguine (JCB) formed its own space, and created quite a buzz in India by giving the country its first premium hair and beauty services salon offering uber glamour underlined with French finesse. It's been eight years since the luxury spa and salon built a home in India, and today, it stays flocked with celebrities and personalities all the time. Spanned across 200 countries with 400 salons, JCB salon takes care of all your beauty fixes and offers a wholesome luxury salon experience. [biguineindia.co.in](http://biguineindia.co.in)

### BEST HEALTH FOOD BRAND

#### ORGANIC TATTVA

Grown on the principle of health, ecology, and care, Organic Tattva works with accredited farmers who organically grow their produce, and offers its customers healthy, tasty and chemical-free meals for the perfect nutrition. From super foods, cereals, and grains to spices, teas, oils, and pastes, Organic Tattva helps people live better, healthier, and wholesome lives through authentic organic foods. On its way to becoming a leading organic food brand in India, it also believes in doing good for the environment by creating a sustainable agro-ecosystem and making its consumers aware of the benefits of organic food. [organictattva.com](http://organictattva.com)

### BEST NATURAL/ORGANIC PRODUCT

#### SOULTREE

Made with authentic recipes and locally-sourced natural ingredients, the products of SoulTree carry a triple-layered seal of Ayurvedic, organic, and ethical. SoulTree chooses to follow the path where nature meets nurture. With focus on rejuvenation, its products are rooted in natural goodness minus harmful side effects. [soultree.in](http://soultree.in)

#### BIOTIQUE

Biotique comes with a promise of naturally derived beauty solutions culled out from authentic Ayurvedic recipes, beautifully blended with cutting-edge Swiss biotechnology. Think 100 per cent organically-sourced, preservative-free ingredients, which are gathered, blended, and manufactured in a sustainable way at the foothills of the Himalayas. Biotique brings the best of skin, hair, and beauty care as gifts in eco-friendly packaging. Its Royal Allure range is based on the 5,000-year-old ancient science of Rajveda. [biotique.com](http://biotique.com)

#### JUST HERBS

Pure, bespoke, and Ayurvedic—each skin and hair care product of Just Herbs is carefully crafted to offer beauty solutions that are more inclusive, transparent, and wholesome. India's first beauty brand to crowdsource its products, this cruelty-free brand ensures that each product is free from petrochemicals, parabens, and harmful synthetic ingredients, and is made after formulation trials based on customer feedbacks. [justherbs.in](http://justherbs.in)



## FITNESS

### BEST ATHLEISURE

#### HRX

Thanks to Hrithik Roshan's thoughtful athleisure brand—HRX—workout regimes have become more stylish. Other than being ideal for both athletic and leisure purposes, the made-in-India brand is exemplary in making fitness more accessible by virtue of its budget-friendly products. From comfortable innerwear, footwear, and apparel featuring rapid-dry technology and antimicrobial finish, state-of-the-art accessories as well as eyewear, HRX's diverse options appeal to the masses. [hrxbrand.com](http://hrxbrand.com)

#### REEBOK

With 'athleisure' being the word of the hour, how could sportswear pioneer Reebok be far behind? In fact, by launching exclusive collections in collaboration with



HRX Co-Founder and CEO Afsar Zaidi

celebrities like Gigi Hadid and Victoria Beckham, the brand has taken the domain to another level. Be it a regular gym session, a casual brunch, or a long flight, Reebok's athleisure wear is a must-have in every wardrobe. [shop4reebok.com](http://shop4reebok.com)

### BEST FITNESS CENTRE/CHAIN

#### CULT.FIT BY CURE.FIT

Revolutionary best describes Cult.fit by Cure.fit. Taking the fitness culture in India by storm, the name has fast become a part of metropolitan routines. The reason behind the success—a unique 50-minute boot-camp concept introduced by founder Rishabh Telang, followed by parent healthcare start-up, Cure.fit's development strategy. Currently running over 150 centres across Bengaluru, Mumbai, Hyderabad, Delhi, and Dubai, Cult.fit has changed the way you see fitness. [cure.fit](http://cure.fit)

#### REEBOK CROSSFIT ROBUST

Of the many appealing aspects of Reebok CrossFit Robust, the best is perhaps the fact that it allows you to begin with the basics and gradually adapt to the intensive regimen. [reebokcrossfitrobust.com](http://reebokcrossfitrobust.com)



Vana Wellness Retreat, Dehradun, Uttarakhand

### BEST YOGA CENTRE

#### VANA, DEHRADUN

An exemplary combination of world-class design and a soulful hilltop location, Vana is a one-of-its-kind modern-day wellness retreat in the country. Of contemporary aesthetic, earthy tones, and sheer comfort, the rooms and suites at the estate are

nestled amidst a lush Sal forest. While the ambience is thoroughly soothing, your choice of retreat decides what aspect of well-being you want to focus on. Be it Vana Ashram, Vana Wellness, or Vana Lifestyle programme, Vana offers a holistic refuge from the monotonous life. [vana.co.in](http://vana.co.in)

