

Spas in India



The spa industry in India has seen some phenomenal growth in recent years. Kerala, with its ayurvedic roots, has emerged as a hot destination for spa tourism. You'll also find some wonderfully refreshing destination spas in the mountains, and enticing resort spas in India.

As well as skin treatments and massages, most spas in India have now evolved to include a number of different therapies, such as reflexology, hydrotherapy, aromatherapy, and meditation. All you need to do is lie back and enjoy being pampered!

Here are few best luxury spas in India with their package details and rates,

The Lalit Resort & Spa Bekal

The Lalit Resort & Spa Bekal, located in Kasargod, the northern district of Kerala - 'Gods Own Country' is a top of the line luxury beach resort set up on 26 acres of virgin stretch of northern Kerala in the lap of Arabian sea.

'Punarnavam' (Rejuvenation) Per night rates

7N/8D		14N/15D		21N/22D		28N/29D	
Single	Double	Single	Double	Single	Double	Single	Double
Contact us for Best Deal.....							

Ananda Spa Resort, Rishikesh

The 21,000 square foot spa offers an extensive menu of over 79 body and beauty treatments, integrating the traditional Indian systems of Ayurveda with the more contemporary Western spa approach. The spa experience strives to achieve the ultimate harmony between the physical and the mental realms of the individual.

Anandas Wellness Bliss

Room Type	Occupancy	3 Nights	5 Nights
Palace View	Single/Double	Contact us for Best Deal.....	
Valley View	Single/Double		

Golden Palms, Bangalore

Golden Palms Spa and Resort has been designed in the Mediterranean style. The resort offers the traveler to Bangalore hospitality in the highest traditions of India.

Indian Papaya and Rose Body Glow

Exclusive to Golden palms Spa, this delicate blend of fruits and flowers will gently remove dead skin cells leaving the skin feeling soft and smooth. Combining with this, experience the therapeutic and calming effect of the free floatation

30 Minutes - Rs. 1800

Ayurveda in India



Ayurveda is a traditional form of Indian medicine which was developed by ancient sages whose intelligent observations led to the development of constitutional medicine. In fact it is a system of nature cure which is known to promote positive health, natural beauty and long life. All the treatments are based on universal principles and is a living, growing body of knowledge - as useful today as it was in earlier centuries.

Kumarakom Lake Resort

The history of the Ayurveda Center of the Kumarakom Lake Resort has an ancestry of Ayurvedic treatment and holistic well being. The ancestral house of Chathamangalattumana of Puthankavu at Udayamperoor in Thripunithura is a Nalukettu (four-sided mansion) It was lovingly dismantled by expert carpenters and re-assembled at Kumarakom Lake Resort.

Ayurveda Programmes	7 days		14 days	
	Sgl	Dbl	Sgl	Dbl
Treatment Program				
Panchakarma (body Purification)	Contact us for Best Deal.....			
Rejuvenation Programme				
Weight Reduction Programme				
De- Stress Programme				
Arthritis Programme				
Beauty Care Programme				

Kalari Kovilakom

Surrounded by paddy fields and hills, Kalari Kovilakom is in Kollengode, Plakkad, Kerala, the heartland of Ayurveda. A magnificent nineteenth century palace, Kalari offers you a holistic experience based on the five thousand year old tradition of Ayurveda. The kings and Queens of Kerala would lock themselves up once a year without any disturbances, in Palaces such as Kalari, for Ayurvedic treatment. Today at Kalari you can experience the very same experience of these kings and queens.

Room Category	Duration	Double (Euro)	Single (Euro)
Kovilakom Suites			
Vengunad Suites	Contact us for Best Deal.....		
Kovilakom Suites			
Vengunad Suites			

Somatheeram

The award-winning Somatheeram near Kovalam is a popular name for ayurvedic treatment. The resort comprises 60 cottages constructed on 18 acres of landscaped hillside. There are pleasant views out over the sea. Somatheeram is a dedicated Ayurveda sanctuary with several treatments rooms and an army of skilled therapists.

Slimming Program - 28 Days - 1316 EURO

This includes two types of massages (1) medicated herbal powder massage (2) medicated herbal oil massage.

These two massages will be given for 28 days. This programme also includes medicated steam bath, intake of herbal juices and herbal tea. A very special Ayurvedic diet is advised during the treatment period.

**** ALL TOURS CAN BE TAILOR MADE TO SUITE INDIVIDUAL REQUIREMENTS ****

