

SILKWINDS

NOVEMBER-DECEMBER 2012

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Surrender to the calming and rejuvenating spa therapies at Shreyas Retreat, which offers a choice of poolside and garden cottages as well as tented suites.

sea turtles on local beaches, learn to cook Kerala-style curries or pamper yourself at Priya Spa, whose Ayurvedic rituals work wonders to soothe away all your stress and tension. The extensive menu of treatments, from specialist massages to yoga, meditation sessions and wellness rituals, are conducted with 100 per cent organic herbal ingredients in the five treatment rooms in the central courtyard garden. neeleshwarhermitage.com

Shreyas Retreat, Bangalore

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Dedicated to spiritual and mental rejuvenation and self-discovery, Shreyas Retreat is one of India's best yoga havens. Catering to just 25 lucky souls at a time, guests are guaranteed a serene escape, with

meditation, wellness and yoga sessions, vegetarian cuisine and an opportunity to immerse themselves in the local community through the resort's extensive voluntourism and community outreach initiatives.

An hour's drive from Bangalore International Airport, this sprawling 25-acre retreat is dotted with manicured gardens, garden cottages, poolside cottages and elegant tented suites. The tented accommodation is especially unique, featuring contemporary décor, tented canopies, high-speed Internet, outdoor seating in a walled courtyard and an elegant ensuite bathroom with glass-encased showers, letting you connect with nature in complete privacy.

Indulge your senses with the host of innovative spa rituals that use only natural and locally sourced ingredients such as coffee, spices, coconut and honey. Be sure to book ahead for the Ayurveda, Thai, Balinese, Swedish or Aromatherapy massages in the wellness centre.

Aside from its remoteness, Shreyas Retreat also promotes sustainability so while guests practice their downward dog, meditate beside the pool or jacuzzi, check out the vegetarian and raw food recipe books, or try their hand at the resort's cricket nets, they're doing so with minimal environmental footprint.

shreyasretreat.com

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