### BEST NUTRITION BRAND

#### HERBALIFE NUTRITION

When a brand has been around since 1980, you can be assured of decades of knowledge packed in its products. With scientifically-proven nutrition, fitness and weight-management products, the brand is all about helping people pursue a healthy life. Packed with great flavours, each product combines the best of science and nature for a lifetime of good health. [herbalife.co.in](http://herbalife.co.in)



# PERSONALITY



## Best Health And Wellness Coach

### SAMIR & NAMRATA PUROHIT

Celebrity Pilates instructor who co-founded The Pilates Studio with her father Samir Purohit, Namrata Purohit started her journey at the age of 16 when she was crowned the 'Youngest Trained Stott Pilates Instructor' in the world. By age 19, she even

attended special workshops in London. Her clients include many renowned personalities across all fields. Not only has she authored a book called *The Lazy Girl's Guide to Being Fit* but has also launched a music video called *Flow*. Her father, Samir Purohit, is a staunch believer of Pilates, a certified trainer, a fitness consultant, a stott pilates instructor and has also been a sportsperson himself. Together, this power duo is set to rule the realm of fitness.

## Best Nutrition Guru

### POOJA MAKHIJA

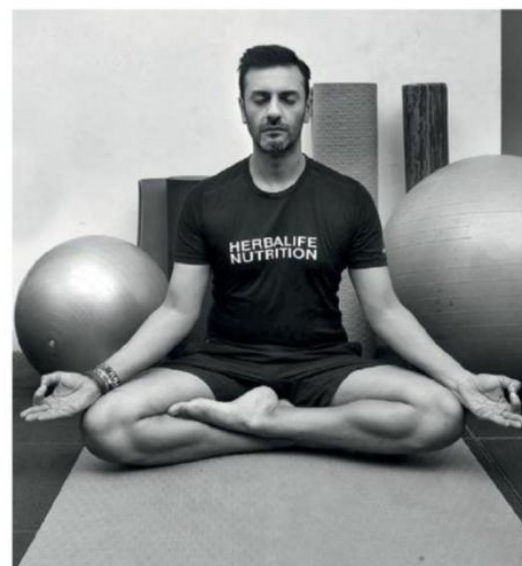
A 'nourish genie', Pooja Makhija is the secret behind the glowing skin of many celebrities. Followed religiously by everyone from Sushmita Sen to Deepika Padukone, her nutrition advice is one of the most sought-after in the country. Apart from being a celebrity nutritionist, Makhija is also a bestselling author, a television star, and an entrepreneur. Her mission? To 'fooducate' the world. [poojamakhija.com](http://poojamakhija.com)



## Best Wellness Guru

### SHAYAMAL VALLABHJEE

When over two decades worth of experience with Olympians in High Performance Sporting environments combines with living as a monk, a resultant bank of holistic advices is only natural. The author of four books on sports, science, and motivation, a TEDx speaker, recipient of the INK and Australia India Youth Dialogue Fellowship, Global Fitness Advisory Board Member to Herbalife Nutrition and Organising Committee Member of the United Nations ChangeMakers Conference, there's little that this South African Sports Scientist and Performance Coach doesn't know about fitness. [shayamal.com](http://shayamal.com)



### RUJUTA DIWEKAR

In a world brimming with avant-garde diets, instead this nutrition guru stresses on the importance of your grandmother's recipes and *ghee*. Popular as Kareena Kapoor Khan's nutritionist, Diwekar's fitness philosophy is rooted in the basics of wholesome *ghar ka khana* and regular exercise. Although she has authored books since 2009, her *ashtanga* tutorials and bite-sized tips are the new rage on social media. [rujutadiwekar.com](http://rujutadiwekar.com)

## STAR OF THE YEAR

### KIARA ADVANI



The term 'new-age dreamgirl' best describes this Mumbai-born star. Since her first release in 2014, Kiara Advani has escalated to the stature of Bollywood's hottest diva in no time. Whether it's the portrayal of a young school teacher in *Lust Stories*, or as Preeti in *Kabir Singh*, she moulds each avatar with grace, poise, and conviction. Add to this her incredible dancing skills, and you've got yourself a star in its truest sense!



## Fit & Fab

### SAQIB SALEEM

Bearer of stunning six-pack abs and a powerhouse of sheer good looks, Saqib Saleem is a great example of eye-candy combined with talent. His early years saw him walking down fashion ramps and posing for modelling assignments, only to pave way for big-budget movies like *Bombay Talkies* and *Hawaa Hawaai*. Acting career aside, this Delhi-born former model has also doubled as a cricketer for the teams of Delhi, and Jammu & Kashmir.



## Style Icon of the year

### KARAN JOHAR

Lover of coffee, king of pouts, and absolutely unapologetic about his unique dressing sense, Karan Johar reigns the space of fashion just as easily as he does with his Box-office numbers. From all basics to prints and motifs, director, producer, and screen writer, Karan Johar dons every attire with sheer panache. Be it pairing up heels with a suit or wearing a hot pink blazer, he never shies away from experimenting with his clothes. His sense of style is not only flamboyant, but trendy and glamorous as well. After all, no one understands the nitty-gritties of fashion better than him!



## Beauty Personality of the year

### NUSHRAT BHARUCHA

Titu's Sweetie has been winning hearts everywhere she goes. Despite portraying a mean girlfriend in movies like *Pyaar ka PUNCHAMA* (one and two), and *Sonu ke Titu ki Sweetie*, Nushrat Bharucha's alluring charm helped rid the character's negativity from her off-screen image. Whether its donning asymmetrical prints, or even flaunting floral patterns, this beauty personality carries it all with confidence. Pairing each outfit with her infectious smile helps Bharucha stand apart.



## asiaSpa Star Personality of the year

### ADITI RAO HYDARI

Aditi Rao Hydari is one of the few stars who seamlessly balances both commercial cinema and offbeat films. She has effortlessly managed to carve a niche for herself irrespective of which genre she delves into. From Sanjay Leela Bhansali in Bollywood to Mani Ratnam in the south, she has worked with the best filmmakers of the country. Often referred to as India's Audrey Hepburn, she is also a fashion favourite and a regular on magazine covers. Pair it with her charming style, and you will find yourself a deserving asiaSpa Star Personality.



## WOMAN OF SUBSTANCE

### DIA MIRZA

Dia Mirza's exhaustive list of titles include Founder member of Wildlife Trust of India's Club Nature, Ambassador Wildlife Trust Of India, Ambassador for the Swachh Bharat Mission's 'Swachh Saathi' programme, Ambassador for Sanctuary Asia's Tiger Conservation-Kids For Tigers programme, Member of the Governing Board of the Sanctuary Nature Foundation, and the first Indian Ambassador for Save the Children. If that wasn't enough, this actor-producer is also the UN Environment Goodwill Ambassador and United Nations Secretary General Advocate for Sustainable Development Goals. Woman of substance indeed!



## FITNESS PERSONALITY OF THE YEAR

### YASMIN KARACHIWALA

Aptly considered the life force behind many of her clients, this celebrity trainer is fitness motivation above par. She comes backed with an experience of 26 years in the fitness industry, and an authored book to assert her dominance further. Apart from managing her own personal fitness studio, she even features in fitness programmes on television.



## BREAKTHROUGH BEAUTY BRAND OF THE YEAR

### STARSTRUCK BY SUNNY

Cosmetic ranges in India are constantly expanding, but few have the expertise to truly excel at it. StarStruck by Sunny, however, has taken the industry by storm. This new entrant by the glamorous Sunny Leone herself personifies the radiance of the actor, allowing each of its users to don a similar look.



## POWER PERFORMER OF THE YEAR

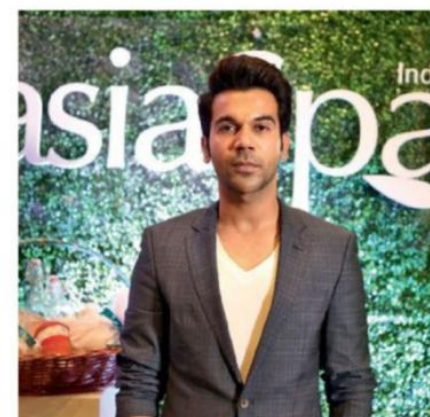
### SAYANI GUPTA

With eyes full of intense emotions, and a confident demeanor to accompany, Sayani Gupta is a force to reckon with. Known for unconventional roles such as that of a blind Pakistani gay activist named Khanum in *Margarita with a Straw*, or a rape victim named Champa in *Parched*, this Film and Television Institute of India (FTII) graduate just never disappoints. Even beyond the big screen, Sayani Gupta is a crusader for serving as a voice for the voiceless.

## GAME CHANGER OF THE YEAR

### RAJKUMMAR RAO

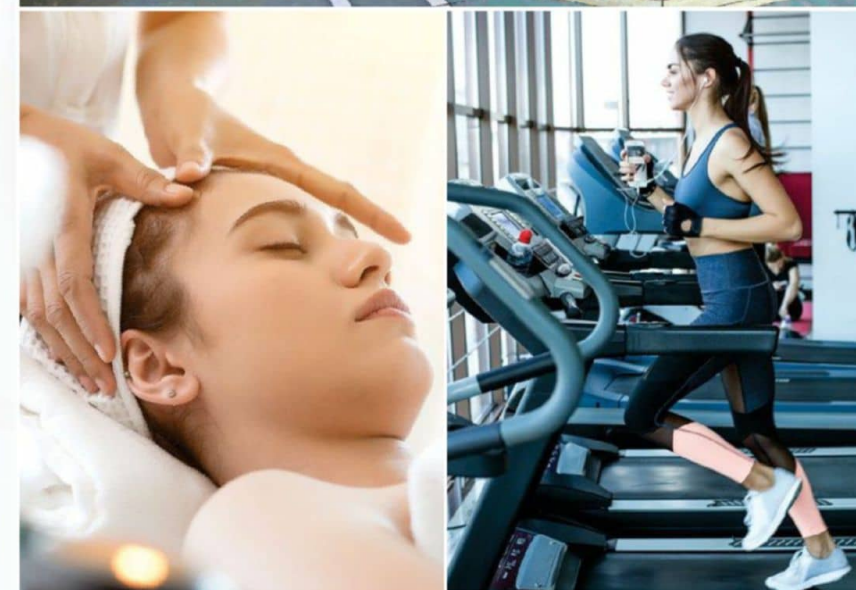
No genre of movie 'traps' this versatile artist. Busting the myth that Bollywood needs *masala* to bring in the moolah, Rajkummar Rao stormed into the film industry sweeping away everything that came in his way. The National Award winner can skillfully get into the skin of any character and make it his own. Whether it's experimental anthologies, black comedies, biographical dramas or simply light-hearted humour, Rajkummar Rao is all set to overhaul the industry!



## EMERGING CELEBRITY MAKEUP ARTIST AND BEAUTY EXPERT

### LEKHA GUPTA

A large chunk of Bollywood is all about the glam, and Lekha Gupta is the brain behind it! This emerging beauty expert has worked with the who's who of the film fraternity, dressing biggies like Madhuri Dixit, Kiara Advani, Katrina Kaif, and even the Kapoor sisters. Next time you find yourself drooling over smoky eyes on the screen, you can safely credit it to this Kolkata-born beauty and makeup artist!



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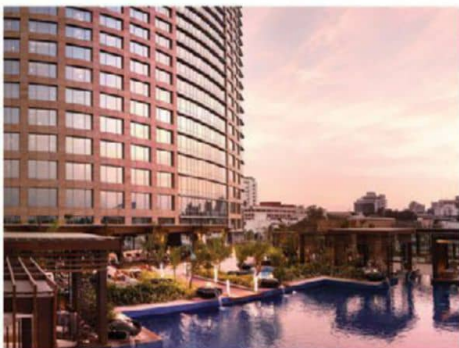
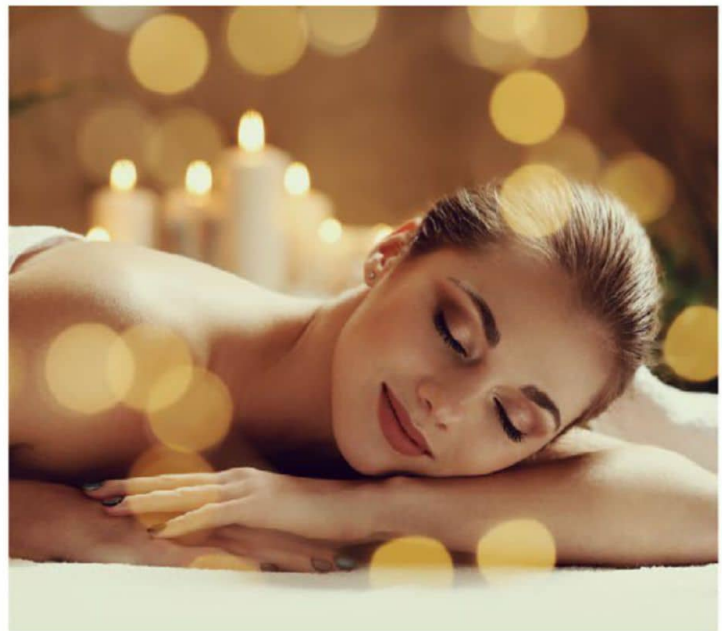


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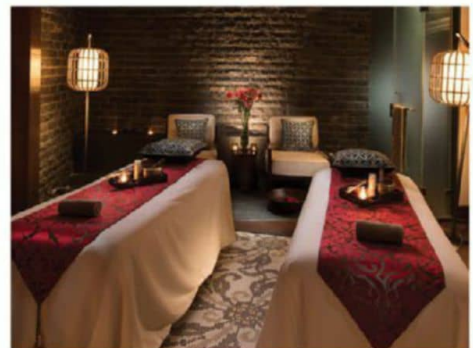
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